

The Buddhist Volunteer Grief Counselling Certificate Course

Twelve - 2 Hour Classes

In Buddhism, we are taught that loss and grief are inevitable yet they are still immensely challenging aspects of life. When a bereavement happens, no matter whether it was predicted or unexpected, it can be incredibly difficult to process. The Buddhist Volunteer Grief Counselling Certificate Course acquaints you with the grieving process and explains how to support someone going through it, exploring the various types of bereavement and advising the specifics of how to help in each situation.

The primary goal of The Buddhist Volunteer Grief Counselling Certificate Course is that students gain the knowledge and skills to provide effective grief counselling and support for Buddhist practitioners or others interested in this approach, using a biopsychosocial and Buddhist approach to grief. During these 24 hours of grief support training, students advance their counselling skills. This may include incorporating writing and art in their approach, in order to guide clients through their grief.

The course opens by discussing the concepts of grief and bereavement, providing a basic overview of how an individual might experience them. We will explore the Buddhist teachings on the reasons for the experiencing of them.

Grief is always about loss. You'll explore the different causes of grief - loss of job, death of a pet, illness, dementia, miscarriage/stillbirth, even a limb.

The Buddhist Volunteer Grief Counselling Certificate Course details other specific forms of bereavement. You'll explore techniques to help an individual who is going through pet bereavement and how an individual may be impacted, how someone may be impacted by a sibling bereavement, how an individual may react after a partner/spouse has died, and how a counsellor can help themselves through vicarious bereavement and why they should practice self-care.

Grief and Bereavement Counselling Certificate Course

Using a LifeSkills model for the class, which will include theory, practice, and some research on the part of the student, we will cover the following, all with Buddhist teaching:

Course Syllabus

1. Introduction to Grief and Bereavement with Buddhist approaches, Types and Stages of Grief.
2. Opening a Session and building Rapport
3. The Skill of Silence
4. Empathy and Compassion
5. Reflection and Paraphrasing - Learning to Listen and Using Open and Closed Questions
6. Boundaries and Safety; Supervision
7. Learning How to Focus and question appropriately

8. There will be a weekly pop-quiz and some required readings.
9. Each student will be required to explore Buddhist counselling from one of the major Buddhist traditions: Theravada, Mahayana, Tibetan
10. Each student will be required to learn what referral services are available in their community.