



Supporting Grief and Bereavement:

A Two-Day CPD Workshop for Professionals

16th & 17th May 2026 (10-4pm)

Bowls Room, Leven Sports Centre, North Street, Leven, HU17 5NF

This two-day CPD workshop is designed for professionals who work with individuals experiencing grief, bereavement, and loss. The training offers both a strong theoretical foundation and practical approaches to supporting people through their grief journey, while also recognising the emotional impact of this work on practitioners.

Day 1 – Understanding Grief and Bereavement

Focused on building knowledge and insight into grief experiences, this day will explore:

- What is Grief? – The Five Stages of Grief
- Pre-Bereavement
- Normal and Prolonged Grief
- Disenfranchised Grief
- Continuing Bonds
- Dual Process Model and Tonkin's Model of Grief
- Self-Care When Working with Grief and Bereavement

Day 2 – Practical Support in Grief and Loss

A practice-focused day exploring compassionate, effective ways to support individuals through their personal experience of grief, bereavement, and loss.

You may attend one or both days, depending on your learning needs:

£80 per day / £150 for both days

A certificate of attendance will be provided for those wishing to use the workshop toward CPD hours.

Course Facilitators:

Rachel Cunningham (BACP Accredited) and Shelly Findley (UKCP Accredited)

Contact 07544070934 / me2utherapeuticservices@gmail.com
to book or for further information.

Where every voice is heard, and every journey is valued... Together.