

# Supporting Families Moving through Pain, Grief and Healing Training (BH0312)



This half-day training is rooted in the work of Dr. Alan Wolfelt, Ph.D. who has worked in the field of Thanatology for over three decades. Through this training, participants will learn about the differences between grief and mourning, as well as be introduced to the companioning approach to bereavement care. This training may benefit individuals and families who are experiencing grief and loss, as well as anyone interested in working with the bereaved. Participants will gain effective knowledge that will assist in understanding the dynamics, dimensions and differences that can impact an individual and family's experience with loss. This training will provide an opportunity to explore personal views and experiences with death, as well as identifying how these experiences can be incorporated into bereavement support. In addition to gaining a broader understanding of grief and loss, participants will learn about self-care and nurturing steps that can aide an individual and family's journey through grief and loss.

**Please see Page 3 for Outline.**

## Learning Objectives

Upon completion of this training, participants will be able to:

- Identify four significant types of loss
- Describe common misconceptions about grief and loss
- Recognize common physical, cognitive, emotional, social and spiritual experiences that occur during grief
- Explain types of complicated mourning and consequences of grief avoidance
- Identify tools to nurture oneself and facilitate mourning amongst the bereaved

## Registration Information

If you already have an account, you may search for the course by name or course code. If you do not have an account in the LMS you will need to open one by [clicking here](#). Email [RIHS@sdsu.edu](mailto:RIHS@sdsu.edu) if you have any questions. This training is FREE of charge to BHS County employees and contractors.



## VIRTUAL EVENT

**Date: April 27, 2022**

**Time: 8:30 a.m. – 12:30 p.m.**

This course will be conducted remotely through **Zoom**. A link will be sent to participants a week before training.



## REGISTRATION

[Click here](#) to log into the Learning Management System (LMS) and Register.



## AUDIENCE

CYF-BHS counselors, case managers, therapists, supervisors, and other direct services providers.



## THE TRAINERS

[Vanessa Girard](#), LCSW, VA San Diego Healthcare System

[Dana Mendoza](#), LCSW VA San Diego Healthcare System

Thank you for your continued understanding about our need to put the safety of our staff, facilitators, and customers first.

Please review the COVID protocol for in-person trainings.  
<https://theacademy.sdsu.edu/a-message-to-our-stakeholders-and-friends/>

**COVID Message and  
In-person Training Protocol**

## ADA

Please submit all requests for accommodations two weeks prior to the start of the training. The Academy for Professional Excellence is committed to creating an inclusive and welcoming environment that appreciates and builds on diversity. In accordance with the Americans with Disabilities Act (ADA) of 1990, and California Administrative Code Title 24, The Academy for Professional Excellence prohibits discrimination on the basis of a disability in employment, public services, transportation, public accommodations, and telecommunication services.

## Continuing Education

This course meets the qualifications for **4** hours of continuing education credit for LMFTs, LCSWs, LPCCs and/or LEPs as required by the California Board of Behavioral Sciences. The Academy for Professional Excellence is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs and LEPs, Provider #91928. The Academy for Professional Excellence is approved by the California Board of Registered Nursing, Provider # BRN CEP10014; CCAPP-EI, Provider # 1S-98-398-0822, and CAADE Provider # CP40 906 CH 0323 for **4** contact hours/CEHs. The Academy for Professional Excellence is approved by the American Psychological Association to sponsor continuing education for psychologists. The Academy for Professional Excellence maintains responsibility for this program and its content. CE certificates will be available for download 5 business days after course completion. Click here for information on how to [obtain CE Certificates](#). Click here for the [CE Grievance Procedure](#).

*Responsive Integrated Health Solutions (RIHS) is a County of San Diego Behavioral Health contracted program of the Academy for Professional Excellence, and a project of San Diego State University School of Social Work.*



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# Supporting Families Moving through Pain, Grief and Healing Training

Vanessa Girard and Dana Mendoza, VA San Diego Healthcare System

## Educational Goal:

*To improve behavioral health system delivery by developing skills to recognize, respond to, and support individuals and families experiencing grief and mourning.*

<b>Time</b>	<b>Activity</b>
8:30 am – 8:45 am	Welcome, introduction, objectives
8:45 am – 10:30 am	Types of loss and grief responses. The difference between grief and mourning. The central needs of mourning.
10:30 am – 10:45 am	Break
10:45 am – 11:30 am	Types of complicated grief and mourning. How family systems affect mourning. The impact of Covid-19 on mourning.
11:30 am – 12:15 pm	Discussion of tools and action steps to facilitate mourning. Self-care guidelines for caregivers and providers.
12:15 pm – 12:30 pm	Questions and reflection

**\*Please note: In order to receive completion and credit/CEs, you must have your video camera on for the duration of training.**