Grieving Well

Brand: Heartbeat Academy
Product Code: 1134

Price: $30.00

Short Description

To better assist our clients and patients and to protect against vicarious trauma, it is helpful to gain a deeper understanding of our own grief history. This course offers self-guided reflections and exercises that will broaden our appreciation of the uniqueness of our own and other's grief journey. Obstacles to grieving, grieving styles, practical ways to memorialize loss, and the ability to grow through loss are also covered as we explore how to grieve well.

This course offers continuing education contact hours for nurses. Provider approved by the California Board of Registered Nursing, Provider Number CEP 16061 for 1.00 contact hours.

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Course published in 2025.

Outline

I. Grief is Universal
a. Personal Loss Reflection
b. Tasks of Grieving Worksheet
c. Variations of Grieving
II. Tasks & Mediators of Grief
a. Worden's Tasks of Grieving
b. Mediators
c. Styles of Grieving
III. Obstacles to Grieving
a. Disenfranchised Grief
b. Ambiguous Grief
IV. Practical Application
a. Setting the stage for healthy grieving
b. Growing through grief
V. Self-Care & Wrap Up

Refund Policy

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1. Refunds for non-attendance will only be awarded if non-attendance is the direct result of an unplanned or unannounced outage. When a registrant is unable to access a webinar/course due to an unplanned or unannounced server outage of Heartbeat International Academy, the HeartbeatInternational.org website, or HeartbeatServices.org website, Heartbeat International will contact the registrant to notify them of the refund due them and issue the refund. Refund will be made to the registrant within 1 week of the cancelled event subject to processing fees.

2. When a course/webinar is cancelled for which individuals have registered, Heartbeat International will send a notification to each registrant per email or phone. Full refund will be sent to registrant within one week of cancellation.