



Helping bereaved people
find support & wellbeing.

Bereavement Education Conference

Parallel session 6

The Bereavement Journey®

11 November 2025

Dr Roger Greene, Director of Partnerships & Deputy CEO, AtaLoss
Dean Roberts CEO, Parish Trust / Part Time Hospital Chaplain
Douglas Creighton, Chaplain, HM Prison Edinburgh

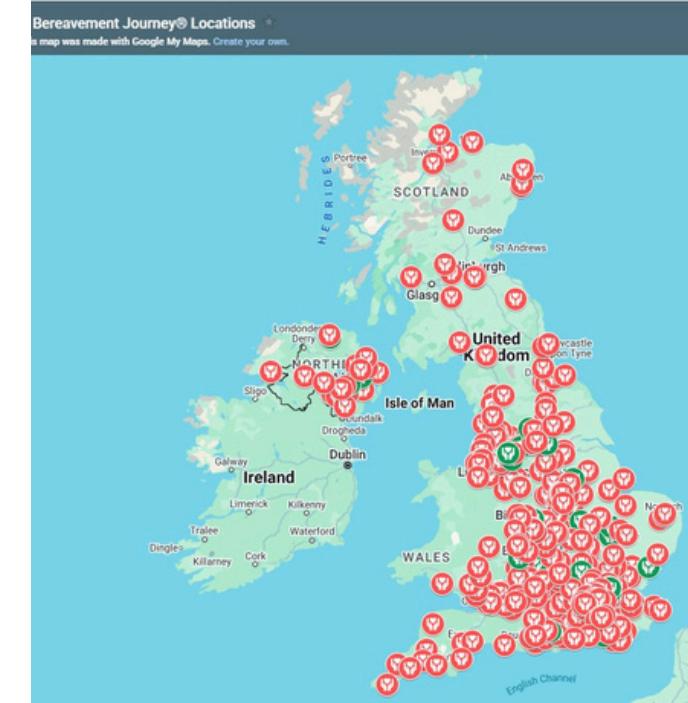
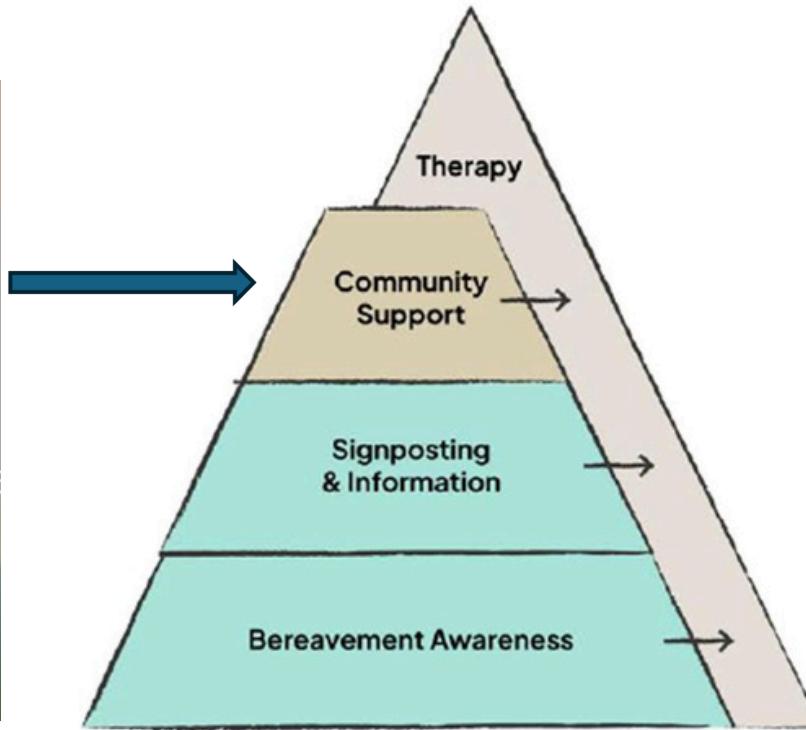
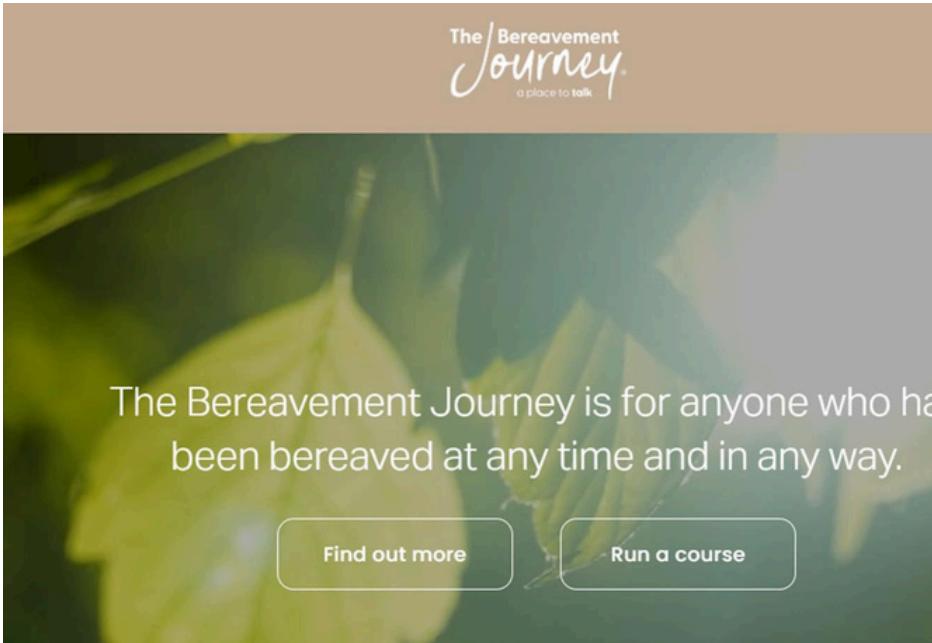
Agenda

