



Alameda County Behavioral Health in partnership with Cypress Resilience Project presents a FREE, virtual training:

Supporting People Who Are Grieving

Audience: This training is for all classifications of Alameda County Behavioral Health and ACBH contracted providers/CBOs

Description: This workshop will provide a broad overview of The Grief Recovery Method, which is an evidence-based program to help individuals heal from the pain of loss. We will differentiate between grief and bereavement, and discuss the different kinds of losses that can cause emotional pain.

LEARNING OBJECTIVES:

At the end of this training participants will be able to:

- Articulate the definition of grief.
- Identify at least 3 types of losses someone might grieve in addition to a death.
- Define "STERB" and discuss how unresolved grief connects to an individual's physical health.
- Discuss helpful and unhelpful statements that people say when supporting a griever.

**Date: Tuesday,
March 22, 2022**

Time: 9:30 - 11:30am*

*break included

to Register click
[Here](#)

****Continuing Education credit is **not** available for this training****



The instructor for this course is **S. Brooke Briggance**, Program Director of Cypress Resilience Project, a program of Public Health Institute. Learn more about our work at www.cypressresilience.org.

For assistance with registration or other inquiries about this training, please email: brooke.briggance@phi.org

If you have a reasonable accommodation request, or grievance regarding an ACBH training, please email or call the ACBH Training Unit at (510) 567-8113, training.unit@acaov.org.



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