



# COURSE OUTLINE

COURSE TITLE: Bereavement and loss

COURSE LEVEL: 3

DURATION: One day

## Introduction

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Bereavement is one of many losses people experience and this course looks at the effects of loss on children and young people. We will look at the different types of loss and transitions that people experience in life. Learners will gain an understanding of the process of loss, bereavement and grief and what might complicate the process. Techniques to offer as support will be discussed and demonstrated.

## Benefits of Attending

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To gain an understanding of the effects and process of loss and how it can impact on everyday life and behaviour

## Programme Highlights

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- A mixture of taught sessions, shared experiences, group work, discussion and debate
- How death has rituals attached dependent on cultural beliefs and what they consist of
- How different age groups view death
- Other transitions that constitute loss and subsequent anxieties
- The stages of grief
- Physical and emotional symptoms
- Effects of loss on the family
- Do's and don'ts of supporting people
- Potential serious problems following trauma

## Who Should Attend

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Anyone who works with children and young people

## Special Notes

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## Bereavement and loss

### Learning Outcomes

- To provide learners with a sound theoretical knowledge of loss and bereavement and an understanding of the processes involved
- To Provide learners with a number of options and practical techniques for supporting young people who are experiencing loss and bereavement

### Introductions (15 mins)

#### Session 1. (1 hour) Different types of losses and transitions people experience in their lives

- Understanding loss and bereavement
- Experiences of bereavement and loss
- Transitions

### Coffee (15 mins)

#### Session 2 (1 hour) Understand the process of loss and bereavement

- Developmental stages in understanding death
- Physical reactions and responses
- Emotional reactions and responses
- Stages of loss and grief models

### Lunch (1 hour)

#### Session 3 (1 hour) Options for supporting young people who are experiencing loss and bereavement

- Do's and don'ts
- What do children need?

### Coffee (15 mins)

#### Session 4 (1 hour) Exploring a selection of practical techniques

- Techniques to help children and young people express emotions

### Any Questions (15 mins)

Close