

Loss & Bereavement Working with Grief – A Toolkit

Bereavement Training That Works!

This workshop has been designed as a follow up our “Loss and Bereavement Awareness” training day. It is generally recommended that people attend this workshop first to gain an understanding of the subject area; however, participants with the following skills and experience would be able to attend the advanced workshop without attending our foundation course:

- Have a basic grasp of some bereavement theory and what grief is.
- Familiarity with using person centred counselling methods.
- Be able to use basic counselling skills.

Workshop Aims/Content

- To provide guidance to professionals who see clients more than once; most likely in an ongoing supportive relationship and enable them to foster an environment that is beneficial to grieving clients. The day revisits basic counselling skills, but reframes how to use them.
- To further current levels of understanding of grief and to explore complicated grief in more detail.
- To provide insight into supporting clients bereaved by suicide and how to manage suicidal thoughts.
- To provide a range of tools and ideas that may be appropriate to use with grieving clients.
- The day is light on theory and focuses more on developing your skills and raising awareness of how you need to be with your clients who are grieving. The day is experiential and there will be lots of opportunity for discussion and questions.

The Trainer

Adam Page has been with Cruse for over 15 years and has a broad range of experience working with bereaved clients in a one to one capacity or group environment. As a trainer for Cruse, he is involved with training new volunteers and delivering training to a wide variety of individuals and organisations. As a counsellor his style of working is integrative; namely person centred, but flashes of Gestalt and solution focused appear if they benefit the client.

Costs for a full day vary depending on whether you are a Non Profit, Statutory or Corporate organisation. The costs are also influenced by the number of people to be trained, how many trainers are needed, if any bespoke work is required, whether premises and lunch are needed etc. Please contact us so that we can obtain an idea of your needs and requirements, then an accurate cost can be quoted.

**If you have any queries contact Adam Page on
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