

Working with children

If you have experience of work with children and would be interested in working with bereaved children, discuss this at your interview.

Attendance

Students are permitted to miss the maximum of one day only, but not the first day.

Certificates

Will be awarded to all participants on successful completion of the course.

Accreditation

Each session has clear aims and objectives which must be met in order to meet the agreed criteria for acceptance as a Bereavement Volunteer as well as the requirements of Ascentis who accredit the course, and the National Counselling Society who recognise and quality check the course.

Refreshments

Tea and Coffee will be provided during the breaks.
Lunch: Bring your own.

Trainers

Marion Wilson
Meg Cleghorn

Queries:

Penny Marriner, Administrator
Tel: 01937 834702
E-Mail: York@cruse.org.uk

Bereavement Support Course The Revised Cruse Foundation Training Course Autumn/ Winter 2018

Venue: The Ron Cook Hub, York University, Heslington East Campus
near Grimston Bar Park and Ride YO19 5LA.

Further instructions nearer the time

on
Saturday 8th September
Saturday 15th September
Saturday 20th October
Saturday 3rd November
Saturday 17th November

From 9.30 to 16.00

Followed by interview for acceptance as Cruse Volunteer

Ongoing obligatory training days
Safeguarding, Saturday 8th December 9.30 to 1.00pm
Induction, Saturday 5th January 9.30 to 16.30
Sudden & Traumatic Death, Saturday 26th January

Course Fee

£175 which can be paid in portions if necessary.

Cheques to be made payable to:

'Cruse Bereavement Care York & North Yorks Area',

Royal Patron: Her Majesty The Queen

Registered Office:

Unit 0.1, One Victoria Villas, Richmond, Surrey TW9 2GW

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Guidelines for trainees

The following information aims to give you a broad outline of the training and information you need to know as a trainee.

The aim of the training is to provide individuals with the awareness, skills and knowledge needed to begin working with bereaved people. The course is seen as an introductory course requiring the trainee to undertake further training and receive supervision as part of their professional and personal development.

The course is structured around two models:

Model one - ASK (awareness, skills and knowledge) focuses on the trainee acquiring growth and understanding in all three areas. Activities and learning are built around the model.

- ***Awareness*** of our own feelings thoughts and actions is essential to being an effective bereavement volunteer.
- ***Skills*** that we need to be effective in our work of supporting bereaved people.
- ***Knowledge*** refers to the theories, models, and practice that underpins our work

Model two – FTA (feelings, thoughts and actions) focuses on these three elements as the trainee experiences them throughout the training and in relationship to the learning process.

- ***Feelings*** may be physical or emotional. They are often outside our control.
- ***Thoughts*** that can include ideas, reflections, analysis and memories and may relate to past, present or future events and again maybe outside our control.
- ***Actions*** that may be taken as a result of exploration of feelings and thoughts.

Course Content

This course is tailored to equip people with no previous training to become volunteers able to support bereaved clients to face the future after someone's death.

To ensure that we give you a high standard of training there is essential work to be done at home between the first 5 sessions. The course tutors will give you any ongoing support that you might need. This will include regular feedback via email. You will receive knowledge and portfolio handouts via email. Knowledge handouts become an ongoing source of reference for you. Through completing the Portfolio work you will demonstrate your understanding of course material and your ability to listen and empathise in a genuine and non-judgmental way. Your portfolio will include your personal learning journal (reflective diary) where we ask you to write about your thoughts and feelings aroused by the course. The course tutors will give you ongoing feedback on all this work via email. Trainees will be expected to take an active part in all sessions which will include discussion, exercises, role play, and an agreed level of self disclosure.

Selection Interviews

This selection process will be a stringent one, because the Area is looking for people who will give a high level of commitment to supporting bereaved clients, attending the Area's monthly meeting and ongoing training.

Initial interviews will be held prior to acceptance on the course. A second interview will be held after the first five days, for acceptance into the Area.

College Placements

It is Area policy that students are not accepted on placements. However if they successfully complete the Cruse Foundation Training course, students are welcomed. They then may count their hours, but would need another placement.