

MENNONITE BRETHREN BIBLICAL SEMINARY
MF-636 Grief Counseling

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8/27, 9/3, 9/10, 9/24, 2008
Wednesdays, 6 – 9 p.m.

Course Description:

This one unit course covers models of grief processing and describes how grief is experienced differently by children and adults; it also promotes the importance of self-care and identifies basic forms of grief intervention. The course is designed to help pastoral counselors, therapists and caregivers understand and intervene appropriately in the grieving process. Auditors are welcome, provided they participate in class activities, and attend regularly. It provides 12 hours of MFT/LCSW continuing education credit.

Learning Outcomes: Knowledge (1-5), Skills (6-9), Personal and Spiritual Formation (10-11)

1. Able to describe models of the grief process and interactions that help grieving persons.
2. Recognize differences between uncomplicated grief and grief associated with psychopathology.
3. Consider how grief may affect faith and how faith may impact grief.
4. Understand the ways the grief process differs for children, adolescents and adults.
5. Become aware of some differences in cultural expressions of grief and responses to grief.
6. Identify and learn basic pastoral and therapeutic interventions to use in times of grief.
7. Practice listening and responding to others' grief experiences.
8. Develop care giving, process, therapeutic and debriefing skills.
9. Identify resources for grief counseling, including published works, community, internet and media.
10. Examine personal reactions and emotional responses to grief, including questions, fears and anxieties.
11. Recognize the importance of and develop self-care skills for pastors, therapists and caregivers.

Texts (Available at Pacific Bookshop and on two day Reserve at Library):

- *Kuenning, Delores. (1987). Helping People Through Grief. Bethany House.
- *Rando, Therese A. (1993). Treatment of Complicated Mourning. Research Press.
- *Weaver, A.J. and Stone, H.W. editors. (2005) Reflections on Grief and Spiritual Growth. Abingdon.
- *Wengerd, Sara. (2002). A Healing Grief. Herald Press.
- *Wolterstorff, Nicholas. (1987). Lament for a Son. Eerdmans. (if not read in a previous class)

Recommended Books:

- *Davidson, Glen. (1984). Understanding Mourning: A Guide to Those Who Grieve, Augsburg/Fortress.
- *Doka, Kenneth, and Joyce Davidson. (1998). Living With Grief: Who We Are, How We Grieve. Philadelphia: Brunner/Mazel.
- *Derksen, Wilma. (2002). Confronting the Horror: The Aftermath of Violence. Canada: Amity.
- Didion, Joan. (2005). The Year of Magical Thinking. Knopf.
- *Hartzler, Rachel (2006) Grief and Sexuality: Life After Losing A Spouse. Herald Press.
- *Wolfelt, Alan D., Ph.D. (1988). Death and Grief: A Guide for Clergy. Fort Collins, CO: Accelerated Development.

Course Requirements:

1. Full Class Attendance and completion of **all** assignments.
2. Five hundred pages of reading including some articles, videos and library resources.

3. Ten-Fifteen pages of writing, consisting of a process paper and a theoretical paper discussing a clinical or pastoral issue involving grief. Both reflection and library research are expected. If Internet or other media sources are used, they must be documented appropriately.
4. An Annotated Reading and Video Log, including text materials read, plus other sources chosen by the participants from the course bibliography or the bibliographies in the texts. Total of 500 pages.
5. Participation in role-plays, case studies and class activities. (*See note at end of syllabus)

For the written portion of the class, include the following:

1. **Process Paper:** Interact with the particular issues that may impact your ability to effectively treat individuals suffering the effects of grief. For example, what aspects of grief do you find most difficult and why? What elements of your personal history and family of origin are likely to strengthen and limit you in this area? What questions, fears and anxieties are raised for you as you encounter grieving persons and grief situations? How does personal grief work impact your ability to work with people in grief? How do you as a caregiver take care of your own soul in your process of working with others on grief issues? Use this paper to examine your personal reactions and emotional response to this difficult and powerful subject.*

Please Note: If you have never worked with persons facing chronic illness, death or bereavement, you are strongly encouraged to visit a hospice or hospital, attend a grief support group or talk with someone who does do this kind of work **before** your write your process paper.

