

# Still Loved Grief Coach Certification

*Certified Still Loved Grief Coach™*

## FORMAT

Self-paced online program with optional live cohort calls.

## TOTAL CONTACT HOURS

120–140 hours (109h of structured content)

## DELIVERY METHOD

Asynchronous online curriculum with workbook exercises, weekly quizzes, AI-supported readiness sessions, optional live cohort calls, written case study, and final examination.

## PREREQUISITES

No prior clinical or coaching credential is required. Applicants must complete an application and demonstrate readiness to engage with pregnancy and infant loss material.

## INTENDED AUDIENCE

Bereaved parents, doulas, nurses, therapists, chaplains, and other helping professionals seeking specialized credentialing in pregnancy and infant loss grief coaching.

## Learning Objectives

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On completion, participants will be able to:

- Distinguish between miscarriage, stillbirth, neonatal loss, infant loss, TFMR, and infertility grief and articulate the clinical and emotional differences.
- Apply the six phases of the Still Loved Method™ (Stabilization, Story Processing, Self-Blame Repair, Identity Reconstruction, Life Reintegration, Continuing Bonds) to client presentations.
- Demonstrate trauma-informed, present-tense, baby-centered language across coaching interactions.
- Identify nervous-system dysregulation, dissociation, and suicide risk and implement appropriate stabilization or referral.
- Maintain ethical scope of practice, distinguishing grief coaching from psychotherapy and recognizing referral indications.
- Construct a full grief coaching session, including intake, pacing, containment, and closure.
- Support continuing bonds, legacy work, and pregnancy after loss across the full grief arc.
- Develop and maintain a personal sustainability plan against vicarious trauma and burnout.

## Instructional Methods

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- Sequential didactic curriculum delivered through a learning management system
- Reflective workbook exercises with written submissions
- Case studies and clinical scenarios
- AI-supported readiness simulations with structured feedback
- Optional live cohort calls and community forum
- Final practice coaching session evaluation

# Module-by-Module Breakdown

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## **Module 1: Foundations of Pregnancy & Infant Loss** (4h)

### LEARNING OBJECTIVES

- Demonstrate working knowledge of foundations of pregnancy & infant loss as it applies to pregnancy and infant loss support.
- Apply concepts from this module within the Still Loved Method™ coaching framework.
- Identify scope-of-practice considerations relevant to this content area.

### TOPICS COVERED

- Types of Pregnancy & Infant Loss
- Why Pregnancy Loss Grief Is So Profound
- Clinical Insights: Medical Causes of Loss
- The Hospital Experience
- Postpartum Recovery After Loss

### INSTRUCTIONAL METHODS

Didactic lessons with written curriculum · Reflective workbook exercises · Case examples and grief scenarios · Vocabulary cards and phrase-swap practice

### ASSESSMENT

Weekly multiple-choice quiz (80% to pass) and workbook submission reviewed against rubric.

## **Module 2: The Psychology of Pregnancy Attachment** (3h)

### LEARNING OBJECTIVES

- Demonstrate working knowledge of the psychology of pregnancy attachment as it applies to pregnancy and infant loss support.
- Apply concepts from this module within the Still Loved Method™ coaching framework.
- Identify scope-of-practice considerations relevant to this content area.

### TOPICS COVERED

- Attachment Formation in Pregnancy
- Bonding Before Birth
- The Psychology of Hoped-For Children
- When Attachment Is Interrupted

### INSTRUCTIONAL METHODS

Didactic lessons with written curriculum · Reflective workbook exercises · Case examples and grief scenarios · Vocabulary cards and phrase-swap practice

### ASSESSMENT

Weekly multiple-choice quiz (80% to pass) and workbook submission reviewed against rubric.

## **Module 3: Trauma in Pregnancy & Birth Loss** (12h)

### LEARNING OBJECTIVES

- Demonstrate working knowledge of trauma in pregnancy & birth loss as it applies to pregnancy and infant loss support.
- Apply concepts from this module within the Still Loved Method™ coaching framework.
- Identify scope-of-practice considerations relevant to this content area.

