Priory Hospital Woking

Grief and bereavement programme

Priory Woking's outpatient grief and bereavement group provides an environment that promotes healthy expression of grief and supports attendees to further understand the broader issues of loss and grief.

We offer education around the process and resolution of grief and identify effective coping strategies for the client. Our aim is to allow individuals to gain a sense of personal control and stronger decision making.

Programme overview

+ Introduces concepts of memorialisation and reinvestment in life
+ For adults who are experiencing grief following the death of a significant person in their lives
+ An initial free telephone assessment will establish the needs and the functioning of the bereaved
+ We will discuss the goals, objectives and methods used in the support group, with the client
+ The group is supportive, validating and helps normalise experiences of the grief
Group content

- 10 sessions, each lasting 3 hours
- Takes place weekly
- Closed group consisting of 6-8 people (minimum 4)

**Session 1:** Getting acquainted, understanding the complexity of grief and the stages of grief

**Session 2:** Accommodation, adjustment and acceptance

**Session 3:** Stress, coping and support (including coping with holidays, birthdays, special events) and sharing

**Session 4:** Identifying and expressing feelings, understanding and coping with feelings and finding meaning

**Session 5:** Biography and shared history

**Session 6:** Memories and remembrances

**Session 7:** Role changes and meaning reconstruction

**Session 8:** Memorialisation, continuing bonds and therapeutic use of rituals

**Session 9:** Assessing support systems, rebuilding and reconstruction

**Session 10:** Moving on, closure and the celebration of life

Inclusion criteria

1. Individuals who are experiencing grief following the death of a significant person in their lives
2. No current involvement in legal or business matters following the death of a loved one
3. There has been a period of 6 weeks following the bereavement before joining the group
4. Willing to commit to a 10-week course (dates are discussed at assessment)

Enquiries and further information

This course can be self-funded or funded via private medical insurance (PMI). Sessions are costed at £313 per half a day attendance and £3,130 for the 10 week course.

Those wishing to self-fund the 10-week programme in advance, will benefit from a 10% discount.

For further information, please contact us by emailing wokingdaycare@priorygroup.com