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Setting Up and Facilitating Bereavement Support Groups: A Practical Guide

Dodie Graves

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Those who have been bereaved are in need of support, and groupwork is an effective way in which people can come together and support each other in a trusted environment.

This book provides a practical introduction to setting up and facilitating bereavement support groups, giving facilitators the confidence to run a group. It guides the reader through all the stages of setting up a group, and examines different types of facilitation and the skills needed. Case studies illustrate different types of group, such as closed, time-limited groups and open groups, with a discussion about the potential of online groups. Chapters also cover group dynamics, handling challenging situations, and overcoming problems that may arise.

This accessible book helps to make groups successful for both participants and facilitators, and is a valued source of information and guidance for those working with bereaved people, including hospice and hospital staff, counsellors, trainers, managers and social workers.

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