Loss and Bereavement



Course Number
SC0404

Validity
3 Years

Duration
1/2 Day

Formal Assessment
No

This course can be delivered for both child and adult settings and can be tailored to support staff who work within learning disability or mental health services. The course considers sudden unexpected loss alongside expected death and non death loss associated with character change.

"bringing training to life"

Passing on, even unexpectedly, is part of the natural order of things, yet most of us still have difficulty approaching those who have suffered loss. Care staff form close bonds and need to understand their own feelings. This course offers guidance on coping with loss and the process of grieving. It will benefit staff who may have contact with the bereaved, or need to cope with the loss of a person for whom they have cared.

Introduction

- Introductions
- Course overview & expectations

Course Content

- Loss and bereavement defined
- Types of loss and bereavement
- Who is affected?
- Circumstances of death
- What is grief?
- Raphaels grief cycle
- Emotions and what's happening inside.
- Coping rituals
- How to help
- Who can help you?
- Chronic grief — warning signs and actions
- Planning for loss
- Summary and reflection