



Supporting bereaved children



TRAINING PROGRAMME
SPRING & SUMMER TERMS
2022

REGISTERED CHARITY NO: 1158138

ABOUT US

Prior to the formation of Mosaic, support for bereaved children and young people in Dorset was extremely limited. Whilst local hospice care recognises the need for family support pre and post death, these services do not usually extend to causes of death other than terminal illness.

Founded in June 2007, Mosaic was created to fill the gap in the provision of bereavement services for children and young people across the county. We provide counselling and support for children and young people who have experienced the death of a parent, sibling or loved one through any cause of death, including suicide, murder, terminal illness and sudden or traumatic death. We also offer support to families facing the death of a loved one.

WHAT WE OFFER

- Individual counselling support
- Family group work
- Early Bereavement support
- Pre-bereavement support for families
- Residential weekends
- Social events
- Activity days
- Training for professionals working with children
- Telephone advice and support for professionals, parents and carers

TRAINING

Mosaic offers training to organisations and individuals who may need to offer support to a bereaved child or young person.

We offer two different types of training:

Individual training courses, covering specific aspects of bereavement which are listed in this booklet. These are day-long courses, both face-to-face and online, open to professionals working with children and young people.

Bespoke training courses, which are written and delivered to cover your organisation's specific need (see page 3 for more information).

WHY SHOULD I HAVE TRAINING?

Approximately 2,500 children in Dorset will suffer a bereavement of someone close to them every year. Often children will not know who to turn to during this difficult time and can feel very isolated from their peers. Our training courses will help you to feel more confident in talking to and supporting a bereaved child, which will be incredibly valuable to both the child and their family.

Although many of the delegates who attend our training are currently supporting a bereaved child or young person, it is really important that all professionals working with children have some form of bereavement training before it is actually needed. That way they will know in advance what to say and how to support those children in their time of need, ensuring a consistent level of support should a death occur.

BESPOKE TRAINING

HOW DOES BESPOKE TRAINING WORK?

Bespoke training takes place at a time and location to suit you, and includes information relevant to your organisation.

WHO IS BESPOKE TRAINING FOR?

Bespoke training is for anyone working with children and young people. Mosaic have worked with many organisations including both state and private schools, hospices and local authorities (where we offer training for groups such as social workers, foster carers and youth workers).

WHAT ARE THE BENEFITS?

In addition to the skills and knowledge gained, bespoke training is the most cost effective way of training larger numbers of staff within your organisation. Sessions can accommodate up to 20 delegates.

WHAT BESPOKE TRAINING DO WE DELIVER?

We can deliver any material used in our individual training courses as well as additional information tailored to your organisation. A bespoke session may be a short presentation, half day workshop, full day session or multiple days. Most formats of training can be accommodated.

We receive limited funding allowing us to reduce the cost of some of our bespoke training for certain organisations. Please contact us for more information about this.

WHAT OUR DELEGATES HAVE TO SAY...

"Amazing! The trainers were fantastic at informing, listening and enabling discussions. Felt very safe to discuss things and gained valuable insight and skills that I will go on and use. Thanks."

"Thank you. It felt as good as face to face - but was easy and accessible via zoom. Brilliant!"

"I felt I was given ways to approach the questions that children may ask, making me more confident to tackle the subject."

"It has given me validation that the information/support I am giving my patients regarding pre bereavement for their children is on the right lines, and has given me more confidence to be able to approach this with families."

BETWEEN SEPTEMBER 2020 - JULY 2021 204 DELEGATES ATTENDED OUR TRAINING PROGRAMMES WITH 83% RATING OUR TRAINING AS 'EXCELLENT'. THE REMAINING 17% RATED OUR TRAINING AS 'VERY GOOD' AND 'GOOD'.

INTRODUCTION TO CHILDHOOD BEREAVEMENT

An introductory workshop to provide information and guidance on child bereavement.



Learning Outcomes

- To gain a basic overview of loss, grief and bereavement.
- To understand how a child's age and development influences their understanding of death.
- To develop confidence and skills for supporting a bereaved child.
- To appreciate the importance of self-awareness in supporting others.
- To develop practical skills in working with telling the story, dealing with difficult feelings and memories.
- To recognise the importance of looking after ourselves and identifying ways to self-support.
- To consider practical resources to use with children.

This course is suitable for all professionals working with children and young people, with little or no previous bereavement training, who would like to develop their knowledge and skills.

Fridays 28th January & 4th February 2022 (Online)
Tuesday 5th April 2022 (Poole/Bournemouth Venue TBC)

TRAUMATIC AND COMPLEX GRIEF IN CHILDREN AND YOUNG PEOPLE

Exploring how to support a child or young person who may have experienced a traumatic death in the family or who may be experiencing complex or prolonged grief.



Learning Outcomes

- To gain an understanding of the signs of potential complex grief.
- To review the impact of multiple losses upon the grieving process.
- To consider the impact of sudden traumatic death in relation to children or young people including death by suicide, murder or accident.
- To explore the grief process of the surviving parent/carer in relation to traumatic death and the potential impact on the child or young person.
- To develop greater confidence in providing support and when to refer on for further support.

