



P 0800 299 100
A Level 3, 5-7 Vivian Street, Te Aro, Wellington 6011
A PO Box 7309, Newtown, Wellington 6242
W Visit the Skylight hub: skylight.org.nz

Waves Facilitation Training

Skylight offers a 2-day workshop to people in your organisation to run the Waves programme in your community. The Waves programme supports people (18 years and over) bereaved by suicide in their understanding and management of grief and development of resilience.

The Training will be provided by two Skylight Trainers. We encourage agencies to coordinate and combine for the Waves training in their region/communities. The training is limited to ten people.

Programme Aims and Learnings

- To enhance your understanding of the needs of those bereaved by suicide.
- To understand the impact of the Waves programme on participants.
- To learn how to implement and facilitate the Waves programme in your way and in your area.
- To understand how to manage and collect data associated with the programme.

All participants will receive a programme manual, access to follow-up support and resources for facilitating the groups.

The Waves programme is designed to be run in conjunction with an auspiced organisation that can provide extra resources but also contribute to governance, risk management and accountability. Working with an auspiced government or non-government organisation means the organisation takes legal and ethical responsibility for the group functioning, maintenance and support. It can also provide effective management, procedural frameworks, support and training for facilitators including supervision, a code of ethics, the provision of suitable premises, funding/sponsorship, marketing and advertising that can aid with recruitment of participants (for example, development of promotional materials) and advice on referrals and pathways into other local networks.

Supported and funded by: The Ministry of Health

The Ministry of Health recognises the importance of supporting those bereaved by suicide by making training more accessible to your community. Skylight gratefully acknowledges the Ministry of Health for contributing funding to this programme as part of the implementation of the NZ Suicide Prevention Action Plan.

The **right help** *at the* **right time** *in the* **right way**

About the Waves Programme

Waves is a professionally facilitated eight-week grief education programme designed to help adults who have been bereaved by suicide. Waves aims to:

help people better understand grief after suicide,

provide a safe environment for people to explore aspects of their grief,

help people learn healthy coping strategies for managing their grief, and maintaining their wellbeing and that of their family/whanau,

and help people develop personal and social resources that may contribute to resiliency.

Programme structure

Two facilitators work with a group of adults bereaved by suicide over a period of eight weeks, with a two-hour session each week:

- The first hour tends to focus on concepts and ideas about various aspects of grief and suicide.
- The second hour focuses on exploration and management of emotions and aspects of grief and wellbeing. Group members share experiences and learn new coping strategies, which helps ensure that they leave each session feeling empowered and focused on strategies they can implement, rather than feeling drained by their exploration of feelings, thoughts and experiences.

Participation is voluntary and at no cost to members (koha only) to reduce barriers to access and participation.

We recommend a ratio of two co-facilitators to 6-8 participants. New members are not permitted to enter once the group has started.

A minimum of two group facilitators for each programme should be maintained to assist with self-care, peer review and the demands of the role.