

22264VIC Graduate Certificate in Bereavement Counselling and Intervention

Course Prospectus



australian centre
for **grief** and
bereavement



AASW
AUSTRALIAN ASSOCIATION OF
SOCIAL WORKERS
Endorsed CPD



NATIONALLY RECOGNISED
TRAINING

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The Australian Centre for Grief and Bereavement is the largest provider of grief and bereavement education in Australia.

Welcome

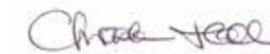
Welcome, and thank you for considering the Australian Centre for Grief and Bereavement's Graduate Certificate in Bereavement Counselling and Intervention (GCBCI).

The Australian Centre for Grief and Bereavement has a reputation for delivering high quality national training and education. Since our commencement in 1996, we have grown to become the largest provider of grief and bereavement education in Australia, and in 2011, we became a Registered Training Organisation (RTO# 22004). With strong connections between research and practice, ACGB also operates a statewide specialist bereavement service.

The GCBCI is a highly sought-after qualification and can open doors to a wide array of employment opportunities in environments including schools, hospitals, palliative care services, the corporate sector and community health settings. **This qualification can assist you in securing the jobs you want.** Eighty per cent of our graduates have found employment as bereavement counsellors within twelve months of graduation and the remaining twenty per cent work part-time in the field.

This course provides practitioners with the education and skills required to become effective bereavement counsellors. Accredited under the Australian Quality Training Framework by the Australian Skills Quality Authority, **the GCBCI is the only post-graduate program in Australia solely dedicated to the vocational training of bereavement counsellors.**

If you have a passion for skilfully supporting people with complex bereavement needs; are looking for high quality, evidence-based clinical training; and want to make a difference in the lives of others, then read this prospectus and please feel free to contact the Centre for further information.



Christopher Hall

Chief Executive Officer

About the Australian Centre for Grief and Bereavement

The Australian Centre for Grief and Bereavement (ACGB) is an independent, not-for-profit organisation that was established in 1996 to provide a range of education, training, research and professional service options for those working in the area of grief and bereavement.

ACGB is partially funded by the Victorian Government Department of Health to provide a statewide specialist bereavement service for individuals, children and families who need assistance following the death of someone close to them. A range of specialist bereavement services and programs are provided, including counselling, support groups, written resources, remembrance events and an information and referral telephone service.

High quality education

As the largest provider of grief and bereavement education, ACGB offers evidence-based, high-quality education and training opportunities for health professionals, students, volunteers and any other individual or agency desiring to enhance grief and bereavement knowledge and practice. Education and training programs are offered as seminars, workshops, short and long courses, conferences and customised training that meets the specific needs of organisations and agencies. Clinical work placements and supervision can also be provided.

In 2011, ACGB became a Registered Training Organisation (RTO# 22004) and as a result, ACGB's Graduate Certificate in Bereavement Counselling and Intervention (GCBCI) allows students to achieve a nationally recognised VET qualification (equivalent to a Bachelor Honours Degree under the Australian Qualification framework).



22264VIC Graduate Certificate in Bereavement Counselling and Intervention

The Graduate Certificate in Bereavement Counselling and Intervention (GCBCI) is an eleven month, part-time course delivered in Mulgrave, Victoria, Sydney, New South Wales & Brisbane, Queensland. It is designed to provide current and appropriate training and education in applied competencies and theoretical frameworks – all deemed essential for the provision of effective bereavement counselling and intervention.

Course aims

The GCBCI aims to equip students with applied competence in:

- effective bereavement counselling and intervention
- theoretical frameworks associated with the field of loss, grief and bereavement
- ethical supervised practice
- worker self-care.

Course outcomes

Graduates of the GCBCI will be able to:

- describe the theoretical frameworks that inform the field of loss, grief and bereavement
- identify various types of losses that might be experienced by a client
- identify the age and developmental impacts upon grief and bereavement
- assess the impact of loss on the spiritual, physical, emotional, cognitive, behavioural and social aspects of grief upon a client
- recognise the impact of loss in the context of a client's experience
- demonstrate appropriate and sensitive counselling techniques
- evaluate their own experiences of loss and identify how this can impact upon their own counselling techniques.

“

The staff have been most helpful and approachable when needed. The trainer is one of the best I have experienced and ability to provide effective feedback has been most useful to me and my current work. The course content is practical and easy to follow and understand. Most of all I have learnt a great deal from the assessments and contact days, overall improving my personal and professional knowledge in the area of Bereavement Counselling amongst other things. I thank the ACGB for providing this quality of training most applicable to the workforce and self.

Emma Wolfram



The genuine care and interest shown by all staff, particularly from my direct Trainer who is incredibly generous and giving of her time, knowledge and experience.

Nikki Morris

Why Choose Us?

