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### Successful Strategies for Working with Bereaved Young People and their Families

This one day Workshop will equip delegates with the necessary tools to provide emotional and practical support to young people who have experienced bereavement. When there is a loss, offering support to the bereaved young person or their family may be difficult and at times overwhelming.

Bereavement creates many emotions; feelings of anger, guilt, confusion and denial. How a young person grieves will depend on their age and their understanding of the event. The loss experienced will have changed everything and family members will be trying to make sense of what has happened in their own way.

Learning methods of this Workshop will include exploration of participant's own experience of loss, which will better equip them to understand and work with young people and their families.

The Workshop has been written with the flexibility to adapt to suit the age range of your school or agency. It is suitable for anybody who works with young people: teachers, health professionals, those involved in PSHE, counsellors, head teachers, school nurses, youth offender support teams, teaching and medical staff in colleges and universities.

The theory input will include:

- Signs and Symptoms of both a young person's healthy reaction to bereavement and unhealthy reactions when there is an impasse in the grieving process.
- Exploring and understanding the young person's impact of loss on their family and social systems.
- Looking at the circular impact of grief within the family system.
- Enabling the participants' to facilitate a young person to speak out their loss and be witnessed and contained by an empathic listener.
- Training which will help the participants enable the young people with whom they work, to find the cognitive and behavioural tools to support themselves through a vulnerable, confusing and painful time.