

Grief, loss & bereavement

A course that is suitable for all of the primary care team

Key Information



Who training is for
**All staff in
Primary Care**



Length of course
1 day



Per delegate cost
£160



Format of course
**Live via Zoom or
Face-to-Face**



Dates of course
TBC



CPD Hours
7 hours



HEALTH
Academy

Book online or contact us



HealthAcademyOnline.co.uk



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Course Summary



Our 'Grief, Loss, and Bereavement' course empowers primary care healthcare workers with crucial knowledge and practical skills in grief, loss and bereavement care. This training builds confidence in managing challenging situations, offering participants the necessary expertise, key theories, and practical techniques to compassionately support patients and their families.

Course Content



Foundations of Bereavement



Impact of Grief on Physical and Mental Health



Impact of Loss



Bereavement Theories



Assessment Techniques



Evidence-Based Interventions and Support



Roles and Responsibilities



Communication Skills in Grief Support



Bringing it all Together

Detailed Course Description



This comprehensive 1 day course will explore the intricate landscape of bereavement care. Gain insights into the foundations of grief, loss, and bereavement, considering societal and cultural dimensions, grief stages, and influencing factors. Understand key theories and acquire practical skills in assessment, communication, and evidence-based interventions. Address ethical considerations and the impact of grief on mental and physical health. Following this course, participants will be better equipped and feel more confident to be able to provide compassionate support amid grief and loss in their patients and families and navigate the complexities of bereavement care.

Developed in line with UK National Standards and Guidelines (including those in England, Wales, Scotland and Northern Ireland) and guidance from the NHS and NICE.

Upon successful completion of the course, participants earn a certificate in Grief, Loss and Bereavement, providing a pathway to gain clinical competence and practice under supervision through hands-on experience and mentorship in practice.

Grief, Loss and Bereavement: Core Modules

- Foundations of Bereavement
 - Understanding Grief and Loss
 - Define common terms
- Understand stages of grief and common emotional reactions
- Explore societal, cultural and developmental aspects of bereavement and grief
- Understand factors influencing grief responses
- Impact of Grief on Physical and Mental Health
 - The biopsychosocial model of grief
 - Recognising signs of complicated grief
- Impact of Loss
 - Explore the concept of loss and its manifestations
 - Understand the impact of loss on patients, families, and significant others
- Bereavement Theories
 - Overview of key theorists and behaviour theories
 - Understand the relevance of theories in today's landscape
- Assessment Techniques
 - Explore practical assessment techniques, including genograms
 - Develop skills in quickly assessing bereavement needs
- Evidence-Based Interventions and Support
 - Pharmacological and non-pharmacological interventions
 - Referral pathways for specialised grief support services
 - Resources
- Roles and Responsibilities
 - Identify roles in dealing with bereavement
 - Discuss how health professionals contribute to bereavement care
 - Consider ethical considerations and boundaries
- Communication Skills in Grief Support
 - Effective and empathetic communication with grieving patients and families
 - Recognising and responding to non-verbal cues
 - Delivering difficult news and facilitating open discussions
- Bringing it all Together
 - Practical case studies and discussion
 - Importance and challenges of bereavement care
 - Q&A discussion

Course Alignment

This course has been developed in line with the following guidelines:

National Bereavement Alliance: A Guide to Commissioning Bereavement Services in England

<https://nationalbereavementalliance.org.uk/wp-content/uploads/2017/07/A-Guide-to-Commissioning-Bereavement-Services-in-England-WEB.pdf>

National Bereavement Alliance: Grief Support Guide

https://nationalbereavementalliance.org.uk/wp-content/uploads/2023/11/Grief-Support-Guide_Eng3-Nov-23.pdf

Welsh Government: National framework for the delivery of bereavement care

<https://www.gov.wales/national-framework-delivery-bereavement-care-html>

NICE: Palliative Care General Issues

<https://cks.nice.org.uk/topics/palliative-care-general-issues/>

Daffodil Standards: RCGP and Marie Curie UK General Practice Core Standards for Advanced Serious Illness and End of Life Care

<https://www.rcgp.org.uk/getmedia/aa5d03f1-b0f7-44d1-acb8-13ea15bb3b60/daffodil-standards-self-assessment-evidence-guidance.pdf>