

## More than Words: Full Day Peer Group Training

Learning outcomes:

- To learn how to support a bereaved person in an informal peer-to-peer setting
- To develop awareness of the impact of bereavement and basic skills in listening helpfully, after the death of a loved one
- To consider the key ingredients and challenges of setting up and running an informal peer support group for the bereaved
- To understand how to communicate effectively and compassionately with bereaved people
- To develop confidence talking about difficult and sensitive topics
- To increase understanding of bereavement models and theories and factors affecting the grieving process
- To be aware of the impact of working with bereaved people

### Suggested Programme

Timings	Topic
9.30	Welcome and Introductions: <ul style="list-style-type: none"> <li>• Trainer, Cruse, Attendees</li> <li>• Hopes and Concerns</li> <li>• The role of a Champion</li> </ul>
10.15	What is Loss?
10.45	Refreshments (15 minutes)
11.00	The Impact of Loss: What are our responses to loss? What is Helpful and Unhelpful? What to Say and What Not to Say
12.30pm	LUNCH
13.00	What is a group? <ul style="list-style-type: none"> <li>• Roles and Responsibilities</li> <li>• Key Ingredients</li> <li>• Challenges</li> </ul>
13.30pm	Boundaries
14:00	Refreshments (5 minutes - Optional)
14.05	Core Skills
15.15	Personal Wellbeing; how to take care of yourself
15.20	Plenary, Q&A and signposting
15.30	CLOSE
15.30 - 16.00	After session debrief if needed.