



On The Go – Online Training Explanation

Level 1 - Suicide Bereavement & Language

About the module

Those working directly with people bereaved by suicide always want to say the 'right' thing, but often worry about getting it wrong. This evidence and practice-informed module is delivered by trainers who have vast experience of working closely with those bereaved by suicide and will offer practical examples of what to say, how to say it and why.

Who is the module for?

This module is suitable for anyone who comes into contact with those bereaved by suicide. For experienced practitioners this module offers an opportunity to refresh linguistic practice, while for those new to these conversations, it offers an opportunity to discuss sensitive issues around language in a safe space.

What client group do we focus on in this module?

The focus is primarily on developing knowledge and skills to have conversations with adults impacted by suicide.

Aims of the module

- To explore why language is important in suicide bereavement and increase understanding of appropriate language use
- To offer an opportunity to update language skills by taking a fresh and contemporary look at recent linguistic changes in this field.

Learning outcomes

Attendees undertaking the training will:

- Develop knowledge and understanding of why language is important in suicide bereavement
- Have practical examples of acceptable words and phrases to draw on to support better conversations
- Develop greater skills and confidence in communicating with adults bereaved by suicide.



Level 1 - Talking with Children and Young People When There Has Been a Suicide

About the Module

In the difficult circumstances that surround a suicide there is often not time or head-space to think about any children in the family.

Adults are often unsure what to say to children and struggle to find helpful words to talk about suicide with a child.

Families have an understandable wish to protect their children from difficult things, which can lead to them avoiding conversations that a child needs in order to process what has happened.

This module will compliment the module 'Language and Suicide Bereavement', where the focus is on adults.

Target Audience

Any professional who may find themselves interacting with a child bereaved by suicide, in any setting.

Teachers, Emergency Services, Health Visitors, nurses and doctors in hospitals, staff in GP surgeries, Funeral Directors, Clergy, Coroners office, Social Workers, CAMHS teams, Youth workers, Foster parents.

Focus of this Module

Children and young people who have been bereaved by suicide.

Aim of the Module

This module will explain why honest information about a death is helpful to children.

It will explore the use of language for children of different ages and how to choose words that make these difficult conversations possible.

Learning Outcomes

Participants will better understand the needs of children following a suicide and the importance of a sensitive use of language when talking with children bereaved by suicide. Participants will feel more confident to support families to have open and honest conversations about the death of someone by suicide, and be more confident in their own conversations with children.



Level 1 - Post Traumatic Growth

About the module

Post-Traumatic Growth (PTG) has become a well-used phrase over the last few years, but what is it and how can you learn to recognise it in those bereaved by suicide? Although a research area still in its infancy, this introductory module uses the most up-to-date research and practice to explore PTG concepts and their practical application. It is delivered by trainers who have a wealth of experience of working closely with those bereaved by suicide and in the area of PTG.

Who is this module for?

This module is suitable for any professional in any setting who may be working with those bereaved by suicide and wants a basic introduction to some of the concepts associated with PTG and how they can be applied.

What client group do we focus on in this module?

The focus is on exploring PTG with relevance to adults bereaved by suicide.

Aims of the module

The module aims to:

- Offer a general overview of the concepts involved in PTG
- Develop understanding of PTG with relevance to suicide bereavement
- Give a snapshot of research to date on PTG

Learning outcomes

Attendees undertaking the training will:

- Have a better understanding of PTG concepts and categories
- Develop skills in recognising PTG and applying its concepts
- Develop an awareness of the need for caution in some aspects of PTG
- Have an overview of current research areas



Level 2 - Applying the 'Grief Map' Model to Support People Bereaved by Suicide

About this event

LIVE online training via ZOOM delivered by EXPERTS in this field.

About the module (Level 2)

Many professionals when faced with someone who has been impacted by suicide feel powerless in how to effectively work with them. One reason is that people bereaved/affected in this way do not fit into clinical diagnostic criteria such as ICD10 or DSM V.

The 'Grief Map' developed by Dr Sheila Clark (2001), a GP from Adelaide, Australia, offers a practical model to help us understand what problems/challenges exist when a person is bereaved in this way and how they may be addressed. The model is valuable for both the practitioner and person bereaved by suicide.

This online training module explains how to implement the Grief Map model using practice-based examples from a clinician experienced in using it.

Who is this module for?

Professional therapists/counsellors working in Level 2 of the stepped care model for Improving Access to Psychological Therapies (IAPT) and other appropriately qualified health care professionals.

What client group do we focus on in this module?

The focus is primarily on developing knowledge and skills to support adults impacted by suicide.

Aims of the module

To enable professionals to offer those bereaved by suicide a map to identify how they have been impacted by suicide and direction on how to navigate their grief.

Learning outcomes

Professionals undertaking the training will:

- Develop knowledge and understanding of a practical model to help them support bereaved people to determine where they are on their 'grief journey'
- Develop skills and confidence in using the model to identify areas where those bereaved by suicide might require assistance/support.