2. **Theoretical Paper:** Choose a therapeutic or pastoral issue of complicated mourning or loss. Interact with the reading material and discuss how religion, faith and culture impact grief. How might cross-cultural factors impact your interventions? What resources are available to assist you and your client in the healing process? Your paper must include journal articles and a variety of sources; at least ten in number. Depth and breadth is more important than length. Wrestling with questions, actual cases, troubling issues and difficulties is more important than giving answers!
3. **Annotated Reading Log:** Students may be selective in what is read in the various textbooks and supplemental reading, so it fits their own areas of interest, work and concern. However, everyone must include: (1) some **Biblical texts**, (2) some **experience stories**, (3) something about **children and grief**, and (4) something about **both sudden/unexpected death** and (5) **prolonged dying**. In addition, **at least half of the total reading must be from the required texts**. You are encouraged to peruse and browse the broad resources available, as well as choosing a few topics or issues which you will explore in depth, including ethical and faith perspectives. Your annotations should make clear which parts of the material you have read thoroughly and which you have become acquainted with. It may be useful to consider your reading choices as one indicator of what you tend to avoid, or are drawn to. You may also include videos, movies, and other media that help you to meet the course objectives. If you have previously read widely in this field, please choose materials that are **new to you**. Hiebert Library has many good sources!

Due Date: All work is due on or before **October 31**. Please note that extensions will be granted only for emergencies, because it is imperative that you are reading material as we move through the class.

Grading: 25% credit will be given for each of the following: (1) Attendance, class participation, case studies, and other in-class activities, (2) Annotated reading/video log, (3) Process Paper, and (4) Theoretical Paper.

Course Outline:

1. Caregiver Concerns Rando, Chapter 14, pp. 651-664
2. Clinical Assessment Rando, Chapter 6, pp. 243-266,
GAMSII, pp. 665-682
3. Therapeutic Approaches Rando, Chapter 7, pp. 267-331
 - A. Treatment and Interventions Rando, Chapters 8 & 9, pp. 333-450
 - B. Relationship and System Factors Rando, Chapter 10, pp.453-502
 - C. Mode of Death Rando, Chapter 11, pp. 503-552
 - D. Sudden, Unexpected, Multiple & Traumatic Death Rando, Chapter 12, 553-610
4. Developmental Issues Rando, Chapter 13, pp. 611-650
5. Faith in the Midst of Suffering and Loss
6. Ethical Concerns: End of Life Decisions, Donor and Recipient Issues
7. Growth and Transformation

If you receive this syllabus prior to our first class meeting, please buy your textbooks and bring them to class. We will be using the text by Rando in class, so I hope each member of the class will have access to this book. I would suggest that you begin with chapter 14 in Rando's book, and then read what you can in Chapters 12, 1-4, 8 and 9. Please pay special attention to the Figures and Tables listed on pages xi and xii, and the GAMSII, pages 665-682. It would also be helpful if you would bring a Bible to class.

MBBS academic policies are described in the *Academic Handbook*, which is updated annually. The *Handbook* includes policies on extensions for incomplete coursework, academic integrity, non-discriminatory language, academic appeals, etc. Students are expected to be familiar with MBBS academic policies and to follow them. Copies of the *Academic Handbook* are available at the reception desk at MBBS or through the offices of the Registrar and Academic Dean.

***Group Guidelines:** Because of the nature of the topics covered, a climate of respect, safety and confidentiality is a part of the course expectations. No one will be asked to share either in class or in writing, personal matters that he or she does not wish to share. In the process paper, for example, use appropriate self-disclosure and do not feel that you must be comprehensive. This is not intended to be therapy; however, it is a very important part of counselor training. Please do not press other class members to share details, either in class or outside of class that they may not wish to share. Some participants may be doing their own grief work! Sharing our own stories and experiences can be a valuable learning tool, as well as an opportunity to practice appropriate behaviors and interventions. Group guidelines will be discussed in the first class.

Textbooks and books marked with an asterisk (*) on the Supplemental Reading List which follows are on reserve (Two Day, 48 hour check out) at the Hiebert Library.

*Albom, Mitch. (1997) Tuesdays With Morrie. Doubleday.

Albom, Mitch. (2003) The Five People You Meet In Heaven. Doubleday.

Anderson, Patricia. (1991). Affairs In Order. MacMillan.

Bartsch, Karl and Evelyn. Stress and Trauma Healing: A Manual for Caregivers. MCC.

