

HSC103.8 Working with Grief & Loss

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| Name of Unit 1 (Unit Code 1) |
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| Working with Grief & Loss (HSC103.8) |
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SECTION 1 – GENERAL INFORMATION

1.1 Administrative details

| Associated higher education awards | Duration | Level | Unit Coordinator |
|---|--------------|----------|------------------|
| Graduate Certificate Graduate Diploma Masters | One semester | Advanced | Ilona Potter |

1.2 Core or elective unit

Indicate if the unit is a

- core unit
- elective unit
- other (please specify below):

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| Elective: Graduate Certificate in Counselling |
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| Core: Graduate Diploma in Counselling and Master of Counselling Practice |
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1.3 Unit weighting

Using the table below, indicate the credit point weighting of this unit and the credit point total for the course of study (for example, 10 credit points for the unit and 320 credit points for the course of study).

| Unit credit points <i>Example: 10 credit points</i> | Total course credit points <i>Example: 320 credit points</i> |
|--|---|
| 6 | 24 / 48 / 96 |

1.4 Student workload

Using the table below, indicate the expected student workload per week for this unit.

| No. timetabled hours per week* | No. personal study hours per week** | Total workload hours per week*** |
|--------------------------------|-------------------------------------|----------------------------------|
| 3 | 7 | 10 |

For those students requiring additional English language support, how many additional hours per week is it expected that they will undertake?

Additional English language support: 0 hours per week

1.5 Delivery mode

Tick all applicable delivery modes for the unit:

- Face to face on site
- e-learning (online)
- Intensive (provide details)

See Delivery Modes Policy

- Block release (provide details)

- Work-integrated learning activity
- Mixed/blended
- Distance/independent learning (untimetabled)
- Full-time
- Part-time
- External
- Fast track (provide details)

- Other (please specify)

1.6 Pre-requisites and co-requisites

Are students required to have undertaken a prerequisite or co-requisite unit for this unit?

- Yes
- No

If YES, provide details of the prerequisite or co-requisite requirements below.

HSC200.8 Counselling Skills (prerequisite)
HSC201.8 Introduction to Counselling Theories (prerequisite)

1.7 Other resource requirements

Do students require access to specialist facilities and/or equipment for this unit (for example, special computer access, physical education equipment)?

Yes No

If YES, provide details of specialist facilities and/or equipment below.

SECTION 2 – ACADEMIC DETAILS

2.1 Unit Descriptor

Provide below a brief unit description, which includes a summary of the key content of the unit.

This unit introduces students to contemporary theories of grief and loss. It provides opportunities for reflection and insight into the student’s personal experiences of grief in order to better understand the principles of supporting others who have experienced loss. Students will also develop an appreciation for the grieving process and how it unfolds uniquely for each individual. Unit content will cover the theoretical knowledge of grief, loss, and attachment and the practical skills required to accompany and work therapeutically with grieving clients.

2.2 Learning Outcomes for Unit

Learning outcomes for unit:

1. Explain the factors that shape an individual’s unique grieving process, demonstrating an awareness of contemporary scholarship
2. Analyse one’s own experiences of grief with reference to contemporary theories of grief and loss
3. Critically appraise how current approaches to working with grief and loss inform therapeutic practice with clients

Assessment tasks

| Type * | Learning Outcome/s assessed | When assessed – year, session and week | Weighting |
|--|-----------------------------|--|-----------|
| Analysis of Mourning Students will watch and analyse the video “Hard Medicine” using the framework of Worden’s tasks and mediators. They will evaluate which mediators were influencing each individual’s grieving and analyse how this impacted their engagement with the tasks of mourning. 2000 words | 1, 3 | Week 6 | 35% |
| Essay | | Week 10 | 35% |

| | | | |
|---|-----------|---------|-----|
| Students will summarise, contrast and critique 3 models of grief counselling. Choosing 1 preferred model, they will apply both theoretical understanding and practical applications to a personal case study of their choosing, providing rationale for their choice. 2,000 words | 1, 2, & 3 | | |
| Master Class Presentation Students will research and appraise a topic of special interest related to working as a counsellor within the field of grief, loss and/or attachment. A summary of the findings will be presented to the class with reference to theoretical knowledge, critical analysis of relevant studies, implications for practice and practical applications. 1500 word equiv. | 1, 3 | Week 13 | 30% |

2.3 Prescribed and recommended readings

Provide below, in formal reference format, a list of the prescribed and recommended readings for the unit.

Required Textbook

Worden, J. (2018). *Grief counselling & grief therapy: A handbook for the mental health practitioner* (5th ed.). Springer.

Recommended Reference List

Attig, T. (2010). *How we grieve: Re-learning the world*. Oxford University Press.

Freeman, S. (2005). *Grief and loss: Understanding the journey*. Cengage Learning.

Harris, D., & Winokuer, H. (2019). *Principles and practice of grief counselling*. Springer Publishing Company.

Humphrey, G., & Zimpfer, D. (2008). *Counselling for grief and bereavement* (2nd ed.). SAGE Publications.

Klass, D., & Steffen, E. (2017). *Continuing bonds in bereavement: New directions in research and practice*. Routledge.

Malkinson, R. (2007). *Cognitive grief therapy: Constructing a rational meaning to life following loss*. W. W. Norton & Company.

Neimeyer, R. (2015). *Techniques of grief therapy: Assessment and intervention*. Routledge.

Neimeyer, R. (2012). *Techniques of grief therapy: Creative practices for counselling the bereaved*. Routledge

Neimeyer, R. (2016). *Techniques of grief therapy: Assessment and intervention*. Routledge

Webb, N. B. (2010). *Helping bereaved children: A handbook for practitioners*. The Guilford Press.

Weenolsen, P. (2016). *The art of dying*. Open Road Distribution

Wolfelt, A. (2013). *Finding the words: How to talk with children and teens about death, suicide, homicide, funerals, cremation, and other end-of-life matters*. Companion Press.

Recommended Journals

Grief Matters: The Australian Journal of Grief & Bereavement

Journal of Loss and Trauma