

***Volunteer Training Course***

***THE SERVICE***

*Woodside Bereavement Service was formed in response to a need within the community for a Christian based bereavement service. It is volunteer based and offers one-to-one bereavement counselling on a regular basis. The number of sessions may vary from between one or two, to periods of a year or more. Care is taken in matching the right volunteer with the bereaved person being offered the service.*

***WHO USES THE SERVICE?***

*The Bereavement Service is open to any person, male or female, of any age, sexuality, ethnic origin, culture or religion. People who would use the service include: parents whose children have died; survivors of disasters; children or adults who have lost one or both parents; mothers whose babies have died through cot-death; people whose friends or relatives have been killed in accidents or have died as a result of suicide; and women suffering miscarriage or termination of pregnancy and any others who feel that we can be of help to them.*

***VOLUNTEER TRAINING***

*Before any volunteer is asked to visit someone who is bereaved they will be trained by the service in bereavement counselling.*

*The course includes the following:*

*Counselling skills Attachment and loss*

*Transcultural counselling 'Complicated' grief*

*Theories of bereavement Brief interventions*

*Diversity and Difference Stages of loss*

*Traumatic death (eg suicide) Supervision*

*Assessments Confidentiality*

*Endings*

*Structure of the service Person Centred Approach*

*The course is a blend of formal input from the tutors and learning from each other's experiences in pairs and small groups. A strong emphasis is placed on self awareness and participants are encouraged to explore and share their own experiences of loss and bereavement. We endeavour to create an atmosphere of respect. safety, confidentiality and trust and whilst each persons: contributions are welcomed, no-one is forced to participate in an exercise which they find uncomfortable.*

*Woodside Bereavement Service*

***THE QUALITIES YOU WILL NEED***

*We do not require any formal experience or study in advance of the training we offer. What we do expect is sensitivity, ability to listen and to empathise, respect for others, self awareness, an openness to the expression of strong and painful feelings, reliability, and a commitment to confidentiality. N.B. We would not normally recruit a volunteer who had experienced a major bereavement in the previous two years.*

***WHAT WE OFFER YOU***

*A training course in bereavement counselling followed by:*

·*Bereavement counselling with one or two people at any one time*

·*Small group supervision*

·*Individual consultation available between supervision groups*

·*Ongoing training sessions on relevant issues*

***WHAT WE EXPECT FROM YOU***

*Full attendance on the training course and subsequently:*

·*A commitment to remain a volunteer for at least 2 years*

·*Regular sessions with your client(s)*

·*Attendance at Supervision Groups*

***ATTENDANCE ON THE COURSE***

*Because of the nature of the course, the necessity for a cohesive and trusting group, and the importance of learning from each other, there is an expectation of 100% attendance. Failure to attend any of the sessions may result in your being asked to withdraw from the course. Completion of the application form will be taken as an indication that you are available to attend the full*

***EQUAL OPPORTUNITIES POLICY***

*We attempt to be responsive to all members of the community and to ensure an equality of treatment to all our clients, volunteers and staff. If you have any complaint or comment about unfair treatment or about the policy itself, please address this in the first instance to the Co-ordinators.*