



Frequently Asked Questions

Can I get continuing education credit?

It depends on the organisation that you are registered with. Please contact the Continuing Education Officer for further information.

How long does it take to master the techniques taught in The Grief Recovery Method Certification Training

As in all other things, what you practice is what you get good at. It would be unreasonable to say that we can make you an expert in four days. But, we'll lay down a very solid foundation that will allow you to become proficient very quickly.

What does it mean to be Certified?

You are certified by the Grief Recovery Institute®, a non-profit educational provider. This means that as a Certified Grief Recovery Specialist®, you are affiliated with our 30 plus years of experience, our reputation, and our intellectual properties. You will be given all the tools and materials to run a 8-week Grief Recovery Method support group and/or 12-week outreach program group and/or a 7 session one-on-one program. You will also receive a program called Helping Children Deal with Loss. This is for the parents and care takers of children who have suffered a loss.

Is the process primarily for groups or individuals?

Isolation is one of the primary problems for most griever. In general, The Grief Recovery Method works best in a group format. However, some griever will not or cannot participate in a group setting. We'll teach you the Grief Recovery skills to help in both, a one-on-one and/or group setting.

Must I be a professional to become certified?

No. Since grief is the normal and natural reaction to loss, and since The Grief Recovery Method Certification Training is educational rather than therapeutic, all that is required is a loving heart and a genuine desire to help grieving people. While many of our Certified personnel are licensed mental health professionals, many come from other areas, such as the funeral and cemetery industries and the clergy. Those who are not in the mental health arena often create a referral list of mental health professionals in their community for situations that are outside the range of The Grief Recovery Method. Many therapists throughout the country refer clients to our Certified Grief Recovery Specialists® who are not mental health professionals. These therapists observe wonderful changes in their clients' ability to move forward in therapy after completing the Outreach Program.



When and how will I receive the documentation for my continuing education units?

Expect your certificate approximately a week to ten days following the conclusion of your training.

Is there a contractual relationship with the Certification process?

Yes. A long term license and service agreement allows you to affiliate with the Institute and use the intellectual properties protected by copyright law.

Can I set my own fees or do you have guidelines?

The fees you charge for any of the programs are at your discretion and are generally based on what is typical in your community for a parallel service. We have nothing to do with your fees but we are here to advise you if you need guidance.

Is there a relationship between Grief Recovery and drug and alcohol treatment?

The Big Book of Alcoholics Anonymous and most other valid sources allude to the underlying causes that affect and limit attempts at sobriety. Underlying causes can invariably be classified as grief and loss issues. We do believe that the presenting issue must be dealt with first, but as soon as possible thereafter The Grief Recovery Method can be introduced.

What kind of support can I expect from The Grief Recovery Institute after I'm certified?

You have access to almost unlimited support from the Institute. During the training, we'll instruct you in the best methods of responding to your griever's questions. When you're not sure of the answer, please call us for assistance. With more than 30 years of cumulative experience, there is almost no set of circumstances that we have not dealt with. There is no fee for this continuing service.

Do I need to read any of the books before the training?

No, you will receive a copy of 3 of our books as part of your training materials.