### TOPICS COVERED

- The Neuroscience of Trauma
- The Trauma Timeline in Pregnancy Loss
- Trauma Responses in the Nervous System
- Dissociation
- Trauma Triggers Unique to Pregnancy Loss
- Trauma Loops and Mental Replay
- Trauma in Future Pregnancies
- Trauma in Partners
- Trauma-Informed Language
- Stabilization in Coaching Sessions
- Risk Awareness, Suicide Risk & Referral Responsibility

### INSTRUCTIONAL METHODS

Didactic lessons with written curriculum · Reflective workbook exercises · Case examples and grief scenarios · Vocabulary cards and phrase-swap practice

### ASSESSMENT

Weekly multiple-choice quiz (80% to pass) and workbook submission reviewed against rubric.

## **Module 4: The Grieving Brain** (3h)

### LEARNING OBJECTIVES

- Demonstrate working knowledge of the grieving brain as it applies to pregnancy and infant loss support.
- Apply concepts from this module within the Still Loved Method™ coaching framework.
- Identify scope-of-practice considerations relevant to this content area.

### TOPICS COVERED

- Neuroscience of Grief
- Memory & Grief Processing
- Cognitive Fog & Decision Making
- Emotional Regulation After Loss

### INSTRUCTIONAL METHODS

Didactic lessons with written curriculum · Reflective workbook exercises · Case examples and grief scenarios · Vocabulary cards and phrase-swap practice

### ASSESSMENT

Weekly multiple-choice quiz (80% to pass) and workbook submission reviewed against rubric.

## **Module 5: The Still Loved Method™** (7h)

### LEARNING OBJECTIVES

- Demonstrate working knowledge of the still loved method™ as it applies to pregnancy and infant loss support.
- Apply concepts from this module within the Still Loved Method™ coaching framework.
- Identify scope-of-practice considerations relevant to this content area.

### TOPICS COVERED

- Why Grief Coaching Requires Structure
- Understanding the Six Phases
- Phase 1: Stabilization
- Phase 2: Story Processing
- Phase 3: Self-Blame Repair
- Phase 4: Identity Reconstruction
- Phase 5: Life Reintegration
- Phase 6: Continuing Bonds
- Identifying the Active Phase

### INSTRUCTIONAL METHODS

Didactic lessons with written curriculum · Reflective workbook exercises · Case examples and grief scenarios · Vocabulary cards and phrase-swap practice

### ASSESSMENT

Weekly multiple-choice quiz (80% to pass) and workbook submission reviewed against rubric.

## **Module 6: Stabilization Tools for Acute Grief** (7h)

### LEARNING OBJECTIVES

- Demonstrate working knowledge of stabilization tools for acute grief as it applies to pregnancy and infant loss support.
- Apply concepts from this module within the Still Loved Method™ coaching framework.
- Identify scope-of-practice considerations relevant to this content area.

### TOPICS COVERED

- Recognizing Emotional Flooding
- Grounding Techniques
- The 5-4-3-2-1 Grounding Protocol
- Breathing Regulation Techniques
- Orienting to Safety
- Emotional Pacing
- Containment Techniques
- Preparing Clients for Triggers
- Stabilization During a Session

### INSTRUCTIONAL METHODS

Didactic lessons with written curriculum · Reflective workbook exercises · Case examples and grief scenarios · Vocabulary cards and phrase-swap practice

### ASSESSMENT

Weekly multiple-choice quiz (80% to pass) and workbook submission reviewed against rubric.

## **Module 7: Story Processing** (7h)

### LEARNING OBJECTIVES

- Demonstrate working knowledge of story processing as it applies to pregnancy and infant loss support.
- Apply concepts from this module within the Still Loved Method™ coaching framework.
- Identify scope-of-practice considerations relevant to this content area.

