

# APCC BEREAVEMENT SUPPORT COURSE

## FACE-TO-FACE & E-LEARNING



### INTRODUCTION

The Bereavement Support Course was developed by the Association of Palliative Centres and is intended for use both within palliative care settings and the wider community of South Africa, where loss of life through unnatural (violence) and natural causes is a stark reality in all our communities. Bereavement Support is also considered to be a necessary aspect of preventative health; a supported family is less likely to suffer a breakdown, and individuals may be less likely to fall into depression after the death of a loved one.

### PURPOSE OF THE TRAINING

This highly interactive course is intended to equip participants with appropriate skills, knowledge and attitude to provide bereavement support to individuals across our communities and from diverse settings, dealing with the loss of a loved one(s).

### ADMISSION CRITERIA

Suitable for all professionals, qualified counsellors or experienced lay counsellors in work settings where bereavement support is required or would be potentially required across South African communities.

### COURSE DESIGN & DURATION

**Duration:** The E-Learning course runs over 12 weeks, requiring approximately 2 hours of pre-reading and a 90-minute virtual Zoom meeting per week. Attendance is compulsory unless alternate arrangements are made with the coordinator under specific conditions.

The Face-To-Face Course runs for a week but can be completed one day per week (for six weeks).

The Face-To-Face take place according to demand (when there is a minimum of 15 people signed up in specific regions), with a maximum number of 25 participants per training session.

### COURSE CONTENT

#### The following topics will be covered:

- Starting the journey
- Introduction to Counselling
- Grief and Bereavement
- Families, Adolescents and Children
- Culture and Spirituality

- Complicated Grief
- Bereavement Counselling
- Suicide and AIDS
- Contracting, Assessments and Ending the Counselling Relationship
- Self-care and Supervision

***\*Content subject to change***

### TRAINING ASSESSMENT

Participants will be required to do a presentation on the course contents on the last day of training by way of consolidating learning.

### TRAINING ACCREDITATION

SACSSP: Approved for 29 CPD points for social workers for both Face-To-Face & E-Learning.

### CERTIFICATION

All participants who complete the course successfully will be awarded with a certificate of completion.

### CORRESPONDENCE & APPLICATION

All correspondence to be directed to APCC at [training@apcc.org.za](mailto:training@apcc.org.za) Course Fee: R6450  
Course Lead: Fran Tong