- The Bereavement Journey®: Impact evaluation.
- Running the programme in the NHS.
- Running the programme in Scottish Prisons.
- Q&A

Normalising grief

- ‘Although acute grief can be highly distressing and disabling, this reaction should not routinely be pathologized and does not warrant clinical intervention in the majority of cases’. (Shear et al., 2017)
- Studies generally estimate PGD prevalence between 10 and 15%. (Bonanno & Kaltman, 2001. Shear et al. 2011. D, Prigerson et al. 2009)
- How do we help the 85-90%?

The Bereavement Journey®



- Community development programme
- Led by peers
- 7 sessions of videos and facilitated conversations

The Bereavement Journey®: Impact evaluation.



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Impact Evaluation Report of
The Bereavement Journey®
With accompanying signposting

August 2025 | Statistical analysis compiled by Dr Becky Ward,
Youthrive Research Consultancy



I think the course can help
people understand...
like maybe why they're
keeping things or why
they behave as they do.
Participant

It gave people light bulb
moments of making sense
of their unfamiliar feelings.
Feedback form

My outlook on bereavement
[has improved now] because
it has given me some tools
to use to help me to deal
with stuff.
Participant

- Independent evaluation by Dr Becky Ward, Youthrive research consultancy
- 370 courses over 2 years
- 2995 participants
- Report and full evidence base available through www.Ataloss.org website



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Evidence Base for the
Impact Evaluation Report of
The Bereavement Journey®
With accompanying signposting

August 2025 | Statistical analysis compiled by Dr Becky Ward,
Youthrive Research Consultancy

This evidence base provides detailed methodology, data tables, and supporting analysis for the Impact Evaluation Report of *The Bereavement Journey®* with accompanying signposting.



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What difference does the programme make?

New Impact Report

The Bereavement Journey®

93% better able to cope

Talking openly

Growing resilience

Building connections

Supporting mental health

The Bereavement Journey® helps people navigate grief and rebuild their lives.

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New Impact Report

The Bereavement Journey®

93% feel better able to cope

86% feel less lonely

95% processed their loss

73% improved mental health

33.5 million Estimated wellbeing value in 2 years

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What people said



"They feel it's a safe place and when they see other people upset and emotional and struggling, they just feel that it's not just them and that there is hope that they'll, you know, and that there is hope..."

Course leader, The Bereavement Journey®

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"It gave me language to share how bereavement affects you."

Participant, The Bereavement Journey®

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"It has helped me avoid going down into depression... if I hadn't gone on the course, that's probably where I'd be."

