



GRIEF EDUCATION PROGRAMS

Overview of Grief and Loss

This presentation includes a definition of grief and theories that help explain the process. Suggestions are made for coping with difficult days following the death of a loved one.

Grief and Loss Over the Holidays

This program includes a discussion of how individuals grieving the loss of a loved one can deal with holiday stress and develop strategies for coping.

Spiritual Aspects of Grief

This presentation looks at the grief process through the lens of spirituality and explores the questioning and reexamining of one's spiritual or religious beliefs and the struggle to make meaning of the loss.

How Children Grieve

It is sometimes difficult for adults to understand children's grief. Included in this presentation are some signs of stress from grief, suggestions for helping children cope, review of grief at various stages of human development and an explanation of factors influencing "acting out behaviors."

Masculine and Feminine Grief

We are all unique and have various styles of grieving. Learn how some people are "from Mars and others from Venus" when it comes to grieving, with gender-specific examples given from individual and support group experiences.

Death of a Parent in Adulthood

This presentation examines the impact that the death of a parent has on adult children, including family of origin issues, current family challenges and the social impact of entering a new phase of adult life.

Concerns of the Dying Patient for Caregivers

Often overlooked in the process of caregiving for those with terminal or life-threatening illnesses are the concerns of the dying patient. This presentation provides a glimpse of what engages the mind of the dying patient and provides suggestions to help caregivers respond to these concerns.

Ministry Needs of the Dying Patient

This presentation will provide information on how to visit a seriously or terminally ill patient from a spiritual perspective. Specific areas of ministry will be presented including the Ministry of Presence, the Ministry of Spiritual Friendship and the Ministry of Hope.

The Stages and Tasks of Grief

The focus of this presentation is the five stages of grief, how the progression through the stages is not always linear and how the grief experience can vary among individuals. Three grief models will be explored.

Grief as Rehabilitation

This presentation parallels the grief process with the process of coming back from an intense physical loss. It compares losses in form to losses that are formless, yet just as significant. The model shows those who are grieving ways to develop their own program back from grief to a point congruent with the degree of their loss.

Anticipatory Grief and Dementia

Often when a patient is given a terminally ill diagnosis, family members will begin the grief process long before the patient's physical death. This program will look at some of the anticipatory grief responses and explore strategies for coping, especially from the perspective of those dealing with patients in one of the three stages of dementia.

Dealing with Loss in the Years That Follow

The needs of grieving persons go on long after the first few months of the death of the loved one. This session will examine ways to help those who have suffered loss, regardless of how long it has been.

Grief Education for Health Professionals

Health care professionals may experience loss many times during their careers. Understanding how loss affects us and suggestions for good self-care are offered in this program.

How to Help Someone Who is Grieving

We are often at a loss for words when it comes to supporting those who are grieving. During this presentation practical suggestions for helping will be discussed.

Grief and Depression

Grief is the normal reaction to loss of a loved one and is accompanied by a feeling of deep sadness. However, when the sadness becomes overwhelming or difficult to sort out, it may point to other issues that combine to create depression. This presentation deals with knowing the difference between grief and depression, and suggests coping skills to deal with both issues.

Laughter as Medicine

Sometimes laughter is the best medicine. This presentation gives a brief overview of laughter from a clinical perspective, then gives participants the opportunity to laugh, and laugh, and laugh.

Understanding Grief

This six-hour overview of the grief process includes a basic overview of grief, stages and tasks of grief, spiritual aspects of grief and grief in the workplace including grief for health care professionals and a review of critical stress incident management techniques. This program has specific objectives and outcomes and is suitable for CEU certification.