- Blended mode of delivery with intensive workshops and LMS based Learning (Moodle).
- Nationally recognised, post-graduate VET qualification (Australian Qualifications Framework level 8, equivalent to a Bachelor Honours Degree).
- Research-informed, case-based and high-quality training.
- Specialist training from the largest grief and bereavement education provider in Australia.
- Complimentary access to extensive ACGB member benefits.

The Graduate Certificate in Bereavement Counselling and Intervention provides practitioners with the education and training required for effective bereavement counselling.

The program uses clearly identified outcome measures and are competency based. Our training program uses adult learning principles and performance criteria are mapped against industry benchmarks.

High quality learning

Participants will find themselves fully engaged with the practice of bereavement counselling and intervention through practical training including role plays, case studies, counselling practice sessions and other forms of experiential learning.

Why Bereavement Counselling?

Grief can be defined as our response to loss in all of its manifestations – physical, emotional, cognitive, behavioural and spiritual. Bereavement is a consequence of the rupturing of a relationship through death.

The experience of grief is universal and variable in its course and consequences. Resiliency is the most common consequence of loss. Most people, with the support of friends and family, come to terms with and learn to live with their loss; however, for some, such as those who have been touched by a complicated loss, often skilled and specialist bereavement care is required.

Why do people become bereavement counsellors?

Practitioners are drawn to this field for a wide variety of reasons:

- Bereavement counselling provides a sought-after specialisation in their clinical work.
- With a significant body of research evidence, bereavement counselling is attractive because of the strong links between research and practice.
- The capacity to alleviate the distress of bereaved clients through skilled intervention is rewarding.
- Given that grief and loss are universal experiences, this opens doors to different avenues of practice, e.g. both individual counselling and group work.
- Grief and loss are often underlying features of many other clinical issues, such as depression, anxiety, substance misuse and difficulties in social relationships.
- Supporting bereaved clients resonates with their own personal experiences.
- Bereavement counselling enables personal transformation for both the client and the counsellor.

Course Features

Our trainers and assessors

All of our trainers and assessors have extensive industry experience in the loss and grief field, with many engaged in private practice while undertaking teaching roles at the Australian Centre for Grief and Bereavement. Each has a Certificate IV in Training and Assessment or equivalent, as required by the Australian Quality Training Framework.

Industry-driven teaching

The GCBCI is an industry driven program with competency based training. Benchmarks for bereavement counsellors are reflected in each unit's performance criteria.

Small classes

Classes consist of a maximum of 16-18 students. Course participants come from a wide variety of backgrounds and experiences – counselling, social work, health work, psychology, pastoral care etc. Due to the interactive nature of the course, participants have the opportunity to explore and learn from a variety of different perspectives, enhancing the learning experience.

Diverse teaching strategies and a unique learning experience

The GCBCI course is delivered as a mixed mode/blended learning program incorporating 3 major types of training and learning activities:

1. Individual/Self – Directed learning with students accessing course materials and resources available on Moodle such as Prescribed Readings, Study Guide, Webinars, Videos and Workbook Activities to complete.
2. Tutor Guided Learning such as moderated Discussion Forums and individual tutor support, feedback on Workbook Activities.
3. Face-to-face training – Intensive training sessions which provide trainer support and practical skill development.

Online resources and support

Moodle, our learning management system, enhances and supports the class room teaching. During the GCBCI students use Moodle to access readings, study guides and audio visual resources. Group activities and discussion forums are also facilitated on Moodle.

Course Outline

The Graduate Certificate in Bereavement Counselling and Intervention is delivered in five core units that explore and enable participants to develop in the following areas:

- loss and grief theory
- bereavement counselling theories
- types of loss and their impact (physical, behavioural, emotional, spiritual and cognitive)
- age, developmental impacts and special populations (cultural, gender and suicide)
- effective bereavement counselling techniques (design, implementation and evaluation of strategies to assist clients)
- how a counsellor's own bereavement impacts on counselling techniques and skills
- ethical, supervised practice
- self-care.



My facilitator is outstanding in her approach, preparedness, knowledge, delivery and sensitivity to the student's pace and inclination for learning and learning activities.

The quality and amount of material provided to support my learning is comprehensive, wide ranging in terms of resources – reading, videos and practical applications in terms of role-plays.

I am extremely impressed with the professionalism of training, materials supplied, helpfulness from all staff, the high academic standard required and opportunity to put theory into practice in the face to face sessions.

Liesl Murdoch



Unit Summaries

Unit 1: VU21583 Apply concepts of grief and bereavement

Aim

This unit provides a background to grief and bereavement and provides the learner with an understanding of the concepts and processes of grief and bereavement. In the context of bereavement being a universal response to loss, this module also explores both common and atypical reactions to bereavement.

