

PSY 471 Grief and Bereavement Counseling

Summer Flex 2014 3Semester Credits

Instructor:

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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

Companion Press. Fort Collins, CO. 2004.

*The Understanding Your Grief Journal

ISBN: 1879651394 Alan D. Wolfelt

Companion Press. Fort Collins, CO. 2004.

*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 10 points.**

An email will be sent to all registered students after formal registration to outline the pre-seminar assignments.

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, a paper, and a resource project.

Academic Integrity Policy:

The Doane College Academic Integrity Policy will be adhered to in this class. All projects and tests will represent your own work. Any use of others' ideas and words without proper citation of sources is plagiarism and will result in penalties to be determined by the instructor and/or the dean of undergraduate studies.