

# Grief and Loss



**WAAMH**

Western Australian Association  
for Mental Health

## Face to Face Learning

This workshop is designed to help both professionals and those touched by grief to understand its complexities and explore links with mental health and personal wellbeing.

Most people will experience loss at some point in their lives. Grief is a reaction to any form of loss and can encompass a range of feelings including deep sadness and anger. The process of adapting to a significant loss can vary dramatically from one person to person. It often depends on a person's beliefs, culture, and relationship to what was lost.

Emotions in relation to loss are often surprising in their strength and unpredictability. They can also be confusing. Increasing our understanding of the human response to loss allows us to be more compassionate with ourselves and others at times of great need.

### This course will support participants to:

- Know what do/not do for a grieving person
- Understand J. William Worden's Grief and Loss Model (4 Tasks of Mourning)
- Identify normal grief reactions and warning signs of depression

This course enables participants to respond to grief and loss with greater skill and sensitivity.

### Catering and light refreshments provided for this course

#### TRAINING INCLUDES:

Qualified & experienced trainer  
Personalised certificate  
Quality resources to keep

#### TARGET AUDIENCE:

For staff who want to work in skillful and sensitive ways with clients experiencing loss as well as individuals who would like to learn more.



8 February 2021



9am – 4.30pm



**VENUE:**  
Workzone Building  
Training room, Level 1,  
1 Nash Street, PERTH



\$195 - Full members  
\$220 - Associate members  
\$245 – Non-members

Scholarship places available



Custom courses available for workplaces. Talk to our training specialists about a suitable course for your staff.



 @MentalHealthWA

 @TheWAAMH

### Contact us to register



[waamh.org.au](http://waamh.org.au)



[info@waamh.org.au](mailto:info@waamh.org.au)



08 6246 3000