This course is suitable for individuals who have previously attended our 'Introduction to Child Bereavement' course or have some previous bereavement training.

Monday 28th February 2022

WORKING CREATIVELY WITH BEREAVED CHILDREN



A practical workshop that aims to explore creative ways of helping children to express themselves when someone important in their life is dying or has died.

Learning Outcomes

- To identify the importance of helping children find ways to express themselves and their feelings.
- To develop creative ways of working with memories.
- To explore and develop self-awareness and support for ourselves.
- To experience creative ways of helping children and families including story telling and art & craft.
- To learn from others on the workshop, sharing examples of work.
- To consider practical resources to use with children.

This course is suitable for individuals who have previously attended our 'Introduction to Child Bereavement' course or have some previous bereavement training.

Monday 24th January 2022

Monday 20th June 2022

EARLY YEARS - SUPPORTING BEREAVED PRE-SCHOOL CHILDREN

To assist childcare workers to develop an understanding of the impact that death has upon a pre-school child and to develop skills, knowledge and confidence when supporting them.



Learning Outcomes

- To develop a basic understanding of the impact of loss and grief on a young child's development
- To gain an insight into a young child's understanding of death
- To consider how to best meet the needs of young children affected by the death of someone close to them
- To recognise the importance of developing positive relationships with young children and their families
- To consider appropriate ways to support pre-school children

This course is suitable for individuals who have previously attended our 'Introduction to Child Bereavement' course or have some previous bereavement training.

Date TBC

TEENAGERS - SUPPORTING YOUNG ADULTS

To consider the needs of bereaved teenagers and identify ways to provide appropriate support.



Learning Outcomes

- To have an insight into the teenager's view on life and develop a deeper understanding of the struggles teenagers face.
- To gain an understanding of the theories of loss and mourning in relation to teenagers.
- To recognise the many varying needs of bereaved teenagers.
- To consider our own experiences of loss and how it impacts on us when we observe the grief of others.
- To look at ways to support grieving teenagers.
- To consider practical resources to use with teenagers

This course is suitable for individuals who have previously attended our 'Introduction to Child Bereavement' course or have some previous bereavement training.

Monday 14th March 2022

SPECIAL EDUCATIONAL NEEDS



To provide a basic understanding of the needs of bereaved children along with the skills required to support children and young people with learning disabilities and Autistic Spectrum Disorders.

Learning Outcomes

- To gain information on resources available.
- To provide a basic knowledge of the perception of death for a child or a young person with learning difficulties and Autism Spectrum Disorders
- To consider theories of loss and mourning in relation to children or young people with learning difficulties and Autism Spectrum Disorders
- To develop greater confidence in providing support and clear communication about death with children or young people with learning difficulties and Autism Spectrum Disorder
- To identify an awareness of our own needs as professionals and explore ways we can self-support

This course is suitable for individuals who have previously attended our 'Introduction to Child Bereavement' course or have some previous bereavement training.

Monday 7th February 2022

SUPPORTING CHILDREN PRE-BEREAVEMENT



This workshop focuses on practical issues regarding the many emotional difficulties families face in dealing with a family member with a terminal or life-limiting illness.

Learning Outcomes

- To understand the challenges for the family regarding the diagnosis of a terminal illness
- To support the children to understand what is happening.
- To support the family in developing clear communication practices.
- To develop self-awareness of the personal impact when working with family members with a life-limiting illness.
- To look at practical ways of supporting the family (eg memory boxes, sharing memories and writing letters).

This course is suitable for those working with children and young people who may be facing losing a family member with a life-limiting or terminal illness. We ask that those attending this course have completed our 'Introduction to Childhood Bereavement' training or have undergone a similar level of training in the relevant field.

Monday 21st March 2022

TRAINING BOOKINGS

Cost

Mosaic Training Venue - £75pp to include lunch, refreshments, info pack and a CPD certificate

Online - £60pp to include info pack and a CPD certificate

For more information:

Call - 01258 837071

Email - jenny@mosaicfamilysupport.org

To book please visit www.mosaicfamilysupport.org/training or www.eventbrite.co.uk and search for Mosaic

TRAINING VENUE

All face-to-face training will be held at:

Mosaic - Supporting Bereaved Children

3 Barnes Croft

Coles Lane

Milborne St Andrew

Blandford Forum DT11 0LG

(unless otherwise stated)

Keep In Touch!



www.facebook.com/mosaicdorset



[MosaicFamilySupport](https://www.instagram.com/MosaicFamilySupport)



[@Mosaic16](https://twitter.com/Mosaic16)



To join our e-mailing list contact
jenny@mosaicfamilysupport.org



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Training Calendar

Spring & Summer 2022

24 January - Working Creatively with Bereaved Children

28 January & 4 February - Introduction to Childhood Bereavement - ONLINE

7 February - Special Educational Needs

28 February - Traumatic and Complex Grief

14 March - Teenagers - Supporting Young Adults

21 March - Supporting Children Pre-Bereavement

5 April - Introduction to Childhood Bereavement

20 June - Working Creatively with Bereaved Children

To Book Your Place:

www.mosaicfamilysupport.org/training

or

www.eventbrite.co.uk and search for Mosaic