

# Grief, Loss, and Bereavement

## A Three-Part Class

### TITLE

Grief, Loss, and Bereavement: Part 1 - Introduction and Framework

This class will investigate: the theoretical framework(s) for understanding grief, loss and bereavement; review multiple experiences/ definitions of grief; address the impact of culture, religion and spirituality on the grief experience; and review complicated and uncomplicated grief in adults. This course is the prerequisite for Parts 2 and 3.

### CONTINUING EDUCATION HOURS

4 hours

### CLASS OUTLINE

1. Introduction to Grief, Loss and Bereavement
  - a. Implications for Social Work Practice
  - b. Definition of Terms
  - c. Uncomplicated and complicated mourning
  - d. Theoretical Framework-
    - i. Attachment Theory
    - ii. Continuing Bonds Theory
2. The Impact of Culture, Religion, and Spirituality on Coping of the Individual and/or Family at End of Life and in Bereavement
  - a. Multicultural perspectives on grief and loss
  - b. Cultural norms and traditions related to death and bereavement
  - c. Impact of loss on immigrant communities
  - d. Framework of diverse religious context for understanding death
  - e. Spirituality and loss of connection in context of grief.

### LEARNING OBJECTIVES

Participants will be able to:

1. identify the theoretical framework(s) in understanding the processes of loss, grief and bereavement.
2. identify multiple definitions of grief and the situational predictive causes.
3. Recognize the universal aspects of the experience of grief, loss and bereavement, as well as the impact of culture, religion, age, and individual circumstances of loss on the loss experience.
4. explore their own issues and experiences of loss.

**TITLE**

Grief, Loss, and Bereavement: Part 2 – Impact of Loss

\*A prerequisite for this course is the Continuing Education Class: Grief Loss and Bereavement - Introduction and Framework

The experience of grief, loss and bereavement is universal. Recognizing these issues is essential to the very basics of social work practice with individuals and groups. Recognizing the impact of loss unrelated to death, is a core element in the assessment and development of effective Social Work intervention with diverse client populations. This course will explore paradigms of grief unrelated to death, and explore the impact on individuals and families.

**CONTINUING EDUCATION HOURS**

4 hours

**CLASS OUTLINE**

1. Disenfranchised Grief
  - a. Aging and Loss
  - b. Gender Identity
  - c. Immigration
  - d. Loss of Hope
  
2. Ambiguous Loss
  - a. Intergenerational transmission of grief
  - b. The Impact of Loss on the Family System
  - c. Multiple Loss experience of Foster Care Children
  - d. Caregiver's Grief

**LEARNING OBJECTIVES**

Participants will be able to:

1. recognize the impact of loss, unrelated to death
2. gain an understanding of the cumulative impact of loss and the multiple factors effecting the successful resolution/ barriers to healing for individuals.
3. identify and analyze the life time impact of loss on a diverse client population.
4. explore their own issues and experiences of loss.

## **TITLE**

### **Grief, Loss, and Bereavement: Part 3 – Intervention**

\*Part 1 is a prerequisite for this class.

The experience of grief, loss and bereavement is universal and basic to social work practice with individuals and groups. Recognizing the impact of loss, both related and unrelated to death, is a core element in the assessment and development of effective Social Work intervention with diverse client populations. This course will introduce a sampling of various intervention modalities and counseling intervention techniques (both traditional and complementary).

## **CLASS OUTLINE**

1. Bereavement Counseling Interventions
  - a. Psycho education
  - b. Bereavement Risk Assessment
  - c. Effective Communication
  - d. Individual, family, group counseling
  - e. Supportive Psychotherapy/Bereavement Counseling
  
2. Counseling Techniques: Complementary Modalities/Termination
  - a. Imagery and Relaxation
  - b. Music Therapy and Expressive Arts
  - c. CBT
  - d. Rituals
  - e. Termination/ Saying Goodbye
  - f. Compassion Fatigue

## **LEARNING OBJECTIVES**

Participants will be able to:

1. identify appropriate interventions to assist clients in the healing of past or current grief.
2. Integrate learning into comprehensive assessment of patient grief experience
3. develop individualized interventions based on unique needs of clients
4. distinguish between change based psychotherapy and supportive counseling
5. select unique complementary interventions to effectively support traditional counseling techniques.