

Program Title:

Grief Support Facilitator

Program Description:

This program will train individuals to be grief support facilitators. Participants will learn how to help the bereaved deal with the issues of grief. It will include the fundamental philosophies of grief, grief and coping styles, emotional and physical reactions to grief and a better understanding of the tasks of grief. The many factors of that influence grief and the mode of death will be addressed. Participants will learn how to help the bereaved cope with grief and explore their own personal grief responses.

Program Format:

The program has an interactive format with lecture, power point presentations, videos and role plays and interactive exercises.

Program Content:

- The process and myths of grief
- Exploration of their own feelings about death
- Differences between grief and depression
- The role of a facilitator
- Boundaries and Limitations of groups and facilitators
- Group dynamics
- How to structure groups
- Listening skills
- How to make referrals
- How we cope
- How to help the bereaved

Objectives:

Participants will learn and be able to identify or describe:

- At least 3 expectations of self
- At least 3 expectations of a facilitator
- The grief process
- At least 4 variables that impact the grief process
- At least different types of groups
- The tasks of grieving
- At least 2 components of communication
- At least three ways we cope
- At least 4 things that interfere with listening
- Discuss ways to make an appropriate referral
- Process Vs Outcome