Learning Outcomes

Upon completion of this unit, students will be able to:

- analyse and evaluate the role and context of bereavement counselling
- analyse the processes for working with responses to grief and bereavement
- evaluate the values and ethics associated with bereavement counselling.

Unit 2: VU21584 Provide bereavement counselling and support

Aim

This unit describes the skills and knowledge required to determine and apply appropriate approaches for bereavement counselling and support interventions.

Learning Outcomes

Upon completion of this unit, students will be able to:

- establish rapport and explore the client's understanding of grief and loss
- assist clients to understand the different impacts of grief and loss
- formulate counselling and support responses to grief and loss
- implement the components of a bereavement counselling and support intervention
- monitor and review the use of counselling and support approaches and theories in bereavement counselling and support contexts
- terminate the counselling sessions.

Unit 3: CHCFCS806C Work within a clinical supervision framework

Aim

This unit describes the skills and knowledge required to participate in effective clinical supervision for the continued improvement of counselling skills and best practice.

Learning Outcomes

Upon completion of this unit, students will be able to:

- initiate clinical supervision arrangements
- prepare for clinical supervision
- utilise supervision to determine effectiveness of clinical practice and techniques
- initiate opportunities to contribute to the development of own knowledge.

Unit 4: VU21586 Access services to support clients experiencing bereavement

Aim

This unit provides the knowledge and skills to enable counsellors to identify the need for outside support and services for clients, and to access those supports and services.

Learning Outcomes

Upon completion of this unit, students will be able to:

- align client needs to specific intervention options
- identify and provide for the delivery of services to meet client needs
- support those from special populations experiencing grief and loss.

Unit 5: VU21585 Provide appropriate interventions to support people experiencing complex bereavement

Aim

This unit provides the knowledge and skills to assist people who are experiencing complicated or prolonged reactions to grief.

Learning Outcomes

Upon completion of this unit, students will be able to:

- evaluate and analyse factors that can complicate the bereavement experience
- implement strategies for supporting those experiencing factors that complicate the bereavement experience
- facilitate post-traumatic growth in those experiencing bereavement
- develop protective factors which may assist in adaptation post-bereavement
- implement the use of protective factors in communities.

Who Can Apply?

The Graduate Certificate in Bereavement Counselling and Intervention (GCBCI) is designed for counsellors, social workers, health workers and psychologists with appropriate counselling training and substantial work experience in the human services field.

Selection criteria

Selection for participation in this course is based on the following selection criteria:

- **Counselling qualification:** Have completed a Degree, Advanced Diploma or Diploma in a counselling or related field, and have at least two years practical experience in counselling.
- **Experience:** Have five years supervised general counselling or related experience.
- **Further qualifications and experience:** All qualifications and experience in human services-related fields and fields with grief and loss issues will be considered. Weight will be given to grief counselling and individual face-to-face general counselling, but experience can include working in any field with grief and loss issues, such as mental health, drugs and alcohol, disabilities, homelessness and so on.

Each applicant will be judged individually on the total of their qualifications and experience, and a wide range of backgrounds may be considered.

If an applicant feels they have relevant learning or experience that is not listed above, they are encouraged to contact the Australian Centre for Grief and Bereavement for further advice.

Recognition of Prior Learning

Recognition of Prior Learning (RPL) is available where participants are able to demonstrate that they already have the competencies specified for the description of any of the five units that are required for the GCBCI qualification.

GCBCI provides practitioners with the education and training required for effective bereavement counselling.

Assessment

The assessment plan for the Graduate Certificate in Bereavement Counselling and Intervention (GCBCI) is based on an integrated assessment approach, with a number of individual and combined assessment tools. It requires that by the end of the course, candidates bring together different sets of learning outcomes into a demonstration of applied competence.

Learning is cumulative as the course progresses with assessments reflecting the depth of knowledge and experience being built.

Assessment methods

All assessment for the GCBCI is competency-based and involves a variety of assessment methods, including:

- observation of simulated workplace application and demonstration of skills
- case studies
- workbook activities
- oral presentations and written analyses
- video presentations and analyses
- oral and/or written questioning on essential knowledge and skills
- the use of case notes
- participation in Discussion Forums.

A detailed Training and Assessment Plan for the course will be supplied upon enrolment.

