Introduction to
Loss + Grief Support
ONLINE | **3 HALF DAYS**

NALAG GRIEF SUPPORT
National Association for Loss and Grief

When: 10th - 12th November 2026
Time: 5.30 - 8.30pm
(with 30 minute break for dinner at 7pm)
Where: ONLINE via zoom
Cost: $395 (NALAG Member)
$495 (Non - Member)

NALAG Membership
Not a member yet? Join NALAG Grief Support to receive discounts on this and future workshops, plus early access to any free education and training offered by NALAG Grief Support.

Interested in bringing this workshop to your workplace or organisation? NALAG Grief Support offers customised education and training in the areas of loss, grief, and trauma. Reach out today for more information or to make a booking.

To register + join scan the QR code below or visit our website www.nalag.org.au

For more information contact:
NALAG Centre for Loss & Grief
Email: info@nalag.org.au
Phone: 02 6882 9222

When someone experiences a significant loss—such as bereavement, divorce, miscarriage, or loss of employment—the impact often extends far beyond the individual. Grief can stir a wide range of emotions, and knowing how to offer meaningful support can make a profound difference. Training in grief support helps you understand what to say, how to care, and how to walk alongside someone as they navigate a changed world.

About the Training
The NALAG Introduction to Loss & Grief training is designed to equip participants with the knowledge and confidence to support people who are grieving. Throughout the training, you will:

- Reflect on your own experiences of loss and past grief reactions
- Explore the landscape of grief through contemporary theories and models
- Learn practical strategies to support others with compassion and confidence

This training is delivered online in an interactive, experiential format that encourages self-reflection and skill development. (For a cull course outline please see back page).

Volunteer Pathway
After completing the training, you may apply to become a NALAG Grief Support Volunteer. Additional training and a suitability assessment are required. For more information, contact 02 6882 9222.

About the Presenter
Amy Welbourne – Grief Support Educator & Lead Counsellor
Amy Welbourne is a registered counsellor with the Australian Counsellors Association (ACA MCOS 29916) and serves as an Educator and Lead Counsellor for NALAG Grief Support. She brings extensive experience from child and youth mental health services, schools, and private practice. Amy has a strong interest in child and adolescent grief, loss, and family therapy. She is currently the only counsellor in Australia trained in Trauma & Grief Component Therapy for Adolescents (TGCTA), completed through the Trauma & Grief Center in Houston, Texas.

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Training Program

Session 1: What is Grief? (3 hours)

Session 2: Models and theories of Grief (3 hours)

Session 3: How to Support? (3 hours)

Session 4: ***Volunteer Training only***
Communication, Skills Practice, Personal Loss and Selfcare.

Training Aims

To equip participants with an understanding of normal grief to increase their confidence and competency in being able to support others facing significant loss. This can be in a personal or professional context.

Learning Outcomes

At the conclusion of this training participants will have:

- A clear understanding of the landscape of grief and categories of loss.
- Recognition of normal grief reactions and the diversity of grieving styles.
- Explored the mediators of mourning and the influence played by attachment in the bereavement process.
- Studied the contemporary theories and models of grief used by NALAG in supporting others.
- Examined what support strategies and skills are most helpful in grief support.

Training Style

Online interactive course. The course is experiential in nature and participants will self-reflect on their own losses.