



CHRISTIAN HERITAGE COLLEGE

CO385

GRIEF AND LOSS

This sample unit outline is provided by CHC for prospective and current students to assist with unit selection.

Elements of this outline which may change with subsequent offerings of the unit include Content, Required Texts, Recommended Readings and details of the Assessment Tasks.

Students who are currently enrolled in this unit should obtain the outline for the relevant semester from the unit lecturer.

Unit code	CO385
Unit name	Grief and Loss
Associated higher education awards	Bachelor of Counselling
Duration	One semester
Level	Advanced
Core/elective	Elective
Weighting	Unit credit points: 10 Course credit points: 240
Delivery mode	Face-to-face on site External
Student workload	<p><i>Face-to-face on site</i></p> <p>Contact hours 35 hours Reading, study, and preparation 55 hours Assignment preparation 60 hours TOTAL 150 hours</p> <p><i>External</i></p> <p>Engagement with study materials 90 hours Assignment preparation 60 hours TOTAL 150 hours</p> <p>Students requiring additional English language support are expected to undertake an additional one hour per week.</p>
Prerequisites/ co-requisites/ restrictions	<p><i>Prerequisites</i></p> <p>60 credit points of Introductory Social Sciences units <i>including</i></p> <p>SO110 The Person of the Practitioner SO112 Introduction to Human Behaviour SO114 Foundational Interpersonal Skills</p>
Rationale	<p>Death, dying, and loss are the ever-present facets of life and living that are the unavoidable experiences of every human being and, as such, are often at the root of the issues clients bring to counselling.</p> <p>This unit explores the diverse aspects of grief and loss across a spectrum that ranges from the philosophical search for meaning in grief through to the neuroscientific findings of the twenty-first century. The students will examine grief in a variety of contexts including relationship, culture, and the Kingdom of God, as well as investigating the theories and counselling interventions commonly associated with grief and loss.</p>
Prescribed text(s)	<p>DeFord, B., & Gilbert, R. (Eds.). (2013). <i>Living, loving and loss: The interplay of intimacy, sexuality and grief</i>. Amityville, NY: Baywood.</p> <p>Neimeyer, R. (Ed.). (2012). <i>Techniques of grief therapy: Creative practices for counselling the bereaved</i>. New York, NY: Routledge.</p>

<p>Recommended readings</p>	<p>Books</p> <p>Hall, C. (2011). <i>Beyond Kubler-Ross: Recent developments in our understanding of grief and bereavement</i>. Retrieved from: http://www.psychology.org.au/publications/inpsych/2011/december/hall/</p> <p>Kastenbaum, R. (2016). <i>Death, society and the human experience</i> (11th ed.) Boston, MA: Allyn & Bacon.</p> <p>Lewis, C. S. (1961). <i>A grief observed</i>. New York, NY: HarperCollins.¹</p> <p>Malchiodi, C., & Crenshaw, D. (2014). <i>Creative arts and play therapy for attachment problems</i>. New York, NY: Guilford.</p> <p>Neimeyer, R. (Ed.). (2016). <i>Techniques of grief therapy: Assessment and intervention</i>. New York, NY: Routledge.</p> <p>Rohr, R. (2014). <i>Silent compassion: Finding God in Contemplation</i>. Cincinnati, OH: Franciscan Media.</p> <p>Walsh, K. (2012). <i>Grief and loss: Theories and skills for the helping professions</i> (2nd ed.). Upper Saddle River, NJ: Pearson.</p> <p>Winokuer, H., & Harris, D. (2012). <i>Principles and practice of grief counselling</i>. New York, NY: Springer.</p> <p>Journals</p> <p><i>Bereavement Care</i></p> <p><i>Journal of Loss and Trauma: International Perspectives on Stress and Coping</i></p> <p><i>Journal of Social Work in End-of-Life & Palliative Care</i></p> <p><i>Journal of Health Care Chaplaincy</i></p> <p>In addition to the resources above, students should have access to a Bible, preferably a modern translation such as The Holy Bible: The New International Version 2011 (NIV 2011) or The Holy Bible: New King James Version (NKJV).</p> <p>These and other translations may be accessed free on-line at http://www.biblegateway.com. The Bible app from LifeChurch.tv is also available free for smart phones and tablet devices.</p>
<p>Specialist resource requirements</p>	<p>Nil</p>
<p>Content</p>	<ol style="list-style-type: none"> 1. Grief, loss, and the human person in relationship 2. The interplay of intimacy and grief 3. The experience of grief and loss – A Christian worldview perspective 4. Lifespan experiences of grief and loss 5. Cultural expressions of grief and loss 6. Contemporary theories of grief and loss 7. Neuroscience and grief and loss 8. Complicated grief 9. Grief, loss and trauma 10. Counselling interventions for grief and loss 11. Specific grief and loss interventions 12. Grief, loss, and ritual

¹ Seminal text

Learning outcomes	<p>On completion of this unit, students will have demonstrated that they have:</p> <ol style="list-style-type: none"> 1. defined grief and loss, critically evaluating the interplay of grief and loss and intimacy; 2. explored the concepts of grief and loss from cultural and Christian worldview perspectives; 3. identified circumstances that may result in grief and loss responses; 4. reflected upon personal experiences of grief and loss; 5. examined historical and contemporary theories and interventions commonly associated with grief and loss; and 6. communicated at an appropriate tertiary standard with special attention to correct grammars, punctuation, spelling, vocabulary, usage, sentence structure, logical relations, style, referencing, and presentation.
Assessment tasks	<p>Task 1: Meta-reflection</p> <p>Post six entries on the Moodle™ forums throughout the semester, and write an essay that is a meta-reflection that synthesises your learning from these reflective forum posts.</p> <p>Word Length/Duration: 2,000 words</p> <p>Weighting: 50%</p> <p>Learning Outcomes: 1- 6</p> <p>Assessed: Week 9</p> <p>Task 2: Case study</p> <p>Compile a loss and/or grief case study from a list of topics (to be provided) and develop an appropriate counselling intervention for the case.</p> <p>Word Length/Duration: 2,500 words</p> <p>Weighting: 50%</p> <p>Learning Outcomes: 1-3, 5-6</p> <p>Assessed: Week 15</p>
Unit summary	<p>This unit examines the many facets of grief and loss, from the philosophical search for meaning to the neuroscience associated with this human condition. Students will also investigate the various theoretical aspects of grief and loss, as well as having the opportunity to explore the counselling interventions employed when working with clients.</p>