

# COU262 Loss and Grief Counselling

**Level:** 2

**Credit Units:** 5 Credit Units

**Language:** ENGLISH

**Presentation Pattern:** EVERY JULY

## **Synopsis:**

Loss and grief issues are widely experienced and can be intricately woven into both client's as well as counsellor's lives. COU262 Loss and Grief Counselling will equip students with the knowledge and understanding of the concept and theories of loss and grief. Students will also be equipped with skills to identify and respond effectively to grief-related issues.

## **Topics:**

- Concept of Loss and Grief: (a) Definitions, significance and prevalence; (b) Types of loss: Symbolic and Actual Losses
- Self-preparation: our experiences, attitudes and readiness related to grief
- Loss and Grief across the life span: childhood and adolescence
- Loss and Grief across the life span: Young, Middle and Older Adults
- Normal and Complicated Grief: differences, types, risk factors
- Misconceptions and Empathic Communications
- Theories and Interventions: Psychodynamic (Freud; Bowlby; Lindemann)
- Theories and Interventions: Anticipatory Grief (Kubler Ross; Rando)
- Theories and Interventions: Contemporary (Rando; Worden)
- Theories and Interventions: Contemporary (Klass, Silverman & Nickman; Stroebe & Schut; Walsh)
- Cultural Influences and Communities
- Self-care for Professionals

## **Textbooks:**

Grief and Loss: Theories and Skills for the Helping Professions 3rd Katherine Walsh Pearson  
ISBN-13: 9781478647386

**Learning Outcome:**

- Define and discuss the concept of loss and grief.
- Examine the dimensions of grief.
- Analyse the different theories and models of loss and grief.
- Apply emotional intervention skills on issues of loss and grief.
- Apply cognitive intervention skills based on theories and models of loss and grief.
- Apply behavioural intervention skills based on theories and models of loss and grief.

**Assessment Strategies - Regular Semester (Evening Class):**

<b>Components</b>	<b>Description</b>	<b>Weightage Allocation (%)</b>
Overall Continuous Assessment	PRE-CLASS QUIZ 1	5
	TUTOR-MARKED ASSIGNMENT 1	20
	TUTOR-MARKED ASSIGNMENT 2	25
Overall Examinable Components	ECA	50
<b>Total</b>		<b>100</b>

\*The information listed is subject to review and change.