

## Providing support for people who have experienced pregnancy and baby loss

### Support and compassionate care training for charities and support organisations

7 hours / 3.5 hours - delivery via face-to-face workshops or online  
2 hours – online delivery

#### Overview

This training is facilitated by a specialist bereavement care trainer and is ideal for staff and volunteers who work with those who have experienced pregnancy or baby loss. It is an excellent opportunity for anyone looking to increase their confidence, further their knowledge and provide compassionate care and support. This is skills-based training with a variety of opportunities to learn through case studies and skills practice, and explore support throughout the grief journey.

The list of outcomes for participants below is based on a full-day workshop and will be modified to fit the length of the session you require and the method of delivery.

#### Participants will:

- Learn about the experience of pregnancy, birth and the death of a baby
- Discover how culture, community and identity influences the experience of loss and the grief journey
- Develop an understanding of the impact of grief, bereavement and trauma on the whole family, and the impact on their mental health
- Consider therapeutic approaches and explore the skills required to communicate empathically, building confidence in using the right words
- Explore the impact of loss on a subsequent pregnancy
- Reflect on the impact of working with baby loss on your own wellbeing, and consider how to support yourselves and each other.

The voices of those who have experienced loss and the needs of the people supporting them are at the centre of the learning materials, which include a parent speaker (full day only), video content and links to useful tools and resources.

Following the training, participants will receive a copy of the materials used, links to support resources and further information, as well as a certificate of attendance.