



# Mindfulness & Grief Coach Certification

Course Syllabus (Spring 2026)

## Program Overview

**Live Online • Fridays, 12:00-2:00 PM ET**  
**May 22 - August 14, 2026 (No class July 3)**

The Mindfulness & Grief Coach Certification is a 12-week, cohort-based training that equips professionals to support clients and communities through grief using trauma-sensitive, mindfulness-based tools.

Grounded in the 8-step Mindfulness & Grief model, the course integrates mindfulness, movement, journaling, compassion practices, and peer facilitation. The curriculum blends psychological and spiritual approaches to grief, emphasizing emotional safety, resilience, and cultural responsiveness.

This certification is ideal for clinicians, coaches, spiritual caregivers, wellness professionals, yoga therapists, yoga teachers, meditation teachers, hospice staff, and anyone offering support in grief and transition. Participants will complete the program with the tools, confidence, and ethical framework to lead individual or group-based grief support.

### Tuition

Early Bird: \$1,200 USD through March 6, 2026, Regular: \$1,495 USD. Payment plans & group discounts available. Includes all live instruction, peer practice, scripts, self-paced content, access to session recordings, and certification exam.

### Certification Requirements

- Attend or watch all 12 weekly sessions
- Complete asynchronous reflections and buddy practice sessions
- Uphold trauma-sensitive and ethical facilitation standards
- Pass a multiple-choice exam

### About Heather Stang

Recipient of the 2025 Association for Death Education and Counseling Clinical Practice Award for Innovation in Grief Support, Heather brings over two decades of experience teaching professionals and guiding people through loss using the transformative power of mindfulness. Her approach integrates evidence-based practices from the fields of thanatology, yoga therapy, and trauma-informed care. The Mindfulness & Grief System is featured in *The Handbook of Grief Therapies* (Steffan, Milman, & Neimeyer) and in her books, *Living With Grief*, *From Grief To Peace*, and *Navigating Loss*.

**Enroll: <https://heatherstang.com/mindfulness-grief-coach-certification/>**

© 2026 by Heather Stang. All rights reserved. This syllabus may be shared freely with employers, colleagues, or prospective students. Please do not republish, modify, or teach this material outside the Mindfulness & Grief Coach Certification program without written permission from Heather Stang.



## Weekly Schedule and Curriculum

### **Week 1 - Orientation and Foundations**

*Friday, May 22, 2026*

Get grounded in the structure and flow of the 8-step Mindfulness & Grief model. Begin building your daily practice and learn how mindfulness, journaling, movement, and self-care will support both your personal growth and future client work.

*Learning Objectives:*

- Describe the structure and philosophy of the 8-step model
- Identify the core tools of the program and their therapeutic use
- Establish a consistent daily practice
- Begin planning a peer or client relationship for practice
- Understand what is required for certification

### **Week 2 - Elements of a Session**

*Friday, May 29, 2026*

Learn how to design a complete mindfulness and grief session. Explore the four essential components—intention, practice, integration, and closing, and the importance of balancing structure with authentic presence.

*Learning Objectives:*

- Identify the four core components of a session
- Understand the benefits and risks of reading scripts versus improvising
- Apply pacing, presence, and proprioception in facilitation
- Draft an outline for a session that reflects structure and authenticity

### **Week 3 - Trauma-Sensitive Mindfulness and Adaptation**

*Friday, June 5, 2026*

Grief can activate trauma responses. This session focuses on adapting practices to meet diverse needs using trauma-sensitive principles such as pacing, choice, titration, and establishing safety. You'll learn to recognize signs of dysregulation and create inclusive, culturally responsive environments.

*Learning Objectives:*

- Explain core trauma-sensitive principles
- Recognize signs of dysregulation and offer appropriate grounding
- Adapt mindfulness practices to accommodate comfort and accessibility
- Demonstrate cultural humility in group facilitation

**Enroll: <https://heatherstang.com/mindfulness-grief-coach-certification/>**

© 2026 by Heather Stang. All rights reserved. This syllabus may be shared freely with employers, colleagues, or prospective students. Please do not republish, modify, or teach this material outside the Mindfulness & Grief Coach Certification program without written permission from Heather Stang.



# Mindfulness & Grief Coach Certification

Course Syllabus (Spring 2026)

## **Week 4 - Step 1: Conscious Relaxation**

*Friday, June 12, 2026*

Grief affects the whole nervous system. This week introduces conscious relaxation practices that help ease anxiety, muscle tension, and restlessness. You'll learn to guide clients through breath counting, mantra repetition, and progressive muscle relaxation using trauma-sensitive language and cues.

*Learning Objectives:*

- Describe the benefits of relaxation for grieving clients
- Guide three relaxation practices using provided scripts
- Apply trauma-sensitive language and safety cues
- Reflect on facilitation experience and identify areas of growth

## **Week 5 - Step 2: Mindfulness for Grief**

*Friday, June 19, 2026*

Mindfulness offers a way to remain present amidst grief's pull toward the past or future. This week, you'll guide body scan and sensory awareness practices, learn the difference between focused attention and open monitoring, and explore how to help clients choose the approach that best supports them.