Application Process

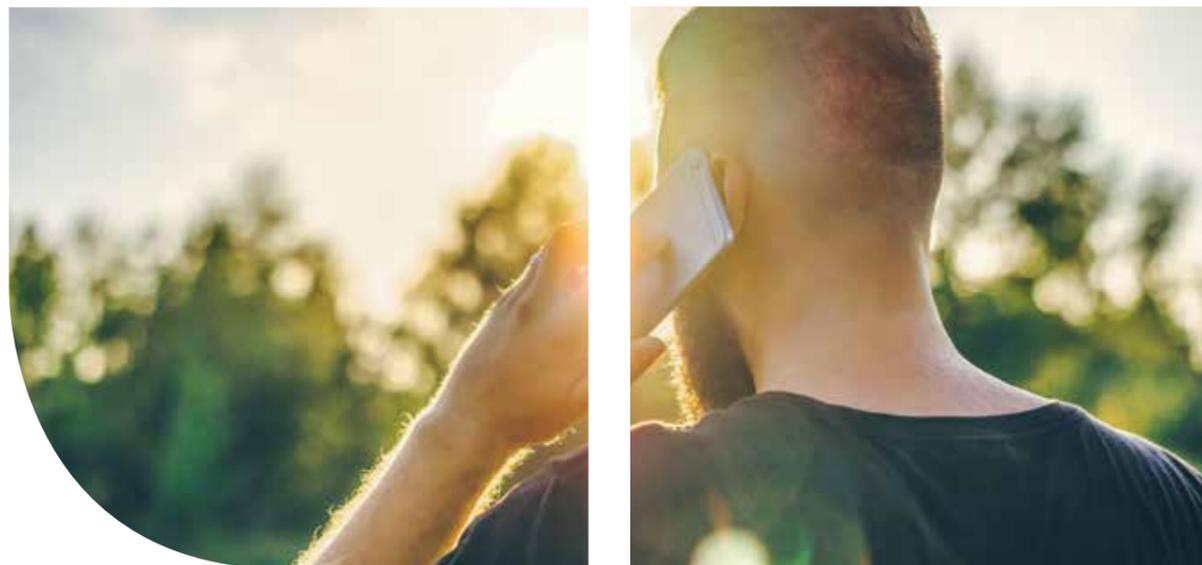
Application

Applicants must:

- complete a detailed application form, available for download at www.grief.org.au
- attach a cover sheet with the application, outlining your motivation for undertaking this course
- provide a current CV and certified copies of previous qualifications.

Interview

Prospective students are also required to attend an informal interview, either face-to-face or telephone interview.



Other ACGB Services

Bereavement Counselling and Support Service

ACGB operates a statewide Specialist Bereavement Counselling and Support Service and has counsellors located across metropolitan Melbourne and in regional areas (Grampians, Gippsland, Hume, Barwon South-West, and Loddon Mallee). For further information, call **1300 664 786** or email counselling@grief.org.au

Support groups

ACGB operates a range of support groups including groups for adults, children, bereaved partners, loss of a parent and many more. For further information call **(03) 9265 2100** or email support@grief.org.au

Practitioner Consultancy Service

This service provides free information, consultation and support for practitioners who are working with clients experiencing complex and prolonged bereavements. To access this service call **1300 858 113** during business hours.

Volunteering

Volunteering opportunities are available for those who wish to become involved in the implementation of ACGB services and programs. For more information contact the Centre on **(03) 9265 2100** or email info@grief.org.au

Education and training

ACGB offers quality education and training opportunities for health professionals, students, volunteers and any other individual or agency desiring to enhance grief and bereavement knowledge and practice. Education and training programs are offered as seminars, workshops, courses, conferences and customised training that meet the specific needs of organisations and agencies. For full details of all programs and services offered go to www.grief.org.au/education

Customised training and consultancy

ACGB offer a range of customised training and consultancy services that provide research-informed, high quality, professional development programs that meet the specialist training needs of organisations, groups and individuals. For further information contact the Centre on **1800 642 066** or email education@grief.org.au

Grief Matters: The Australian Journal of Grief and Bereavement

Published by ACGB three times per year, this journal encompasses both academic and applied aspects of grief and bereavement and is a ranked journal with the Australian Research Council as part of the Excellence in Research for Australia (ERA) initiative (www.arc.gov.au).

For further information on how you can subscribe to this journal, call **1800 642 066** or email griefmatters@grief.org.au

Internships

ACGB has a limited number of placement opportunities for experienced counsellors seeking to advance their knowledge and skills in bereavement counselling. For further information contact us on **(03) 9265 2100** or email counselling@grief.org.au

Membership

Access a range of benefits through the Australian Centre for Grief and Bereavement membership program. An enhanced membership option, reciprocal membership with the Association for Death Education and Counseling (ADEC), is also available. For more information about membership options and benefits go to www.grief.org.au/get_involved or call **1800 642 066**.

Donations

Donations over \$2 are tax deductible and allow ACGB to continue to provide services including bereavement counselling, support groups, newsletters, events and education and training. To make a donation, visit www.grief.org.au or call **1800 642 066**.

Follow us! www.facebook.com/griefaustralia www.twitter.com/tweet_acgb



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