

## **Bereavement Support Foundation Course Training Programme 2026/27**

**All training will be delivered at  
St John Ambulance Training Room, Glencrutchery Road, Douglas, IM2 6BQ.**

### **Day 1: Saturday 17 October, 9.30 to 4.30**

Introductions  
Group agreement  
Intro to portfolio  
Personal losses and support after loss  
The meaning of grief  
Dual process model  
Introduction to active listening, core conditions and the supportive process  
Maggie's story  
Confidentiality and boundaries  
Cruse values  
The importance of self-care

### **Day 2: Saturday 31 October, 9.30 to 4.30**

Death and dying in different communities  
Attachment theory/attachment and loss  
Questioning skills  
Basic counselling skills – paraphrasing and reflecting  
Giving and receiving feedback  
Skills practice  
The importance of supervision

### **Day 3: Saturday 14 November, 9.30 to 4.30**

Tonkins model of grief  
Creative working  
Normal and complicated grief  
Common themes – anger, guilt and case studies  
Disenfranchised grief  
More models - Continuing bonds, Making meaning, Bereavement and biography  
Basic counselling skills - clarifying and summarising  
Skills practice, scenarios (middles)  
Portfolio work

### **Day 4: Saturday 28 November, 9.30 to 4.30**

Equality, diversity and inclusion  
Unconscious bias  
Diversity case studies  
Transference, countertransference and Parallel Process  
Vicarious trauma and vicarious resilience  
Compassion fatigue and burn out  
Self-care  
Endings  
Skills practice

## **Bereavement Support Foundation Course Training Programme 2026/27**

### **Day 5: Saturday 5 December, 9.30 to 4.30**

Safeguarding (online training to also be completed beforehand)

Case studies and Skills practice

Working with vulnerable adults including mental ill health, physical disabilities, learning difficulties

### **Day 6: Saturday 12 December, 9.30 to 4.30**

Working with clients who are suicidal

Skills practice re disclosure

Self-harm

### **Day 7: Saturday 9 January 2027, 9.30 to 4.30**

Telephone and online support

Skills practice – telephone scenarios

More on reflection

Skills practice, reflection

Ongoing client support and consolidation of learning

Portfolio final deadlines

Next steps – interviews etc.

Celebration

### **PORTFOLIO DUE FOR SUBMISSION: 30 January 2027**

### **Day 8: Saturday 13 March 2027, 9.30 to 1.00 (TBC)**

(Induction following acceptance as BVs).

The work of the office admin team and referral procedures

Paperwork to be completed

Health and Safety

Preparation, room set up

Structure of first session and client verbal agreements

Structure of subsequent sessions

Hopes and fears about starting client work

Skills practice – first client session

### **Mandatory follow up**

Trauma Awareness, within 12 months of completing the foundation course.

### **Optional follow up**

Working with clients bereaved by suicide