



Nature Care College

Care for Loss and Grief

DESCRIPTION	This unit of study will explore the provision of support and care relating to loss, grief and bereavement, within an holistic counselling framework. It will explore current theory, assessment, the counseling relationship, counselling skills, possible risks and appropriate referral associated with grief and bereavement support. It will also explore the potential for growth and spiritual development that can be a part of the loss and grief process.
DURATION	24 hours
LEARNING OUTCOMES	<p>Students who successfully complete this unit of study will be able to:</p> <ol style="list-style-type: none"> 1. Define the concepts of grief, loss, bereavement and mourning 2. Identify the different types of losses and grief responses and their effects and impact 3. Understand the current theories of loss and grieving – as holistic and integrative to life. 4. Reflect on one's own losses and coping strategies in times of crisis 5. Understand the concept and risk factors for complicated and frozen grief 6. Demonstrate the ability to engage empathically: sensitively and professionally when offering support to clients in grief 7. Develop ritual and explore and discuss their role in the healing process in loss and grief <p>Reflect an understanding of the importance of de-briefing and supervision when working with loss.</p>
TEACHING METHOD	Didactic presentation, class discussion, experiential structured exercises, video and reading material resources.
ASSESSMENT	<ol style="list-style-type: none"> 1. Satisfactory attendance and participation in the course. 2. For written assessment and class presentation please see assessment pack. Note: To facilitate the return of your assignment please provide a stamped addressed envelope. If no envelope is provided, assignments will be shredded after results are recorded. Please also ensure you have a copy of your assignment before submission for your own records.
ATTENDANCE	80% minimum
PRE-REQUISITES	Introduction to the Holistic Perspective, 1A Counselling, Counselling and the Therapeutic Relationship, Counselling Theories, Counselling 1B, Emotional Development and Healing, Transpersonal Counselling in Practice, Ethics, Cultural Diversity and Referral, Counselling Skills in Practice A & B, Attachment, Addiction and Change, Relationship Issues.
COMPETENCIES PARTIAL COMPLETION	Successful completion of this unit of study is in partial completion of the Diploma of Counselling CHC51708 CHCCS426A -Provide support and care relating to loss and grief

CO-REQUISITES Crisis Intervention,
Case Management In Context

**MATERIALS
REQUIRED** Notebook and Pen

TEXTBOOKS **Compulsory:**
Robert Neimeyer, *Lessons of Loss, A Guide to Coping*, Centre for Grief Education, Inc
VIC 2000

Recommended Reading / References:
Recommended reading will be advised in class.

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TOPIC OUTLINES:

TOPIC 1	Introduction to the course and group contract for support and confidentiality. Definitions of grief, loss, bereavement, mourning, spirituality and religion. Different kinds of losses.
TOPIC 2	Different kinds of losses. Holistic assessment. Assessing and understanding the client in context. The Grief Line as an assessment tool. (Grief is not linear). The paradoxes of healing
TOPIC 3	The Impact of specific losses and common features of grief and trauma. A systemic and holistic approach.
TOPIC 4	Theories of Grief Elizabeth Kuebler Ross – Stages and emotions
TOPIC 5	The Integrated theory of grief – Worden. Search for Meaning
TOPIC 6	What is Complicated Grief: pre-disposing factors. Referral.
TOPIC 7	Counselling skills in grief and loss work
TOPIC 8	Counselling skills in grief and loss work (continues)
TOPIC 9	Video Cultural and gender considerations in grief and loss work
TOPIC 10	The role of rituals. Ritual preparation
TOPIC 11	Rituals and self reflection
TOPIC 12	Rituals and self reflection Group Closure

**Please be respectful of your fellow students and arrive on time for class.
Please ensure all mobile phones are turned off prior to the commencement of class.**