### TOPICS COVERED

- Why Storytelling Matters in Grief
- The Difference Between Venting and Story Processing
- Trauma-Sensitive Storytelling
- The Structured Story Processing Method
- Helping Clients Organize the Timeline
- Validating Emotional Moments
- When to Pause the Story
- Honoring the Baby's Story

### INSTRUCTIONAL METHODS

Didactic lessons with written curriculum · Reflective workbook exercises · Case examples and grief scenarios · Vocabulary cards and phrase-swap practice

### ASSESSMENT

Weekly multiple-choice quiz (80% to pass) and workbook submission reviewed against rubric.

## **Module 8: Self-Blame Repair** (7h)

### LEARNING OBJECTIVES

- Demonstrate working knowledge of self-blame repair as it applies to pregnancy and infant loss support.
- Apply concepts from this module within the Still Loved Method™ coaching framework.
- Identify scope-of-practice considerations relevant to this content area.

### TOPICS COVERED

- Why Self-Blame Happens
- Hindsight Bias
- The Illusion of Control
- Common Self-Blame Themes in Pregnancy Loss
- Responding to Self-Blame
- Gentle Cognitive Reframing
- Self-Compassion
- When Self-Blame Persists

### INSTRUCTIONAL METHODS

Didactic lessons with written curriculum · Reflective workbook exercises · Case examples and grief scenarios · Vocabulary cards and phrase-swap practice

### ASSESSMENT

Weekly multiple-choice quiz (80% to pass) and workbook submission reviewed against rubric.

## **Module 9: Identity Reconstruction After Loss** (7h)

### LEARNING OBJECTIVES

- Demonstrate working knowledge of identity reconstruction after loss as it applies to pregnancy and infant loss support.
- Apply concepts from this module within the Still Loved Method™ coaching framework.
- Identify scope-of-practice considerations relevant to this content area.

### TOPICS COVERED

- Identity Formation During Pregnancy
- Identity Disruption After Loss
- The Question: "Am I Still a Mother?"
- Identity and Continuing Bonds
- Identity and Life Direction
- Supporting Identity Exploration
- Identity Reconstruction Takes Time
- The Role of Identity Integration

### INSTRUCTIONAL METHODS

Didactic lessons with written curriculum · Reflective workbook exercises · Case examples and grief scenarios · Vocabulary cards and phrase-swap practice

### ASSESSMENT

Weekly multiple-choice quiz (80% to pass) and workbook submission reviewed against rubric.

## **Module 10: Life Reintegration After Loss** (7h)

### LEARNING OBJECTIVES

- Demonstrate working knowledge of life reintegration after loss as it applies to pregnancy and infant loss support.
- Apply concepts from this module within the Still Loved Method™ coaching framework.
- Identify scope-of-practice considerations relevant to this content area.

### TOPICS COVERED

- The Transition Back Into Daily Life
- Guilt Around Happiness
- Navigating Social Environments
- Relationships After Loss
- Returning to Work
- Living Alongside Grief
- Supporting Life Reintegration

### INSTRUCTIONAL METHODS

Didactic lessons with written curriculum · Reflective workbook exercises · Case examples and grief scenarios · Vocabulary cards and phrase-swap practice

### ASSESSMENT

Weekly multiple-choice quiz (80% to pass) and workbook submission reviewed against rubric.

## **Module 11: Continuing Bonds & Legacy** (7h)

### LEARNING OBJECTIVES

- Demonstrate working knowledge of continuing bonds & legacy as it applies to pregnancy and infant loss support.
- Apply concepts from this module within the Still Loved Method™ coaching framework.
- Identify scope-of-practice considerations relevant to this content area.

### TOPICS COVERED

- The Continuing Bonds Model
- Healthy Continuing Bonds
- Remembrance Rituals
- Legacy Building
- Speaking the Baby's Name
- Supporting Continuing Bonds
- Continuing Bonds Over Time
- When Parents Fear Forgetting

### INSTRUCTIONAL METHODS

Didactic lessons with written curriculum · Reflective workbook exercises · Case examples and grief scenarios · Vocabulary cards and phrase-swap practice

### ASSESSMENT

Weekly multiple-choice quiz (80% to pass) and workbook submission reviewed against rubric.

