The Grief Recovery Method

Online Capabilities Training "Agenda"

The Grief Recovery Institute provides both a 4-day Foundational training, which permits successful participants to work with clients in-person, through one-on-one or group formats.

Once the Foundational certification has been achieved, those Grief Recovery Method Specialists (GRMS) may choose to take a second level Online Capabilities Training (OCT) which will permit them to deliver our programs through an online format – using only pre approved, HIPPA-compliant platforms. The OCT is delivered online in 4 modules. The first module is required, and upon completion, the GRMS may provide one-on-one services online. The three remaining modules are done following the first module. This training is self-paced, consisting of pre-recorded videos for each module.

The Online Capabilities One-on-One Module consists of videos followed by required passage of a set of quizzes for each video. The Online Capabilities Group Module consists of a series of videos plus one 3-hour live session with additional instruction on the use of platform technology for use of breakout rooms and any additional questions they might have. The Online Capabilities Helping Children with Loss (HCWL) Module is presented similarly to the Online Capabilities Group Module, since breakout rooms are also used in this format. The Online Capabilities Pet Loss Module consists of videos and quizzes.

Online Capabilities One-on-One Module

Unit 1 – 3 videos including a general introduction to the module – 1.5 hours plus quiz time

- The background and need for working online
- The basics
- Expectations of the participants when engaging in this course

Unit 2 – 2 videos discussing communication strategies and expectations – 1 hour plus quiz time

- Describing the expectations of the trainees for thorough communication with participants prior to the beginning of their online work
- Expected communication with the participant throughout the course, providing tips and techniques for motivating and encouraging participants throughout the course, maximizing their success in the program

Unit 3 – Specific instruction on each of the seven sessions of the GRM One-on-One program – 4 hours plus quiz time

- Each of the seven videos in this Unit pertains to a single session
- Tips on presenting the materials
- Possible challenges that might occur
- Suggestions for helping make each session successful
- Showing how the sessions are built on each other through completion

Unit 4 – How to lead a post-course follow up with the participants – 2 hours plus quiz time

- Discuss how participants may continue to use the GRM tools in the future
- Additional expectations of the GRMS in completing the course with participants
- "Next Steps" - Follow up with the additional modules
- Where to find resources on the GRI website, specific to this Online Capabilities Training

Online Capabilities Group Module

Unit 1 – Introduction to the online group format – 15 minutes

Unit 2 – Discussion of how this format is covered by the License and Service Agreement – 30 minutes

- Basic logistics of working online with a group
- Online platform basics (Zoom as an example)

Unit 3 – Discussion of the content and use of the Communication Chain to be used in communicating with group participants - 30 minutes

Unit 4 – Explanation of the recommendation for doing a pilot group with the online format. Approximately 20 minutes.

Units 5 thru 12 – Specific description and content of each of the 8 sessions in the online group program - 4 hours

Unit 13 – Next Steps and discussion of resources to be found on the GRI website – 20 minutes

Live session – Live instruction on how to establish and monitor breakout rooms using an online platform. Responding to questions regarding implementing this format online - 3 hours

Online Capabilities Helping Children with Loss (HCWL) Group Module

Unit 1 – Introduction to the online HCWL format – 15 minutes

Unit 2 - Discussion of the License and Service Agreement in relations to this format – 30 minutes

- Basic logistics of working online with a group
- Online platform basics (Zoom as an example)

Unit 3 – Basic information about the HCWL course – 30 minutes

- Appropriate audiences, populations, etc.
- Use with professionals, friends, family members

Unit 4 – Discussion of basic online group skills. This course is more academic than our other programs, so we also discuss working with professional organizations to implement these programs – 30 minutes

Units 5 thru 8 – Specific description and content of each of the 4 sessions in this program – 2 hours

- Includes instruction on how to construct an Emotional Energy Checklist
- Includes a summary and discussion of next steps.

Live session – Live instruction on how to establish and monitor breakout rooms using an online platform. Responding to questions regarding implementing this format online - 3 hours

Online Capabilities Pet Loss Module

Unit 1 – Introduction and background for this program – 20 minutes plus quiz time

Units 2 thru 4 - Specific description and content of each of the six sessions in this program (two sessions in each of three videos) Video 4 includes a summary and discussion of next steps - 1.5 hours total plus quiz time