

## Introduction to Grief Counseling

### Course Description

This course is designed to allow the participant to explore the many facets of a person who is grieving the loss of someone close to them. Completion of this course will allow the participant to identify with those who bereave and allow the participant to experience a methodology of counseling that will be healing and helpful to the bereaved.

The participant will explore the attitude that we have toward death; define what grief and bereavement mean; identify factors that influence different reactions to grief; examine different bereavement scenarios; identify memorial and funeral services used to heal the bereaved and bring closure; consider cultural differences among various religions; explore the healing process through counseling; learn how to develop a good grief group; and list professional organizations and helpful resources for the bereaved and those who help them.

In addition, each participant will be assigned the role of acting as a counselor to another participant who will play the role of a bereaved person, thereby allowing the participants to gain practical insight into the theoretical basis of the course. Participants will be required to give a weekly report on the progress of their assigned counselee, and each counselee will give a weekly report on the work of their assigned 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.

### Course Textbooks

1. *Bereavement Counseling: Pastoral Care for Complicated Grieving*, Junietta Baker McCall; 2010, Routledge: Taylor & Francis Group, 270 Madison Ave., New York, NY 10016.
2. *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.

### 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	
Week 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.
Week 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
Week 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
Week 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
Week 5	Examining Different Bereavement Situations (part I)	3 Dysfunctional Grieving	4 Explore your Feelings of Loss	Teleconference Call Complete Bereavement Counseling Journal Complete Understanding your grief journal Meet with Counselee and Upload Notes
Week 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 Bereavement Counseling Journal Complete Understanding your grief journal Meet with Counselee and Upload Notes
Week 7	Identifying Memorial and Funeral Services	5 How Perceptions, Thoughts, and Beliefs influence Care	6 Understand the Six Needs of Mourning	Complete Bereavement Counseling Journal Complete Understanding your grief journal Meet with Counselee and Upload Notes

Week 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
Week 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
Week 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
Week 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
Week 12	Listing Professional Organizations and Helpful Resources			