

# Grief Following Trauma

## A Critical Incident Stress Management Course

### Purpose of Course:

To increase awareness and enhance an individual's ability to provide effective spiritual and psychological care to survivors in times of loss, disaster, emergency, trauma, and crisis settings.

### Course Description:

This In the course of nearly everyone's life, they will, at some time, encounter people grieving the loss of a loved one from a traumatic event. This course is designed to help both professional and lay people identify characteristics of trauma and traumatic events, the normalcy of traumatic grief reactions, learn good death notification and body identification techniques, become skilled at identifying warning signs of complications, and learn the importance of early interventions and support utilizing the SAFER-R model. Participants will increase their knowledge of how trauma impacts the grief process and will gain skills for evaluating and supporting persons who have experienced traumatic loss. Upon completion, participants will be able to: Identify types of traumatic events and the characteristics of trauma and grief; Describe normal responses to trauma and normal grief responses; Describe factors that may complicate the traumatic grief process; Learn practical and effective methods of death notification and preparation for body identification; Identify the primary needs of people experiencing grief following trauma; and Outline techniques for supporting people grieving a trauma and for self-care. (14 Contact Hours; 14 CE Credits for Psychologists; 14 CE Hours for Calif. MFTs & LCSWs; 14 Contact Hours for National Certified Addiction Counselors **OR** 1.4 General CEUs from UMBC)(Pending Approval:14 PDHs for EAPs;16.8 Nursing Contact Hours)\* Completion of "Grief Following Trauma" class and receipt of a certificate indicating full attendance (14 Contact Hours) qualifies as a class in ICISF's Certificate of Specialized Training Program.

### Course Objectives:

At the conclusion of this course, successful students will be able to:

1. Identify types of traumatic events and the characteristics of trauma and grief.
2. Identify normal and pathological grief responses.
3. Describe factors that may help or hinder the traumatic grief process.
4. Perform essential skills for assisting grieving people including: death notification, preparing people for body identification, and effective support services.
5. Apply a practical application of the SAFER model to Rando's theory of the grief process.
6. Review techniques for supporting grieving people and identify resources for linking them to continued care.
7. Complete a personal loss and trauma history and develop a personal self-care plan.

### Course Participants:

Targeted participants are trained clergy, chaplains, mental health professionals, crisis responders, and individuals who desire help grieving people in the aftermath of loss and traumatic events.

### Course Format:

This two-day (14 hour) course creatively utilizes an interactive educational format. Participants will engage in group discussion, individual and group exercises, interactive lecture, observation of videos, and practice through role plays.



A partnership between the Institute  
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