## **Module 12: Pregnancy After Loss Support** (8h)

### LEARNING OBJECTIVES

- Demonstrate working knowledge of pregnancy after loss support as it applies to pregnancy and infant loss support.
- Apply concepts from this module within the Still Loved Method™ coaching framework.
- Identify scope-of-practice considerations relevant to this content area.

### TOPICS COVERED

- The Emotional Landscape of Pregnancy After Loss
- Hypervigilance
- Medical Trauma Triggers
- Fear of Bonding
- Anxiety Around Milestones
- Supporting Emotional Safety
- Balancing Hope and Fear
- Supporting Partner Experiences

### INSTRUCTIONAL METHODS

Didactic lessons with written curriculum · Reflective workbook exercises · Case examples and grief scenarios · Vocabulary cards and phrase-swap practice

### ASSESSMENT

Weekly multiple-choice quiz (80% to pass) and workbook submission reviewed against rubric.

## **Module 13: Supporting Partners & Family Members** (7h)

### LEARNING OBJECTIVES

- Demonstrate working knowledge of supporting partners & family members as it applies to pregnancy and infant loss support.
- Apply concepts from this module within the Still Loved Method™ coaching framework.
- Identify scope-of-practice considerations relevant to this content area.

### TOPICS COVERED

- Different Grieving Styles
- Relationship Strain After Loss
- Supporting Communication
- Supporting Fathers and Non-Birthing Partners
- Supporting Fathers After Pregnancy & Infant Loss
- Extended Family Grief
- Supporting Surviving Siblings After Pregnancy & Infant Loss
- Navigating Social Circles
- Supporting Families After the Loss of One Twin
- Supporting Relationship Healing

### INSTRUCTIONAL METHODS

Didactic lessons with written curriculum · Reflective workbook exercises · Case examples and grief scenarios · Vocabulary cards and phrase-swap practice

### ASSESSMENT

Weekly multiple-choice quiz (80% to pass) and workbook submission reviewed against rubric.

## **Module 14: Triggers, Anniversaries & Milestone Grief** (7h)

### LEARNING OBJECTIVES

- Demonstrate working knowledge of triggers, anniversaries & milestone grief as it applies to pregnancy and infant loss support.
- Apply concepts from this module within the Still Loved Method™ coaching framework.
- Identify scope-of-practice considerations relevant to this content area.

### TOPICS COVERED

- Understanding Grief Triggers
- Anniversary Reactions
- Holiday Grief
- Unexpected Triggers
- Preparing for Milestone Dates
- Stabilizing During Grief Waves
- Honoring Milestones
- Normalizing Recurring Grief

### INSTRUCTIONAL METHODS

Didactic lessons with written curriculum · Reflective workbook exercises · Case examples and grief scenarios · Vocabulary cards and phrase-swap practice

### ASSESSMENT

Weekly multiple-choice quiz (80% to pass) and workbook submission reviewed against rubric.

## **Module 15: Ethical & Trauma-Informed Coaching (6h)**

### LEARNING OBJECTIVES

- Demonstrate working knowledge of ethical & trauma-informed coaching as it applies to pregnancy and infant loss support.
- Apply concepts from this module within the Still Loved Method™ coaching framework.
- Identify scope-of-practice considerations relevant to this content area.

### TOPICS COVERED

- Coaching vs. Therapy
- Scope of Practice
- Trauma-Informed Coaching Principles
- Trauma-Informed Communication
- Maintaining Professional Boundaries
- Confidentiality
- Recognizing When to Refer
- Ethical Responsibility

### INSTRUCTIONAL METHODS

Didactic lessons with written curriculum · Reflective workbook exercises · Case examples and grief scenarios · Vocabulary cards and phrase-swap practice

### ASSESSMENT

Weekly multiple-choice quiz (80% to pass) and workbook submission reviewed against rubric.

## Module 16: Integration, Certification & Professional Practice (10h)

### LEARNING OBJECTIVES

- Demonstrate working knowledge of integration, certification & professional practice as it applies to pregnancy and infant loss support.
- Apply concepts from this module within the Still Loved Method™ coaching framework.
- Identify scope-of-practice considerations relevant to this content area.

