



After bereavement, family and friends may support us, but sometimes this is not enough. Sadness is a typical and natural reaction. We may want to discuss the deceased person, will probably become upset when we do. If a person is also thought to be suffering from depression, antidepressants may be prescribed by a doctor. Antidepressants treat the depression, but they do not have an effect on the underlying problem – their grief. Untreated depression can make it harder for the person to cope with their grief though.

There are many different responses to grief, which are totally normal, and doctors, counsellors and psychiatrists may be reluctant to diagnose a person as mentally ill during a bereavement. They may provide support to help the person grieve.

A grief counsellor can help the mourning process by allowing a person to move through the stages of grief in a relationship that is supportive and confidential. The grief counsellor will try to help the person to accept their loss and talk about it. They will encourage them to identify and express their feelings of anger, guilt, sadness, helplessness and anxiety.

For full course outline [Click here](#).



Grief Counselling

What you get once you enrol:

- Full access to course materials (lessons, assignments, self assessment tests) on our online Moodle platform
- Full Tutor support through out the course via email and Phone
- Option to do the course on CD if Internet connection is a problem
- Supplementary materials like extra articles, news and information added into your online account through out the course
- Career advice
- All Assignment corrections and feedback included

Course Duration: 120 hours of study. You can spread out the hours any way it suits you. Most people complete the course in 6 months to 10 months. We require you to submit at least 1 assignment per month. Ideally once you complete studying a lesson it follows with an assignment which you can complete and submit to your tutor. You can get an extension with prior tutor approval.

Exam: At the end of the course you will be required to undertake an exam and pass it to get your Certificate.

What happens once you finish the course?

You will be awarded with your certificate

You can either advance your studies or work in the industry with a better understanding of the subject.

You can discuss with your tutor about your career options.

RECOGNITIONS

WE ARE RECOGNISED BY:
INTERNATIONAL
ACCREDITATION AND
RECOGNITION COUNCIL



Articulations

Health Schools Australia – Health schools offers nationally accredited Advanced Diplomas in various Natural and complementary medicine and nutrition. We have articulated with Health schools so that our students get credits for the course they have undertaken with us in case they wish to pursue higher studies.

We also have articulations with **Warnborough College** in the UK and **NSW School of Massage**.

Higher Psychology courses are recognised by **Australian Counseling Association**.

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