

Grief Group - Course Outline

This 3 week class (or 1 day seminar) deals with loss including, freedom, loved ones, etc.

Benefits: *Clients will have an understanding of the process of grief (which is a major trigger for relapse) to better cope with loss.*

Session 1:

- Define different forms of grief including loss of freedom

Session 2:

- Stages of Grief

Session 3:

- Review effective coping skills