Participant, The Bereavement Journey®

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The Bereavement Journey: Building a Culture of Bereavement Care in the NHS for everyone

Rev. Dean Aaron Roberts

*Founder and CEO of The Parish Trust
Chaplain at Aneurin Bevan University Health Board*



**GIG
CYMRU
NHS
WALES**

Bwrdd Iechyd Prifysgol
Aneurin Bevan
Aneurin Bevan
University Health Board



The Myth of ‘Keep Calm and Carrying On’

“I’ve worked in healthcare for 20 years and never stopped long enough to process any of it.”

“I thought being strong meant not crying. I realise now it’s okay to be human.”

A Duty of Care That Extends Beyond Death

*“Once Dad died, everyone
disappeared. We didn’t
know who to talk to.”*

Caring for Those Who Care

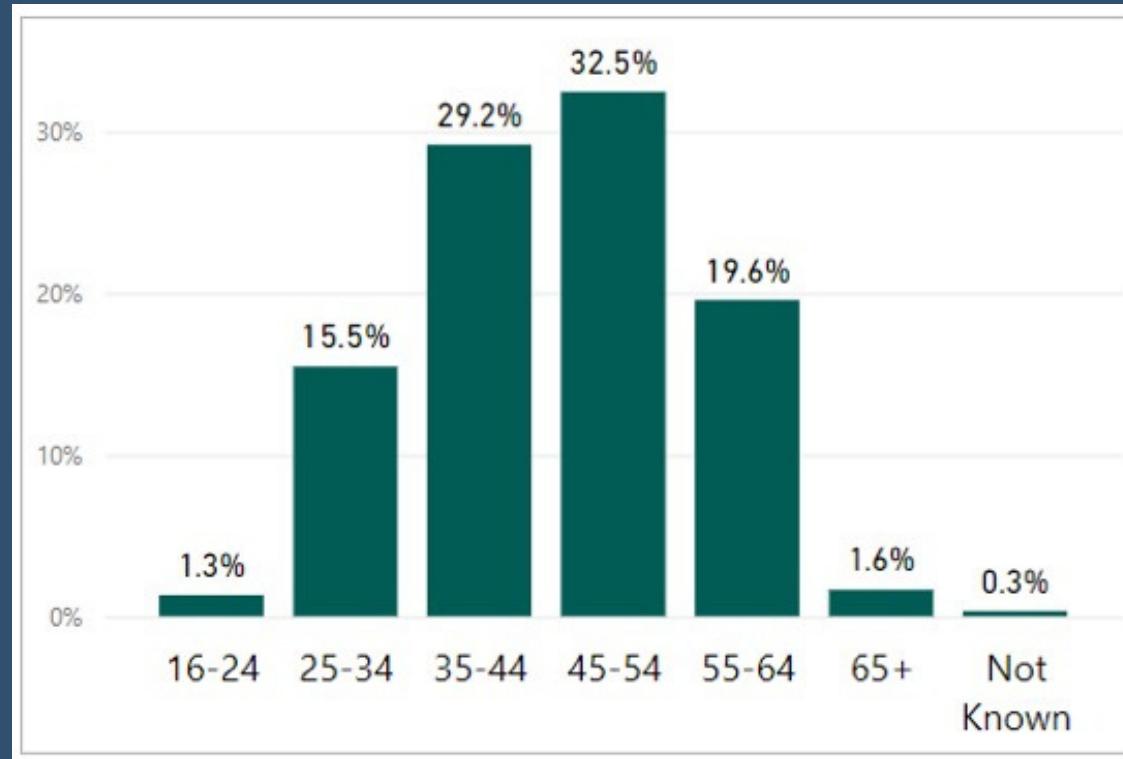
*“I didn’t realise how much grief
I’d stored up until the course
gave me permission to talk
about it.”*

*“It’s the first time I’ve ever felt
the NHS cared for my emotions,
not just my performance.”*

Spiritual Care

80% of Participants stayed for
the optional 7th Session on
Spiritual Questions

Supporting Our Novice Staff



What the Data Tells Us

1. Emotional Understanding & Processing

- 90% said it was very true that the course helped them understand how bereavement is affecting them.
- 77% said it was very true that it helped them process their loss/losses.
- 77% said it was very true that it helped them cope better with their situation.

