



Understanding Grief and Bereavement

Training course

Grief and bereavement are a natural part of life, but they can also be among the most difficult experiences that we face as human beings.

Whether we are experiencing the loss of a loved one, the end of a relationship, or any other form of loss, the grieving process can be complex, overwhelming, and challenging to navigate.

When a bereavement occurs, no matter whether it was predicted or unexpected, it can be incredibly difficult to process or know how to best support if it is someone else who has been bereaved*.

[View our training course](#)

Aim: To gain insight and understanding of grief and bereavement, including how it can be expressed and supported

Delivery options

This training can be delivered **virtually or face to face**, as a **full day** or **half day** session.

Outcomes for the recommended interactive session:

5-25 learners

Following attendance at this training you will be able to:

- ✓ Understand what is meant by loss and grief
- ✓ Understand how individuals cope with loss
- ✓ Understand the stages of grief and grieving
- ✓ Identify the tasks of mourning
- ✓ Understand types of grief
- ✓ Understand how grief can be triggered
- ✓ Understand how cultural differences influence grief
- ✓ Identify the myths surrounding grief
- ✓ Understand symptoms of complicated grief
- ✓ Gain an understanding of complicated grief
- ✓ Identify when and where to seek professional support
- ✓ Understand types of support and treatment
- ✓ Understand coping tools

The Course

By examining the grieving process, this training will help you:

- Better support someone going through grief
- Have more understanding of the various types of bereavement
- Better understand the differences in how individuals react to loss
- Gain practical strategies for managing your own grief, including tools for emotional self-care and communication skills.

Attending the full-day training session offers attendees the opportunity to delve into the topics covered in greater depth than the half-day sessions, providing more time to fully explore and understand the topic.

A certificate of completion is provided to all delegates enrolling and fully attending any of the delivery options. The certificate provided can count towards CPD. Number of hours accrued towards CPD: 4 for half-day session, 8 for a full day.

Up to 8 CPD hours per delegate



Contact our enquiry team on **0121 629 1165**
or visit: **www.bhsf.co.uk/mental-health-support-training**