

Grief Recovery Method Certification Training Content & Scope of Work

Each training day begins at 8:30am and ends at approximately 5:30pm

Day 1 – Trainer will conduct a full-day of training (8:30am-5:30pm) and review the following session as outlined:

Session 1: Welcome – Introduction to the Course, Overview, Purpose

Definitions – Complete, Grief

Commitments and Introductions

Midmorning Break

Session 2: GRM Foundational Principles

Born in Harmony – Intuition, Intellect, Emotion

Development of the Belief System

Myths and Misinformation; Physical Impact of Grief; STERBS

Jail/Present Moment; Academy Award Recovery; “I’m FINE”

Midday Lunch (1.5 hours)

Session 3: First Major GRM Tool Instruction

Loss History Graph – Demo and Introduce Exercise

Write LHG

Midafternoon Break

Session 4: Review, Application, and Debriefing

Debrief, Read LHGs

Debrief, Assign Homework

Wrap-up and Closing for the day

End Day 1

Day 2 – Trainer will conduct a full-day of training (8:30am-5:30pm) and review the following session as outlined:

Session 5: Understanding Human Response

Check-in, Commitments

Basic Action Chain/Cause-Effect-Response – 1% Responsibility

Right or Happy – Pick One

Midmorning Break

Session 6: Understanding Responses to Fear

Introduce Final Statement Form/Exercise

Write FSF

Debrief FSF; Common Responses to Fear; Meaning of Life

Midday Lunch

Session 7: Application of Sessions 5 & 6 Practical Processes

FSF Exercise, Continued

Midafternoon Break

Session 8: Introduction of the next major GRM action tool, the Relationship Graph

FSF Exercise, Continued – Groups

Definitions – Unconditional Love, Apologies, Forgives, Acknowledge, Significant Emotional Statements

Relationship Graph – Demo and Choosing Whom to Work On

Wrap-Up and Closing for the Day

End Day 2

Day 3 – Trainer will conduct a full-day of training (8:30am-5:30pm) and review the following session as outlined:

Session 9: Identifying Recovery Components and Completion Process

Check-in

Recovery Components – from Relationship Graph to Statements

GRM Completion Letter – Explain Importance of Letters and How this one Differs

Write Completion Letter

Midmorning Break

Session 10: Application of Sessions 8 and 9 Processes

Debrief Letter Writing

Relationship Graph and Letter Reading

Debrief GRM Process

Midday Lunch

Session 11: Relationship Maintenance and Core Principles & Standards

PS Letters, Future Relationships, Recovery Defined, Summary
Review Core Principles and Standards

Midafternoon Break

Session 12: GRM Specialist Program Resources

GRM Resources and Materials Distribution
Discuss GR Materials/Programs/Resources/Marketing Coaching
SRC Website Tour
Assign Homework, Wrap up and Closing

End Day 3

Day 4 – Trainer will conduct a full-day of training (8:30am-5:30pm) and review the following session as outlined:

Session 13: Legal Review and Communication Techniques

Check-in; Photo Release Forms
Review License and Service Agreement Highlights
Feeling Word Exercises

Midmorning Break

Session 14: Communication Exercise & Lesson Plans

Paraphrasing Role Play
Review Binder Materials, and Discuss “Key Points”

Midday Lunch and Group Photo (working lunch)

Session 15: Lesson Plans Practical Application Exercise

Walk Through 8 Session GRM Format – Practice Presentations
Things to Consider When Running a Group – Getting Started Document

Midafternoon Break

Session 16: Final Review, Guidelines, and Integrating GRM Into Your Community

Brief Discussion of One/One, 12-Session, Alumni, and Pet Loss formats; also doing Talks
Helping Children with Loss – Leaders’ Notes and EECL Demo
GRM Evidence Based Program Findings
Share Participant List – get corrections

Next Steps – SRC, On-Boarding, Getting Started Webinar, Pilot Group (1-1), Activate Microsite

Marketing Coaching! Research! Evidence! Surveys 1) training evaluation, 2) participant survey, 3) Annual Summary

YOU CAN DO THIS! Final Thoughts for the Weekend

Wrap-Up and Closing

End Day 4