- Bayly, Joseph. (1971). Psalms of My Life. Tyndale House.
- *Bell, Geneva E. (1997). My Rose: An African American Mother's Story of AIDS. Pilgrim Press.
- Bernall, Misty.(1999). She Said Yes. Pocket Books.
- Bregman, Lucy. (1992). Death in the Midst of Life. Baker.
- Burnell, George M., M.D. and Adrienne L. Burnell, R.N., Ph.D. (1989). Clinical Management of Bereavement: A Handbook for Healthcare Professionals. Human Sciences Press.
RC 455.4 .L67 B87 1989.
- *Colgrove, Melba, Ph.D., Harold H. Bloomfield, M.D., and Peter McWilliams. (1991). How To Survive The Loss Of A Love. Prelude Press.
- Corr, Charles A. and Donna M. Corr. (1996). Handbook of Childhood Death and Bereavement. Springer.
- Corr, Charles A. and David E. Balk. (1996). Handbook of Adolescent Death and Bereavement. Springer.
- Crenshaw David A. (1990) Bereavement. Continuum Pub.
- *Davidson, Glen. (1984). Understanding Mourning: A Guide to Those Who Grieve, Augsburg/Fortress.
- Dayton, Tian, Ph.D. (1997). Heartwounds. Health Communications.
- DeFrain, John, Linda Ernst, Deanne Jakub, and Jacque Taylor. (1991). Sudden Infant Death: Enduring The Loss. D. C. Heath.
- *Derksen, Wilma L. (2002) Confronting The Horror: The Aftermath of Violence. Amity Publishers.
- *Doka, Kenneth J., Ph.D., ed. (1995). Children Mourning; Mourning Children. Hospice Foundation of America.
- *Doka, Kenneth J., Ph.D., ed. (1997). Living With Grief: When Illness Is Prolonged. Hospice Foundation of America.
- Doka, K. J. Living With Grief After Sudden Loss. (1996). Hospice Foundation of America.
- Doka, K. J. Living With Grief: Who We Are How We Grieve. (1998). Hospice Foundation of America.
- Dudley, William. (1992). Death and Dying. Greenhaven Press.
- Edelman, Hope. (1994). Motherless Daughters: The Legacy of Loss. Delta. See also: Letters From Motherless Daughters, (1995), Addison Wesley.
- *Goldman, Linda. (1994). Life and Loss: A Guide to Help Grieving Children. Accelerated Development. Folio BF723 .G75G65.

- Grollman, Earl. (1976). Talking About Death. Beacon Press.
- Guest, Judith. (1976). Ordinary People. Ballantine Books. The movie version is also good.
- Harris, Maxine. (1995) The Loss That Is Forever. Dutton.
- *Jewett, Claudia L.(1982). Helping Children Cope With Separation and Loss. Harvard Press.
- *Jozefowski, Joanne T. (1999) The Phoenix Phenomenon: Rising From The Ashes of Grief. Jason Aronson.
- Kremetz, Jill. (1981) How It Feels When A Parent Dies. NY: Knoff.
- Kübler-Ross, Elisabeth. (1978). To Live Until We Say Good-Bye. Prentice Hall.
- Kubler-Ross, (1975) Death: The Final Stage of Growth. Prentice- Hall.
- Kuenning, Delores. (1987). Helping People Through Grief. Bethany House.
- Larson, Dale G. (1993) The Helper's Journey. Research Press.
- Leenaars, Atoon A., Ed. (1993) Suicidology. Jason Aronson.
- *Leick, Nini and Marianne Davidson-Nielson. (1990) Healing Pain: Attachment, Loss and Grief Therapy. Tavistock/Routledge. RC 455.4 . L67 L4513.
- *Maloney, R. and Wolfelt, A. (2001). Caring for Donor Families, Fort Collins: Companion Press.
- Nelson, John E., M.D. and Andrea Nelson, Psy.d. Eds. (1996) Sacred Sorrows. Putnam.
- Neufeld, John () _____ Master's Thesis, MBBS (Available in Archives)
- Oates, Wayne. (1986). *The Presence of God in Pastoral Counseling*. Waco: Word.
- Parkes, Colin Murray and Robert S. Weiss. (1995) Recovery from Bereavement. Jason Aronson.
- Prejean, Sister Helen.(1993) Dead Man Walking Vintage Books.
- *Rando, Therese A.(1991) How To Go On Living When Someone You Love Dies. Bantam.
- *Rando, Therese A.(1986) Loss and Anticipatory Grief. Lexington. BF575 .G7L67
- *Rando, T. A.. Grief, Dying, and Death. (1984) Research Press. BF 575 G7 R35 1984.
- *Rando, T. A. Parental Loss of A Child.(1986) Research Press.
- Ray, M. Catherine. (1997) I'm Here To Help. Bantam.

Reimer, Wilbert Levi Martin.(1994) Death Anxiety, Death Depression, Death Distress and Death Discomfort Differential: Adolescent - Parental Correlations in Filipino and Americans Populations. California School of Professional Psychology, Fresno.

Requiem For The Heartland: The Oklahoma City Bombing. (1995) The Tides Foundation and Collins Publishers San Francisco.

Richmond, Kent. (1988). Preaching to Sufferers: God and the Problem of Pain. Abingdon.

Rupp, Joyce. (1988). *Praying Our Goodbyes.* Notre Dame: Ave Maria.

Seel, David John, M.D. (1971). Does My Father Know I'm Hurt? Tyndale House Pub.

Shapiro, Ester R. (1994). Grief as a Family Process: A Developmental Approach to Clinical Practice. The Guilford Press. RC 455.4 L67 S373

Shneidman, Edwin, Norman Farberow, & Robert Litman. (1994) The Psychology of Suicide. Jason Aronson.

