

WAVE Trauma Centres

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WAVE

Trauma Training

Grief, Trauma and the Helping Relationship Course



Community Relations Council




European Union
European Regional
Development Fund
Investing in your future



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Accredited Open College Network Courses



“Traumatic events are extraordinary not because they occur rarely, but rather because they overwhelm the ordinary human adaptations to life.” Judith Herman

Who is the course targeted at:

The course is targeted at anyone who wishes to gain a greater understanding of grief and trauma. The course provides participants with a grounding in trauma theory and approaches to working or supporting those traumatised. Theories of grief and loss will also be explored as well as examining the skills required to work with bereaved individuals.

What is involved?

This course will run for 8 weeks with each session lasting 3 hours.

Requirements for course accreditation are:

Participants will be required to complete a ‘Semi Structured Journal’ which demonstrates knowledge gained in class. Participants will also complete a ‘Personal Learning Journal’ as well as completing 3 assignments.

Successful participants will be awarded a Level 2 accreditation with the Open College Network.

Each course will have no more than 14 participants.



Course Content

- Values and attitudes in a helping relationship.
 - Identify skills and ethics relevant to the helping relationship.
 - Why people seek help and what kind of help is sought.
 - Theory of attachment and loss in children and how it influences the grieving process.
 - How children may be affected by grief.
 - Forms of reassurance helpful to children.
 - Understand the process of grief and the effect of bereavement on adults and children.
 - Describe the effects of trauma.
 - Understand what a helping relationship is.
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