

## The training can include these objectives for your grief training.



- To develop a further understanding of the grieving process
- To understand the common myths and grief
- To understand the Signs and Symptoms of grief
- To understand the Tasks of Grief
- Practice strategies for working with Bereavement clients
- Practice and Understand Mindful listening
- Being comfortable in your own grief
- Case studies shared
- Creating feelings of safety and security
- Processing and coping with G&B
- Explore personal narratives and identity in relation to loss
- Provide an avenue to connect and externalise feelings and thoughts
- Commemorating connection and memory of loved one
- Develop an understanding and meaning of death and loss (age specific)
- Enhancing connection to coping skills and self-care toolbox
- Accepting the reality and permanence of loss
- Invest in new relationships and experiences