Smith, Harold Ivan. (1994) On Grieving The Death of a Father. Augsburg/Fortress.

Sittser, Gerald L. (1995). A Grace Disguised: How the Soul Grows Through Loss. Zondervan.

The Living Pulpit, "NO DEATH" The Living Pulpit, July/Sept. 1998. Volume 7, Number 3.
(Volume 6 No. 2 April - June, 1997. "Healing". Volume 4 No. 2 April - June, 1995. "Suffering".

Walsh, Froma and Monica McGoldrick. (1991). Living Beyond Loss: Death in The Family. Norton, BF 575.D35L54

Weaver, Henry D. (1984). Confronting the Big C. Herald Press.

Webb, Nancy Boyd. (Ed.) (1993). Helping Bereaved Children. Guilford Press.

Wengerd, Sara. (2002). A Healing Grief. Herald Press.

*Wolfelt, Alan D. (1997). Death and Grief: A Guide For Clergy, Muncie, IN: Accelerated Development.

*Wolfelt, Alan D. (1997). Journey Through Grief: Reflections on Healing. Companion Press.

*Wolfelt, Alan D. (1992). Understanding Grief: Helping Yourself Heal. Companion Press.

*Wolterstorff, Nicholas. (1987). Lament for a Son. Eerdmans. (if not read in a previous class)

*Worden, J. William, Ph.D. (1982). Grief Counseling and Grief Therapy: A Handbook for the Mental Health Practitioner. Springer Pub. RC455.4.L67 W67.

*Worden, J. William. (1996). Children And Grief: When A Parent Dies. Guilford Press.

Young, Penny. (1992). *I'll See You in the Sunrise: A Mother's Odyssey in Grief*. Clovis, CA: InSpirit.

Zunin, Leonard M., & Hilary Stanton Zunin. (1991). The Art Of Condolence. Harper Collins.

Videos that may be checked out at the North Wing reception desk:

Living with Grief Series:

Living with Grief: After Sudden Loss

Living with Grief: Who We Are, How We Grieve

Living with Grief: When Illness is Prolonged

Living with Grief: Children Mourning, Mourning Children

Living with Grief Personally & Professionally – Hospice Foundation of America

Living with Grief After Sudden Loss – Boice Funeral Home

Til Death Do Us Part Series:

Til Death Do Us Part: Keynote Series - Families & Divorce

Other Videos:

A Child's View of Grief

Bill Moyers on Caregiving "On Our Own Terms" With Eyes Wide Open" Part, 3 & 4

Someone You Love is Dying. How do You Cope?

Working Through Your Grief

Suicide – Dr. 306 Saved

9/11:

Heroes, Grief, Rebuilding

Faith and Doubt #2

Green Folders Available in the North Wing:

People in Pain

The Silence of God

Treating Traumatized Children

Traumatic Stress

When Someone Has A Very Serious Illness

When Someone Very Special Dies

With the Phoenix Rising

Videos and Movies at Hiebert Library:

On Our Own Terms, Vol. I-IV, Living With Dying, A Different Kind of Care, A Death of Ones Own, and A Time to Change, is an excellent TV documentary series led by Bill Moyers. R726.8.05 2000

A Fierce Goodbye: Living in the Shadow of Suicide, Mennonite Media.

Edge TV's Death and Dying: Scotty's Place, Kristin Loves Adam, et.al. BV4447 .E33 1998 #26.

Shadowlands (C.S. Lewis' Story of Grief) Both the TV and Movie versions are worth viewing.

Growing Through Grief Series: The Five Tasks of Grief Work, Fear and Anger, Healing Guilt, Growth from Divorce, Infections of the Grief Wound, Saying "Goodbye" to our Losses, (six separate videos).

The Fall of Freddie The Leaf

Conversations With God

Tuesdays With Morrie

Five People You Meet In Heaven

Other Videos, Movies available at Video Rentals:

Ordinary People (See also the book and drama version, includes sudden death, therapy)

TuesdaysWith Morrie

Five People You Meet In Heaven

My Girl (Child's Death)

Joy Luck Club (Delores has a copy you may borrow)

Terms of Endearment

Philadelphia (HIV/AIDS issues)

Steel Magnolias

Beaches

On Golden Pond

Cast Away

Fried Green Tomatoes

Places of the Heart

Grapes of Wrath

Dad

Finding Forester

One Thousand Acres

Sophie's Choice

Brian's Song

What Dreams May Come

Magnolia

Something for Joey

Autumn in New York

One True Thing (Rene Zellweger cares for her dying mom, unfinished business)

Some videos and movies may be substituted for reading, if you write a response to each one, and assume no more than 20 pages per hour of viewing.