



Loss, Grief and Bereavement

Our Loss, Grief and Bereavement training offers a holistic approach to coping with loss, acknowledging diverse grief experiences. Through interactive workshops and heartfelt discussions, gain insight into emotional landscapes associated with loss.

Join our experienced training team and learn ways in which to navigate loss, grief, and bereavement. Designed with empathy at its core, this course will address the profound impact of loss on social care staff by recognising its toll on service users, families, and teams. Explore practical strategies to build resilience and offer support and reflect on personal and professional responses to loss, grief, and bereavement.

[Learn more](#) >

Learning Outcomes

- Understand and acknowledge loss and how this may impact on them and the team
- Increase awareness of the range of response to loss
- Recognise associated behaviours and risks to the team/service
- Provide practical ideas and strategies to build resilience and support self and team
- Signpost to a range of relevant help/advice

Course Content

- **Module 1:** What is grief?
- **Module 2:** Five stages of grief model
- **Module 3:** How has the COVID-19 pandemic affected your experience of loss?
- **Module 4:** A case study to help work through a specific example of loss and grief
- **Module 5:** Building resilience
- **Module 6:** Developing a personal resilience plan
- **Module 7:** Useful organisations