

# *Practical Skills* for Coping with Grief and Loss

A seminar presented by  
Lionel Hartley

*Programme:*

The grief process  
Helping a grieving friend  
- Part 1 “Caring”  
Pitfalls to caring  
Helping a grieving friend  
- Part 2 “Practical helps”  
Self-help for the grieving  
Questions and answers



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