



## Accredited Africa Training Institute for Capacity Development

Unit FO409, Hatfield Plaza · 1122 Burnett St, Hatfield 0028 · Pretoria, Gauteng · South Africa

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### COURSE BROCHURE

# Coping With Grief And End Of Life Issues Training

Human and Social Studies / Religious and Ethical Foundations of Society

Unit Standard 115985 · NQF Level 5 · 12 Credits · 9 Days

## COURSE OVERVIEW

This course equips learners with the knowledge and skills to cope with grief and end-of-life issues, both personally and professionally. It explores the grieving process, stages of grief, and strategies for providing support to individuals and families facing loss. The course aims to enhance emotional resilience and promote compassionate care in diverse settings.

|                 |                                              |
|-----------------|----------------------------------------------|
| Category        | Human and Social Studies                     |
| Subfield        | Religious and Ethical Foundations of Society |
| Unit Standard   | 115985                                       |
| Accreditation   | SAQA Accredited · NQF Level 5 · 12 Credits   |
| Duration        | 9 days                                       |
| Training Method | Online, On-Campus, In-House                  |
| Certificate     | Issued via AATICD LMS – verifiable online    |

## LEARNING OUTCOMES

- Apply theoretical frameworks of grief and loss to real-life scenarios.
- Analyze the psychological, social, and spiritual aspects of the grieving process.
- Evaluate different coping strategies and support mechanisms for the bereaved.
- Demonstrate effective communication skills when supporting individuals facing end-of-life issues.
- Implement self-care practices to manage personal grief and prevent compassion fatigue.
- Design a support plan for a person experiencing grief or end-of-life transition.

## WHO SHOULD ATTEND

- This course is designed for healthcare workers, social workers, counsellors, clergy, and anyone in a caregiving role who supports individuals dealing with grief and end-of-life issues.

## COURSE OUTLINE

### Day 1: Understanding Grief and Loss

- Introduction to grief and loss terminology
- Types of loss: tangible, intangible, ambiguous
- Grief theories: stages, tasks, and phases
- Cultural and spiritual perspectives on death and grief
- Self-reflection on personal experiences with loss

### Day 2: The Grieving Process and Reactions

- Emotional responses: sadness, anger, guilt, anxiety
- Physical and somatic symptoms of grief
- Cognitive changes: confusion, disbelief, intrusive thoughts
- Behavioural manifestations: social withdrawal, seeking meaning
- Complicated grief: risk factors and early signs

### Day 3: End-of-Life Issues and Palliative Care

- Overview of palliative vs. curative care
- Advance directives and decision-making capacity
- Ethical considerations: autonomy, beneficence, non-maleficence
- Symptom management and comfort care
- Roles of doctors, nurses, social workers, and chaplains

### Day 4: Communication Skills for Grief and End-of-Life

- Barriers to communication about death
- Empathy and validation techniques
- SPIKES protocol: Setting, Perception, Invitation, Knowledge, Emotions, Strategy
- Discussing prognosis and treatment options
- Cultural competence in end-of-life conversations

### Day 5: Supporting Grieving Individuals and Families

- Grief in children: developmental considerations and interventions
- Adolescent grief: peer support and identity
- Elderly grief: multiple losses and legacy
- Family systems theory in grief
- Referral to support groups and counselling services

### Day 6: Self-Care for Caregivers and Professionals

- Compassion fatigue vs. burnout vs. vicarious trauma
- Boundaries and professional detachment
- Mindfulness and stress reduction techniques
- Peer support and team debriefing
- Creating a sustainable self-care routine

### Day 7: Complicated Grief and Therapeutic Interventions

- Diagnostic criteria for prolonged grief disorder
- Cognitive-behavioural therapy for grief
- Complicated grief therapy (CGT)
- Narrative therapy: re-authoring the loss story

- Pharmacological considerations in grief

#### Day 8: Spiritual and Existential Dimensions of Grief

- Spirituality vs. religion in grief
- Existential themes: death anxiety, freedom, isolation, meaninglessness
- Rituals and bereavement practices across cultures
- Legacy work and life review
- Providing non-denominational spiritual support

#### Day 9: Integration, Ethics, and Professional Practice

- Case studies: applying theory to practice
- Ethical dilemmas: case-based discussions
- Building a community of practice
- Resources: books, websites, training programs
- Action planning for continued learning and self-care

## ASSESSMENT & CERTIFICATION

Delegates are assessed through exercises and a final test. A mark of **50% or above** earns an **AATICD Certificate of Completion**, issued digitally with a unique verification code. This course carries **12 NQF credits** at **NQF Level 5**.

## PRICING (PER DELEGATE, EX-VAT)

| Delegates | Training Method      | Price per Delegate | Total       |
|-----------|----------------------|--------------------|-------------|
| 1         | Online               | R 35,000.00        | R 35,000.00 |
| 1         | In-House             | R 45,500.00        | R 45,500.00 |
| 1         | On-Campus (Pretoria) | R 52,500.00        | R 52,500.00 |

## UPCOMING SESSIONS

| Start       | End         | Method    | Venue                   |
|-------------|-------------|-----------|-------------------------|
| 10 Aug 2026 | 20 Aug 2026 | On-Campus | Pretoria, South Africa  |
| 11 Aug 2026 | 21 Aug 2026 | On-Campus | Abu Dhabi, UAE          |
| 12 Aug 2026 | 24 Aug 2026 | On-Campus | Durban, South Africa    |
| 12 Aug 2026 | 24 Aug 2026 | On-Campus | Mauritius               |
| 13 Aug 2026 | 25 Aug 2026 | On-Campus | Cape Town, South Africa |
| 14 Aug 2026 | 26 Aug 2026 | On-Campus | Dubai, UAE              |
| 17 Aug 2026 | 27 Aug 2026 | On-Campus | Abu Dhabi, UAE          |
| 18 Aug 2026 | 28 Aug 2026 | On-Campus | Durban, South Africa    |

Contact us if no suitable date is listed – on-demand sessions can be arranged for groups.

## HOW TO GET A QUOTE OR APPLY

1. **Get an instant quotation online:** visit [www.aaticd.co.za](http://www.aaticd.co.za), open the page for this course (Unit Standard 115985) and click **Get A Quote / Apply**. Select your training method and number of delegates – your quotation is generated immediately and emailed to you with the course brochure attached.
2. **Apply by email:** send the course title, your preferred training method (Online, In-House or On-Campus Pretoria), the number of delegates and your preferred dates to [apply@aaticd.co.za](mailto:apply@aaticd.co.za) – our team will reply with a formal quotation.
3. **Apply by phone or WhatsApp:** call **+27 12 004 8389** or WhatsApp **+27 65 077 6310** and we will prepare your quotation and reserve your seats.
4. **Confirm your booking:** accept the quotation and settle the invoice. As soon as payment is confirmed your delegates are enrolled and receive their AATICD LMS login details by email, along with joining instructions for their chosen training method.

Group discounts apply automatically – the more delegates you enrol, the lower the price per delegate. No payment is required to request a quotation.

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