→ *This suggests strong emotional insight and coping improvements among participants.*

What the Data Tells Us

2. Connection & Community

- 70% said it was very true that the course helped them feel less lonely.
- 87% said it was very true that they realised talking with other bereaved people is helpful.

→ *The group aspect appears to be one of the most powerful elements.*

What the Data Tells Us

3. Decision-Making and Self-Awareness

- 80% said it was very true that the course helped them decide about further support that might help.
- 87% said it was very true that it helped them understand bereavement generally.

 *Participants are leaving with both greater understanding and a sense of next steps for their healing.*

What the Data Tells Us

4. Perceived Importance to the NHS

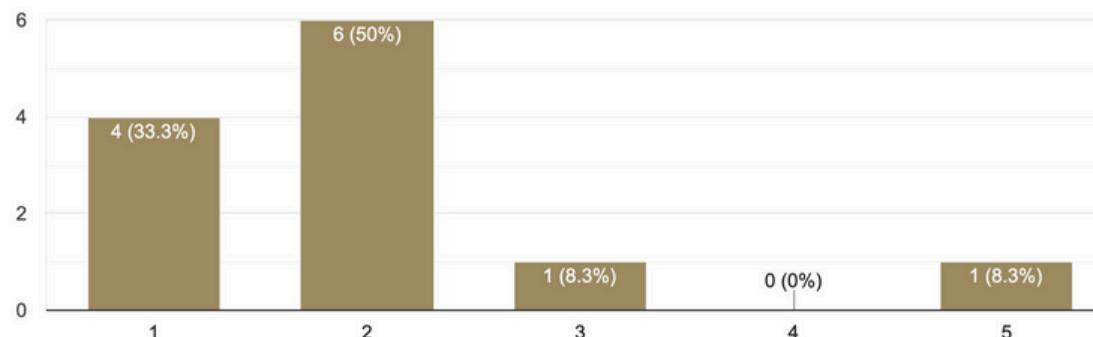
- 100% of respondents rated continuation of this course by the Health Board as “10/10” important.
- Among NHS staff-specific questions, around two-thirds (67%) rated the course 5/5 in helping process grief in the context of NHS work, with another 25% rating 4/5.

→ *There's overwhelming agreement that this course should continue, with clear professional as well as personal benefit.*

What the Data Tells Us

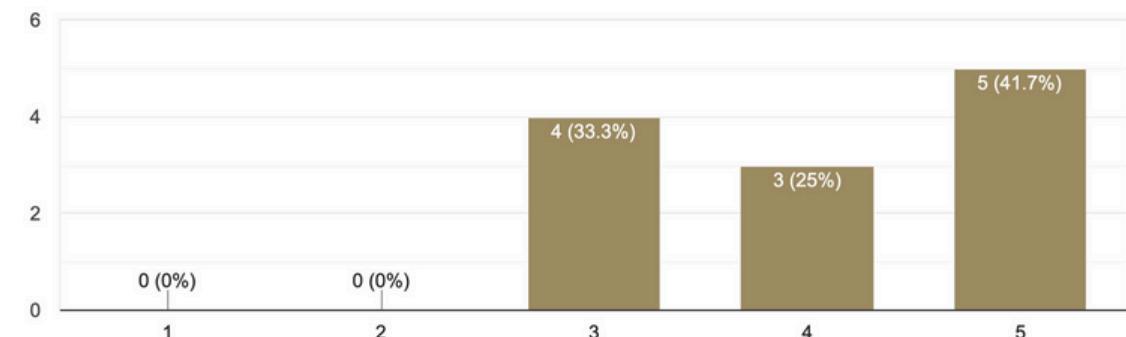
Before attending this course, how would you have rated the NHS's support for staff experiencing bereavement?

12 responses



After attending the course, how supported do you now feel by the health board in relation to bereavement care for staff?

12 responses



Most recent sample data from latest staff cohort

Beyond the Pilot



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The Bereavement Journey® in the HM Prison service

11 November 2025

Douglas Creighton
Chaplain, HM Prison Edinburgh



- Bereavement shouldn't be a second punishment
- Capacity & barriers to grieve in custody
- Benefits of facilitated group discussion
- Format appropriate for the regime of the prison



- The Pilot – HMP Edinburgh's results
- Anecdotal benefits from HMP Perth
- Next steps for HMP Edinburgh

Any Questions?

www.AtaLoss.org