*Learning Objectives:*

- Distinguish between focused concentration and open awareness
- Guide body scan and sensory-based mindfulness practices
- Teach clients to shift between different modes of mindfulness and self-care
- Validate and normalize a range of client experiences

## **Week 6 - Step 3: Compassion for All**

*Friday, June 26, 2026*

Grief often comes with guilt, isolation, and inner criticism. This week introduces self-compassion as a healing tool. Learn to guide mantra-based practices and teach clients how compassion reduces loneliness, strengthens immune health, and supports emotional healing.

*Learning Objectives:*

- Teach Kristin Neff's three elements of self-compassion
- Guide clients in creating and practicing a personal mantra
- Dispel myths about compassion and grief
- Discuss evidence-based benefits of compassion

**Enroll: <https://heatherstang.com/mindfulness-grief-coach-certification/>**

© 2026 by Heather Stang. All rights reserved. This syllabus may be shared freely with employers, colleagues, or prospective students. Please do not republish, modify, or teach this material outside the Mindfulness & Grief Coach Certification program without written permission from Heather Stang.



# Mindfulness & Grief Coach Certification

Course Syllabus (Spring 2026)

## **Week 7 - Step 4: Skillful Courage**

*Friday, July 10, 2026*

Facing grief takes courage, but not the kind that suppresses emotion. This session introduces the RAIN meditation as a structured way to face difficult feelings. You'll also explore how to help clients discern when to engage and when to step back, honoring both vulnerability and protection.

*Learning Objectives:*

- Define the role of courage and vulnerability in grief work
- Guide the RAIN meditation using trauma-informed language
- Encourage discernment in turning toward or away from grief
- Reframe harmful cultural narratives around strength

## **Week 8 - Step 5: Getting Unstuck**

*Friday, July 17, 2026*

Grief is non-linear, and it's common to feel stuck. This session introduces the five mental hindrances and expressive tools such as metaphor, movement, and journaling to support emotional movement and insight.

*Learning Objectives:*

- Normalize feeling stuck as part of the grief process
- Teach the five mental hindrances and how they manifest
- Guide expressive practices to shift perspective
- Recognize and address client rumination gently

## **Week 9 - Step 6: Continuing Bonds**

*Friday, July 24, 2026*

Moving forward does not mean letting go. This week, you'll learn how to help clients sustain meaningful connection to the person who died using the Life Imprint meditation, milestone rituals, and reparenting techniques for complicated relationships.

*Learning Objectives:*

- Explain the continuing bonds approach
- Guide the Life Imprint meditation and journaling
- Help clients prepare for anniversaries using the Special Day Planner
- Introduce reparenting practices where needed

**Enroll: <https://heatherstang.com/mindfulness-grief-coach-certification/>**

© 2026 by Heather Stang. All rights reserved. This syllabus may be shared freely with employers, colleagues, or prospective students. Please do not republish, modify, or teach this material outside the Mindfulness & Grief Coach Certification program without written permission from Heather Stang.



# Mindfulness & Grief Coach Certification

Course Syllabus (Spring 2026)

## **Week 10 - Step 7: Allowing Transformation**

*Friday, July 31, 2026*

Grief changes us. This week invites reflection on growth through hardship, without bypassing pain. You'll guide clients in identifying resilience markers, strengths gained, and evolving identity through the lens of post-traumatic growth.

*Learning Objectives:*

- Differentiate between transformation and forced positivity
- Support clients in identifying strengths that emerged through loss
- Normalize changes in identity as part of healing
- Guide reflection practices that support meaning-making

## **Week 11 - Step 8: Perpetual Mindfulness**

*Friday, August 7, 2026*

Grief does not disappear. It becomes part of life. This session helps clients create sustainable mindfulness and self-care routines they can rely on during future challenges. You'll explore the role of community and long-term integration.

*Learning Objectives:*

- Teach grief as a continuing part of life supported by mindfulness
- Help clients develop long-term practices for ongoing support
- Encourage connection and community as grief-care tools
- Adapt routines to different life stages and grief seasons

## **Week 12 - Integration and Next Steps**

*Friday, August 14, 2026*

Bring the full 8-step model together into your own facilitation style. Through reflection and case-based learning, you'll demonstrate readiness, build your facilitator toolkit, and plan your next steps as a certified Mindfulness & Grief Coach.

*Learning Objectives:*

- Integrate all 8 steps into a flexible, trauma-informed framework
- Demonstrate facilitation readiness through case and peer-based application
- Build a toolkit of scripts, adaptations, and session outlines
- Develop a plan for professional growth and ethical outreach

**Enroll: <https://heatherstang.com/mindfulness-grief-coach-certification/>**

© 2026 by Heather Stang. All rights reserved. This syllabus may be shared freely with employers, colleagues, or prospective students. Please do not republish, modify, or teach this material outside the Mindfulness & Grief Coach Certification program without written permission from Heather Stang.