

PA990DE: Introduction to Grief Counseling

Course Description

This course is designed to allow the participant to explore the many facets of grieving a loss. The loss may not be on the surface; a person who is grieving the loss of someone close to them may have many layers of loss that they are grieving. Completion of this course will allow the participant to identify with those who are in the process of grieving and allow the participant to experience a methodology of counseling that will be healing and helpful in the presence of grief.

The participant will explore the belief system that we have toward death; define what grief and bereavement mean; identify factors that influence different reactions to grief; examine different grief and bereavement scenarios; identify healing, memorial and funeral services used to heal and bring closure; consider cultural differences among various religions; explore the healing process through counseling; learn how to develop a supportive grief group; and list professional organizations and helpful resources for the bereaved and those with other losses as well as resources for those on the journey with them.

Each participant will be assigned the role of acting as a counselor to another participant and client for another participant. The students will role-play both the role of a bereaved person (as client) and the role of the counselor, thereby allowing the participants to gain practical insight into both experiences in the theoretical basis of the course. Each will be required to give a weekly report on the progress of their assignment as client and as counselor .

Completion of the course does not certify the participant to act as a licensed or certified grief counselor but serves as an introductory level course that will help the participant understand the grieving process and successfully conduct individual or group grief counseling sessions. Remember that to be open to the story of others one needs to have read their own story.

Course Textbooks

1. *Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing your Heart*, Alan D. Wolfelt; 2003, Companion Press, The Center for Loss and Life Transition, 3735 Broken Bow Rd., Fort Collins, CO 80526.
2. *On Grief and Grieving: Finding the Meaning of Grief Through Five Stages of Loss*
David Kessler and Elizabeth Kubler-Ross * found on Amazon paperback
3. *Finding the Meaning The Sixth Stage*
David Kessler * available audio &or Hardcover Amazon

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4. *Optional: Introduced in the 10th week. Students may want a copy for personal use.*

Bereavement Counseling: Pastoral Care for Complicated Grieving, Junietta Baker McCall; 2004, Routledge: Taylor & Francis Group, 270 Madison Ave., New York, NY 10016.

Paperback ISBN 978-0-7890-1784-0

Hard cover ISBN 978-0-7890-1783-3

Course Outline

Modules	General Topic of Discussion with links to the Internet	Assigned Readings		Student Assignment
		Bereavement Counseling by McCall	Understanding Your Grief by Wolfelt	
Module 1	Exploring our Attitude Toward Death		Introduction to Grief Counseling Process	Teleconference Call Assignment of counselor/griever roles: Your facilitator will assign each of the participants to a counselee so that each of the participants in the class will serve the role both as a counselor and as a counselee.
Module 2	Defining Grief & Bereavement	Introduction	1 Open to the Presence of your Loss	Participate in the Online Forum Complete Bereavement Counseling Journal Complete Understanding your grief journal Meet with Counselee and Upload Notes
Module 3	Identifying Factors that Influence Grief Reaction	1 Universal Grief Process and Responses	2 Dispel the Misconceptions about Grief	Complete Bereavement Counseling Journal Complete Understanding your grief journal Meet with Counselee and Upload Notes
Module 4	Discussing Therapeutic Interventions with Grievors	2 When Grief Becomes Complicated	3 Embrace the Uniqueness of your Grief	Participate in the Online Forum Complete Bereavement Counseling Journal Complete Understanding your grief journal Meet with Counselee and Upload Notes

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Module 5	Examining Different Bereavement Situations (part I)	3 Dysfunctional Grieving	4 Explore your Feelings of Loss	Teleconference Call Complete Breavement Counseling Journal Complete Understanding your grief journal Meet with Counselee and Upload Notes
Module 6	Examining Different Bereavement Situations (part II)	4 The Spiritual Side of Grief and Loss	5 Recognize you are not Crazy	Participate in the Online Forum Complete Breavement Counseling Journal Complete Understanding your grief journal Meet with Counselee and Upload Notes
Module 7	Identifying Memorial and Funeral Services	5 How Perceptions, Thoughts, and Beliefs influence Care	6 Understand the Six Needs of Mourning	Complete Breavement Counseling Journal Complete Understanding your grief journal Meet with Counselee and Upload Notes
Module 8	Considering Cultural Differences	6 Therapies and Treatment Priorities	7 Nurture Yourself	Participate in the Online Forum Complete Breavement Counseling Journal Complete Understanding your grief journal Meet with Counselee and Upload Notes
Module 9	Exploring the Healing Process through Counseling	7 Positive Strategies and Helpful Interventions	8 Reach out for Help	Complete Breavement Counseling Journal Complete Understanding your grief journal Meet with Counselee and Upload Notes
Module 10	Developing Good Grief Groups (part I)	8 Reorganization and Reclaiming One's life	9 Seek Reconciliation, Not Resolution	Participate in the Online Forum Complete Breavement Counseling Journal Complete Understanding your grief journal Meet with Counselee and Upload Notes
Module 11	Developing Good Grief Groups (part II)	Appendices	10 Appreciate your Transformation	Teleconference Call Complete Breavement Counseling Journal Complete Understanding your grief journal Meet with Counselee and Upload Notes
Module 12	Listing Professional Organizations and Helpful Resources			

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