

**Separation, Grief, and Loss** training helps participants understand the impact of separation and ambiguous loss, and the different ways children grieve. Life-long grieving and the importance of providing opportunities for grieving is explored. Participants will understand loss and fractured attachments with birth family members and previous placements; recognize the importance of establishing and maintaining essential relationships with and for children; and understand the impact of frequent moves and the importance of managing transitions for children.

### **Proposed Objectives**

1. **Understand the Impact of Separation and Ambiguous Loss:** Recognize the profound and lasting impact that separation and ambiguous loss have on children within the child welfare system. Identify the diverse ways in which children experience grief when faced with separation and ambiguous loss.
2. **Acknowledge Lifelong Grieving:** Appreciate the concept of lifelong grieving and its relevance to children in foster care or the child welfare system. Understand the importance of creating a safe and supportive environment for children to express and process their grief throughout their lives.
3. **Explore Strategies for Grief and Loss Support:** Identify effective strategies for helping children deal with grief and loss, including but not limited to therapy, support groups, and creative outlets. Develop a toolbox of resources to provide emotional support to children experiencing grief and loss.
4. **Recognize Fractured Attachments and Essential Relationships:** Recognize the significance of addressing fractured attachments with birth family members and previous placements, and how these can contribute to a child's sense of loss. Understand the importance of establishing and maintaining essential relationships for children in the child welfare system, such as with caregivers and support networks.
5. **Manage Transitions Effectively:** Understand the negative impact of frequent moves on children and the importance of minimizing disruptions. Develop strategies to manage transitions, including planning and communication, to minimize the emotional toll on children and ensure stability in their lives.