



**FORMAÇÃO MULTIDISCIPLINAR  
no APOIO ao LUTO**

**JAN  
2026**  
05 a 16

U. Aveiro  
& Online

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Construtos Teóricos e Competências  
Essenciais para a Prática  
Especializada no Apoio  
ao Luto

[oluto.web.ua.pt](http://oluto.web.ua.pt)



## THEMATIC SESSIONS PROGRAM (Sessions 1–4)

### THEMATIC SESSIONS (after working hours)

#### Session 1:

##### “Grief Theory: Models and Process”

**JAN 05 (Mon)**

5:00–8:00 pm

**ESSUA/Online**

- Classical and contemporary models of grief.
- Types of grief and their respective contexts.
- Manifestations of grief: symptoms and reactions.
- Influence of cultural and socio-institutional factors on the experience and expression of grief.

#### Session 2:

##### “Grief Theory: Specificities of Grief”

**JAN 07 (Wed)**

5:00–8:00 pm

**ESSUA/Online**

- Disenfranchised grief: concept and implications.
- Emotional complexity, relational impact, and stigma of Disenfranchised grief.
- Specificities of non-finite loss (IDD).
- Suicide bereavement.
- Ethical and professional implications.

#### Session 3:

##### “Specialized Practices in Grief Support: Communication and Intervention”

**JAN 12 (Mon)**

5:00–8:00 pm

**ESSUA/Online**

- Sensitive language in grief support: empathic communication, active listening, and genuine presence.
- Specialized grief-support practices: support needs and levels of intervention.
- Person, family, and community-centered care.

#### Session 4:

##### “Specialized Practices in Grief Support: Capacity Building, Integration, and Collaboration”

**JAN 14 (Wed)**

5:00–8:00 pm

**ESSUA/Online**

- Development of practical, contextualized responses tailored to different professional settings.
- Identification of needs, gaps, and future challenges in specialized grief-support training.