



**SGH
PGAHI**

POSTGRADUATE
ALLIED HEALTH INSTITUTE

Grief Sensitivity Training

27 & 28 June 2024

Introduction

Grief is inevitable in an ageing population, where 1 in 4 will be over the age of 65 by the year 2030. Healthcare professionals are at the frontlines of this silver tsunami, interacting daily with patients and caregivers. This course will equip them with the knowledge and practical skills to navigate such interactions with greater sensitivity, ease and finesse.

Grief is common but not commonly understood. In particular, the loss of health, limb and mobility brings about significant (and often irreversible) lifestyle changes, and can cause profound grief. There can also be anticipatory grief about impending death, as well as deep grief after bereavement.

This course will clear up the misconceptions around grief, and give you the awareness, language, sensitivity and tools you need to relate effectively with grievers.

Course Objectives

This course aims to enable participants to:

- Understand what is loss and grief
- Identify the 40+ major losses in life
- Identify Healthy & Unhealthy Coping Mechanisms
- Understand the 6 Misconceptions of Grief
- Understand the Grief Process
- Understand the Common Responses to Loss & Grief
- Recognise what Grief Recovery Looks Like
- Understand the Importance of Holding Space
- Recognise the Limitations of Advice & Solutions
- Listening to the Heart of the Issue
- Understand what to say and what not to say

Course Outline

- Mental Health & Grief: What's the Connection?
- What is Loss?
- What is Grief?
- Healthy & Unhealthy Coping Mechanisms
- The 6 Misconceptions of Grief
- The Grief Process
- Common Responses to Loss & Grief
- How does Grief Recovery Looks Like?
- The Art of Holding Space
- Micro-Listening Skills for Holding Space
- Why Offering Advice & Solutions Doesn't Work
- Listening for the Heart of the Issue
- What to Say & What NOT to Say to Grievers

Target Audience

Healthcare professionals

Course Details

Date	: 27 & 28 June 2024
Duration	: 2 days
Time	: 9.00 am - 5.00 pm
Class Size	: 24 participants
Venue	: Therapy Skills Lab 20 College Road, Academia Level 1, S169856
Fee	: S\$880 (SingHealth) S\$980 (Regular) (inclusive of the prevailing rate of GST)

Teaching Faculty

GRACIE MAK is Co-founder and Director of Whispering Hope Singapore, the only consultancy in Singapore that specialises in the internationally-recognised Grief Recovery Method® program. Gracie holds a Master's degree in Organizational Leadership, focused on Organizational Development Consulting. Besides being a Grief Recovery Specialist® certified by the Grief Recovery Institute, she is also a certified Life Coach with Lifeforming Leadership Coaching, USA. Gracie was previously the CEO of a medical centre in Singapore and the Business Development Director of an international five-star hotel. Over the years, she has worked with many corporate leaders and clients, and has also worked extensively among young adults and families. She is a subject matter expert on loss and grief, and has been interviewed on CNA938 as well as other media.

Registration

To register, scan the following QR code or click on the web link. Registration closes on **27 May 2024, Monday**.



<https://form.gov.sg/65d59f86108cf8e3fd161488>

Upon registration, you agree to the [Terms & Conditions](#) of PGAHI.

Quick links

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