Course Description:
This is a specialized course in the study of grief and the techniques of grief and bereavement counseling. The subject of this course is grief, bereavement, and grieving. The central focus of study involves the social psychology of grief, causes or foundations of grief, the processes of grieving, and grief counseling. Participants will become familiar with counseling skills that may provide assistance during grief and crisis.

Course Objectives:
1) Identify ‘normal’ grief and ‘complicated’ grief.
2) Learn effective ways to communicate with those who are grieving.
3) Define and explore ‘grief’, ‘bereavement’, and ‘mourning’.
4) Build a toolbox to better equip yourself and those around you during a time of bereavement.
5) Look at a variety of grief models and theories that are currently being used in organizations that do grief and bereavement counseling.

Required Textbooks:
Understanding Your Grief: Ten Essential Touchtones for Finding Hope and Healing Your Heart
ISBN: 1879651351 Alan D. Wolfelt

*The Understanding Your Grief Journal
ISBN: 1879651394 Alan D. Wolfelt
*This book must be purchased new. Used books will not be allowed.
**BOTH books must be brought to the first class. Failure to have both books will result in a loss of 5 points.

***IF you are unable to attend the first class meeting, do not enroll in this course. ***

Instructional Methods:
This course is designed to combine the study of theory with process and practice. Lecture and discussion will be followed by experiential exercises and is designed to integrate information with techniques. In addition to lecture and discussion, videos and skills practice will be incorporated in the learning process. Guest speakers and field trips will be utilized in addition to classroom experiences.

Course Evaluation:
Students will be graded on attendance, participation, journal entries, and an APA paper.