

KATE'S CLUB PROFESSIONAL EDUCATION TOPICS



All training sessions are interactive and engage participants, and can be tailored to meet your needs. Trainings can be offered virtually or in-person. In-person may include travel fees. For questions and scheduling, please contact lane.pease@katesclub.org.

Cost: \$300 per hour. Discounts are available for multiple training courses.



CHILD BEREAVEMENT 101

This training offers the basics knowledge of grief reactions in children and teens and tips for supporting the student at school.



REVISITING LOSS

This training focuses on grief at different ages and stages. Participants will learn about the concept of re-grieving, defined by the Handbook of Thanatology as developmentally processing the grief experience from a different perspective than was possible earlier in life. This training includes ideas for supporting individuals as they reprocess their grief.



SUPPORTING CHILDREN AND FAMILIES AFTER A DRUG OVERDOSE, SUICIDE, OR HOMICIDE

This presentation explores supporting families after more stigmatized deaths: those due to homicide, suicide, and drug overdose. Attendees will understand responses at different developmental stages, how to explain in age-appropriate language, how these types of losses can lead to feelings of increased isolation, and other current research related to this topic. Attendees will learn strategies for supporting individuals and families, including psychoeducational tools for understanding and processing these losses, as well as activities that can be done to support the individual or family.



GRIEF AND FAMILY DYNAMICS

A death impacts both individuals within a family and the family unit. Children may live with a new parent or caregiver; siblings may be separated. In all circumstances, family members experience changes in roles and dynamics. This training will explore family systems and grief, as well as interventions and considerations for working with the whole family.



SUPPORTING THE YOUNG ADULT GRIEVER

While young adults are navigating changes, becoming independent, and making many new decisions, they also are likely to experience death of someone close to them. If they experienced a death when they were younger, they may find themselves "re-grieving" as they have new experiences and life changes. This training looks at the unique considerations and challenges of supporting young adults who are grieving.



IT'S COMPLICATED

Relationships can be complex, and death does not end our complicated relationship with others. How do we help both children and adults process their grief when the relationship with the deceased was less than perfect? These complications may be due to the person's substance use, estrangement, abandonment, or divorce, just to name a few. This training discusses strategies to support children and adults as they grieve these complicated relationships.



ACTIVITY TOOLKIT

With this training, participants will learn tried-and-true activities to help individuals, groups, and families discuss grief, express feelings, and identify coping skills. Discussion will also include children's literature and other grief resources. All activities will use affordable, easy-to-find supplies or materials you likely already have. Attendees will walk away with increased knowledge of the importance of activity-based support, copies of activity plans, and experience doing the activities themselves.

CONSULTATION AND ONGOING SUPPORT. Kate's Club will provide access to informational guides and other recommended resources. Staff may contact trainers with additional questions after the training.