

Recent Course Participant Comments

Lynne G., Employment Consultant, Ontario

“This assignments really helped me understand the emotions related to grief. How we have so many losses in our lives and that it affects us all in different ways.

The counseling skills included in this training book were also very helpful. I am in a much better position to deal with loss. I always try to look at the positive (although it is not always easy) but I realize that everything happens for a reason and that I can choose not to make unhappiness a life sentence. I need to deal with the loss, accept it, learn from it so that I can have a goof life!

The course text was most helpful because it was not too long and was easy to read. The terms used were not in a language that was difficult to understand.

I recommend this course because everybody goes through losses, and this could obviously help individuals understand the types of losses and emotions and how to better deal with them.

I really enjoyed completing this course. It has helped me personally and in my job as an employment consultant.”

Linda M., Funeral Services, Mississippi

“The method of asking specific questions and processing the process by saying ‘it’s okay to feel this way,’ will definitely help in dealing with others. Learning about the different types of loss was very helpful. Facing the order of my losses and understanding their affects on handling other losses, was most helpful to me personally. I would recommend this course to anyone. I think it was very informative.”

Amy S., Valdosta, Georgia

“Great course. Thanks so very much. The most helpful skills and knowledge I gained from this course were how to approach a defensive client, a denial client, and an idealizing client; that grieving clients need validation and reassurance that what they are experiencing is normal. The course improved my knowledge base and insight into the different ways individuals grieve.

I would recommend this course to anyone who has a passion to help others. This course will provide you with the knowledge and skills to do it. The course was excellent and focused. It was easy to understand the best way to approach the client in the journey to healing. This was a really practical course, and I would like to hear about other courses offered by the College. The course text will make a wonderful reference addition for me. I fulfilled my dream to become a grief and bereavement counselor.”

Barb R., Social Worker, Alberta

“Personally, the parts of the course that were most helpful to me were learning how to work through the different feelings and knowing it’s okay that I felt the way I felt when I experienced grief. I would recommend this course to others who are interested in helping clients work through the grief process. I found all contents of the course helpful. The course text was user-friendly and easy to read.

Completing this course and this assignment in particular, has allowed me to reflect on where I was and where I am now personally. It brought back memories of the pain my family and me suffered but also memories of good times we shared. Professionally I have studied social work and have since become a social worker. During this journey I decided that I wanted to learn more about suicide and that has helped me become more knowledgeable in that area. I now want to focus more of my learning on the grief process and how to help others who are suffering from loss. This course has helped me in this process. Thank you.”

W.E., Chaplain, Ireland

“The most helpful skills and knowledge I have gained from this course: being able to identify the different types of loss and grief that prior to the course I would not even have considered as such.

I found the recognition of my own sense of loss and grief being exposed through writing the essay very beneficial and therapeutic. I now know why it was the part I was least looking forward to!

I would certainly recommend this course to anyone. It was laid out in an easy manner to follow, and it was very interesting revealing a side to grief and loss that I had never considered. I found the whole course to be helpful.

I enjoyed writing the essay, even though it was a tearful experience. I found this the most challenging and revealing part of the course that also allowed me to share my own loss and grief, although I am not sure that this was its original intention.

I have found the hard copy of the text very useful. I carry it with my notebook so that I can refer to it when I am mulling over a particular case or problem. I have found that re-reading the section on 'Goals of Grief Counselling' page 14 – 16 very beneficial.”

S.W., Grief Counsellor for Children, Ontario

“Skills and knowledge covered in the course that were most helpful to me professionally were: learning the primary goal – dealing with the painful feelings, identifying and experiencing the range and intensity of painful feelings, and the interventions covered.

Personally the most helpful part of the course was writing the essay. This gave me the opportunity to look back and reflect on what I have gone through and how far I have come in my own grief work.

I recommend this course because the text was very easy to follow, and it was easy to work into a busy schedule by working at my own pace. The text is laid out with separate sections for each emotion or topic. This made things easy to locate when looking for something specific.”