



A virtual mobility opportunity?

Online course on the psychosocial aspects of end-of-life and bereavement counselling

Presenter

Prof Alida Herbst, Director of the School of Psychosocial Health, North-West University, South Africa

# Psychosocial Interventions in End-of-life Bereavement Care

## Rationale:

In 2017, the School of Psychosocial Health at the North-West University in South Africa embarked on a journey to develop and pilot a topic-driven learning community through an online short learning programme (SLP) focusing on end-of-life and bereavement care.

## Meet the team:



Prof Alida Herbst

*Professor and senior researcher,  
COMPRES*



Mrs Tasleem Sayed  
*Lecturer and researcher,  
COMPRES*



Dr Cornelia Drenth  
*Extraordinary senior  
lecturer and researcher,  
COMPRES*

## Course details - Aim

- **Aim:** The primary aim of this short learning programme is to equip senior students and professionals with essential knowledge of end-of-life and bereavement counselling and intervention by providing theoretical frameworks associated with the field of loss, grief and bereavement. At the same time, this course aims to develop skills in applying specific end-of-life and bereavement intervention techniques and to give an opportunity for participants to learn from each other.
- **Cost:** ZAR 9500
- **Duration:** 6 Months
- **Study Mode:** Part Time, fully online via Moodle
- **Intakes:** 2X per year



# Course details – Cost, duration, credits

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- **Duration:** 6 Months
- **Study Mode:** Part Time, fully online via Moodle
- **Intakes:** 2X per year
- **Credits:** 8 or 4 ECTS



# Who can register?

- Final year students and practitioners in professions such as social work, psychology, nursing, education, theology, medicine, physio therapy, occupational therapy, law, public health

## INTERDISCIPLINARY



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# Course contents (1)

## **Study Unit 1: Beginnings**

- 1.1 Personal loss experience
- 1.2 Defining important concepts
- 1.3 Ethical principles and values
- 1.4 Societal/cultural responses to loss

## **Study Unit 2: The Counsellor**

- 2.1 Competencies of the counsellor
- 2.2 Communication
- 2.3 Self-knowledge and awareness
- 2.4 Self-care

For a full course programme, please visit:

<https://bit.ly/PO-End-of-Life>



# Course contents (2)

## Study Unit 3: The He(art) of dying

- 3.1 The dying process
- 3.2 The Priorities and Needs
- 3.3 Advanced care planning

## SU4: Reconstructing life after death

- 4.1 Culture and grief
- 4.2 Assessing grief

## Study Unit 5: Intervention

- 5.1 The strengths-based approach
- 5.2 The narrative approach
- 5.3 The cognitive-behavioral approach



# ID 2022.....Blended???

- **@ Thomas More**
- Students at Thomas More attend international guest lectures as previously in face to face contact sessions during the international days...2022
- **@ Partner countries**
- Students from South Africa, Germany, Netherlands, France, Portugal, SriLanka, Uganda and many more register for the international days and attend virtually via a virtual platform such as Wonder
- I WONDER if this can work???
- WONDERFUL virtual mobility opportunity??



Further information

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THANK YOU!!!