### TOPICS COVERED

- The Still Loved Method™ Review
- Understanding Client Presentation
- Structuring a Full Grief Coaching Session
- Recognizing Emotional Flooding
- The Power of Witnessing
- Professional Confidence
- Professional Practice Options
- Self-Care for Grief Coaches

### INSTRUCTIONAL METHODS

Didactic lessons with written curriculum · Reflective workbook exercises · Case examples and grief scenarios · Vocabulary cards and phrase-swap practice

### ASSESSMENT

Weekly multiple-choice quiz (80% to pass) and workbook submission reviewed against rubric.

## Assessment & Competency Verification

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- 16 weekly multiple-choice quizzes (80% to pass each)
- Workbook submissions reviewed for completion and depth
- Written case study graded against a published rubric
- AI-supported certification readiness session with structured evaluation
- Final certification examination — minimum 80% to pass

## Completion Requirements

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- Complete all 16 modules in sequence
- Pass all weekly quizzes at ≥80%
- Submit all workbook exercises
- Submit a written case study graded by the instructor
- Complete the certification readiness practice session
- Pass the final certification examination at ≥80%
- Sign and uphold the Still Loved Code of Ethics and Scope of Practice

## Evidence Base & Theoretical Framework

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- Continuing Bonds model (Klass, Silverman & Nickman, 1996) — foundational framework of the Still Loved Method™.
- Trauma-informed care principles (SAMHSA, 2014; van der Kolk, 2014; Levine, 2010).
- Disenfranchised grief theory (Doka, 2002) applied to reproductive loss.
- Polyvagal-informed stabilization (Porges, 2011) for acute grief states.
- Pregnancy after loss attachment research (O'Leary & Warland, 2013).
- Cacciatore's research on parental bereavement (2014, 2017).

## Faculty

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**Hailey Ricks** — Founder & Lead Educator, Still Loved Coaching

Hailey Ricks is the founder of Still Loved Coaching and the developer of the Still Loved Method™, a six-phase trauma-informed framework for pregnancy and infant loss support. Her work is shaped by lived experience — the stillbirth of her daughter and eight miscarriages — and by years of building structured, professionally usable curricula for clinicians, doulas, hospital teams, faith communities, funeral professionals, and bereaved parents. She has authored every training currently offered by Still Loved Coaching.

### INSTRUCTOR DISCLOSURE

No commercial support, sponsorships, or financial conflicts of interest to disclose. The instructor receives compensation from Still Loved Coaching for course development and delivery.

## Accreditation Status

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Still Loved Coaching trainings are not currently approved for continuing education (CE/CEU) credit by a national accrediting body. Programs are submitted to organizations on request for internal review, contact-hour documentation, and approval through hospital education departments, licensing boards, and credentialing committees. A formal application for CE approval through ANCC, NBCC, or comparable bodies is under review. Organizations may use the program documentation provided here to support internal accreditation, competency-based education credit, or professional development hours.

## Disclosures & Policies

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- Commercial support: None.
- Conflicts of interest: None disclosed by the instructor or program developer.
- Off-label or unapproved use of products: Not applicable. This is a non-clinical, non-pharmacologic educational program.
- Endorsement: Completion does not constitute endorsement of any specific product, service, or organization.
- ADA accommodations: Participants requiring accessibility accommodations may request them at [Hello@StillLovedCoaching.com](mailto>Hello@StillLovedCoaching.com).
- Grievance policy: Concerns regarding course content, instruction, or completion records may be submitted to [Hello@StillLovedCoaching.com](mailto>Hello@StillLovedCoaching.com) and will receive a written response within 10 business days.

- Refund policy: Published at </policies/refund-policy>.
- Scope of practice: All trainings are educational. They do not confer licensure, prescribing authority, or independent clinical practice in any jurisdiction. Trainings designed for licensed clinicians supplement — and do not replace — existing scope of practice.

## Selected Bibliography

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- Substance Abuse and Mental Health Services Administration (SAMHSA). (2014). *SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach*.
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