



## Seasons for Growth Grief Education

Date: 6<sup>th</sup> and 7<sup>th</sup> February 2020

### **About the Training:**

To train staff to deliver Seasons for Growth, an accredited loss and grief group intervention training programme to support children, young people and adults. Seasons for Growth is a group intervention for those who have experienced a bereavement or any significant loss who are distracted by thoughts about their situation and finding it difficult to concentrate. The aim is to help students to manage feelings associated with loss. It runs over 8 x 1-hour or 4 x 2-hour sessions with an additional short session concluding the experience.

**Please note:** Seasons for Growth is a peer group intervention that follows a journal not an individual intervention.

PLEASE ALSO NOTE THAT THIS IS A 2.5 DAY COURSE WHICH MUST BE COMPLETED IN FULL AND THE PERSON TRAINED IS THE ONLY PERSON WHO IS ELIGIBLE TO USE THE COPYRIGHT MATERIALS THEY ARE TRAINED TO USE.

**Final ½ day training session 19.3.20 from 1-4pm**

### **Who is it for?**

Staff who wish to become trained 'companions' to deliver the programme should have the endorsement of their managers to undertake this role as part of their volunteering at Brunel. Self-reflection of personal experiences of loss is part of the nature of the course and should be considered before booking.

**Venue:** Brunel University London    **Room:** TBC    **Cost:** £250

### **How to apply and for further information:**

please register your interest at [info@seasonsforgrowth.co.uk](mailto:info@seasonsforgrowth.co.uk)

Brunel contact: [elaine.tabony@brunel.ac.uk](mailto:elaine.tabony@brunel.ac.uk) / [Karen.Western@brunel.ac.uk](mailto:Karen.Western@brunel.ac.uk)

**Seasons for Growth Grief Education Ltd**  
**Bay Lodge, 36 Harefield Road,**  
**Uxbridge, Middlesex**  
**UB8 1PH**