

Pine Tree Hospice Volunteer Education Curriculum
Topics and Outcomes: Bereavement Group Facilitator

Presenters:

- Please address the outcomes within the allotted time
- You are at liberty to address the topics as you wish and you are free to add content
- *Thank you!*

Time	BEREAVEMENT GROUP FACILITATOR TOPICS <i>Prerequisite: Core Curriculum</i>
1 hr.	<p><u>PTH Bereavement Services and Volunteer Roles</u></p> <ol style="list-style-type: none"> 1. Identify and explain each of the PTH bereavement services provided to the community 2. State the difference between open groups and closed groups 3. Describe facilitated peer support groups 4. Describe volunteer roles and boundaries in providing the various bereavement services 5. Identify sources of supervision, guidance, support, and self-care
.5 hr.	<p><u>Pre-Group & Post-Group</u></p> <ol style="list-style-type: none"> 1. Describe the functions of pre- and post-group 2. Develop a level of comfort facilitating pre- and post-group through role-play
1.0 hr.	<p><u>Grief and Mourning</u></p> <ol style="list-style-type: none"> 1. Define grief, mourning, disenfranchised grief, and bereavement overload 2. Identify and understand factors that influence grief and mourning 3. Learn to recognize and support individuals with different coping styles
1.25 hrs.	<p><u>Approaches to Mourning</u></p> <ol style="list-style-type: none"> 1. Recognize that there are various approaches to facilitate healthy mourning 2. Explain some of the many approaches to mourning 3. Utilize aspects of various approaches to provide support to the bereaved
1.0 hr.	<p><u>Complicated Grief & Mourning</u></p> <ol style="list-style-type: none"> 1. Define complicated grief and mourning 2. Identify indicators of complicated grief and mourning 3. Recognize limitations of volunteer roles 4. Recognize circumstances when a clinical referral may be needed and report to PTH staff or clinical consultant
.75 hr.	<p><u>Family Panel</u></p> <ol style="list-style-type: none"> 1. Develop an understanding of the impact death has on the family.
.75 hr.	<p><u>Veterans Grief & Mourning</u></p> <ol style="list-style-type: none"> 1. Identify the unique needs of bereaved veterans 2. Identify additional resources for veterans

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.75 hr.	<p><u>Suicide</u></p> <ol style="list-style-type: none"> 1. Identify the unique needs of adults and children when death is through suicide 2. Identify additional resources for survivors of suicide
1.0 hr.	<p><u>Communication Techniques in Groups</u></p> <ol style="list-style-type: none"> 1. Describe basics of managing group dynamics 2. Identify and describe techniques to respond appropriately to group situations (i.e. redirect the group focus; manage overbearing individuals, etc.) 3. Identify and describe techniques which encourage participants to share their stories of love, loss, and grief
.5 hr.	<p><u>Adult Support Groups: Structure and Function</u></p> <ol style="list-style-type: none"> 1. Explain structure and purposes of the PTH Adult Bereavement Groups 2. Describe roles of facilitator and co-facilitator in adult support groups 3. Learn appropriate use of rituals for opening and closing groups
1.0 hrs.	<p><u>Adult Support Group Facilitation: Role Play & Practice</u></p> <ol style="list-style-type: none"> 1. Create a safe and respectful environment for group interaction 2. Establish and maintain ground rules for group participation 3. Utilize techniques to encourage participation of individual group members 4. Utilize principles of therapeutic communication 5. Utilize techniques to redirect the group focus, when necessary 6. Engage group interaction to explore ways of coping with grief 7. Achieve a level of comfort, flexibility, and skill facilitating adult support groups
1.0 hr.	<p><u>Children’s Grief Experiences and Needs</u></p> <ol style="list-style-type: none"> 1. Describe the unique experiences and needs of bereaved children at various developmental levels 2. Identify various ways to support children at different developmental levels 3. Examine unique circumstances of sibling and parental death 4. Discuss ways children maintain a connection with a deceased parent
.5 hr.	<p><u>Children’s Support Groups: Structure and Function</u></p> <ol style="list-style-type: none"> 1. Explain the structure and purposes of the PTH Children’s Bereavement Groups 2. Explain the development of PTH children’s groups based upon developmental level and needs of children 3. Describe roles of facilitator and co-facilitator in children’s support groups 4. Learn appropriate use of rituals for opening and closing groups
.5 hr.	<p><u>Using Activities in Children’s Groups</u></p> <ol style="list-style-type: none"> 1. Identify and describe techniques which encourage children to share their unique stories of love, loss, and grief through talk, art, play, and activities 2. Become familiar with the Evergreen Activity notebook and other activity resources

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1.0 hr.	<p><u>Children’s Support Group Facilitation: Role Play & Practice</u></p> <ol style="list-style-type: none"> 1. Create a safe and respectful environment for group interaction 2. Establish and maintain ground rules for group participation 3. Utilize techniques to encourage participation of individual group members 4. Utilize principles of therapeutic communication 5. Utilize techniques to redirect the group focus, when necessary 6. Engage group interaction and participation in activities to explore ways of coping with grief 7. Achieve a level of comfort, flexibility, and skill facilitating children’s support groups

TOTAL HOURS: 12.5