

HSC103.7 Working with Grief and Loss

Name of Unit 1 (Unit Code 1)

Working with Grief & Loss (HSC103.7)

SECTION 1 – GENERAL INFORMATION

Administrative details

Associated higher education awards <i>(for example, Bachelor, Diploma)</i>	Duration <i>(for example, one semester, full year)</i>	Level <i>(for example, introductory, intermediate, advanced level, 1st year, 2nd year, 3rd year)</i>	Unit Coordinator
Bachelor of Counselling	One Semester	3rd Year Level 7	Ilona Potter or Approved Adjunct Lecturer

Core or elective unit

Indicate if the unit is a

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

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	144

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	6	9

* Total time spent per week at lectures, tutorials, clinical and other placements etc.

** Total time students are expected to spend per week in studying, completing assignments, etc.

*** That is, * + ** = workload hours.

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

Pre-requisites and co-requisites

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

- Yes No

SECTION 2 – ACADEMIC DETAILS**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. The course 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. Course content will cover the theoretical knowledge and practical skills required to accompany and work therapeutically with grieving clients.

Learning Outcomes for Unit**Learning outcomes for unit:**

1. Identify the factors that shape an individuals' unique grieving process as informed by theory.
2. Critically reflect on one's own experiences of grief with reference to contemporary theories of grief and loss.
3. Critically analyse (and discriminate between) current approaches to working with grief and loss and integrate theoretical knowledge into therapeutic practice with clients.

Assessment tasks

Type * <i>(see examples noted below this table)</i>	Learning Outcome/s assessed	When assessed – year, session and week <i>(for example, year 1, semester 1, week 1)</i>	Weighting <i>(% of total marks for unit)</i>
Analysis of tasks and mediators of mourning. Students will watch and analyse the video "Hard Medicine" using the framework of Worden's tasks and mediators. They will outline which mediators were influencing each individuals grieving and how this impacted their engagement with the tasks of mourning. 1500 words	1 & 3	Week 6	30%
Essay 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 case study of their choosing, providing rationale for their choice. 2000 words	1, 2 & 3	Week 10	35%
Reflective Presentation Students will creatively present a summary of their personal journey, with reference to theory and a developing sense of self-awareness relating to grief, loss and attachment. 1000 word equiv.	1 & 3	Week 13	25%
Participation in Weekly Workshops 500 words equiv.	1, 2, & 3	Weekly	10%

2.1 Prescribed and recommended readings

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

Required textbooks

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

Recommended reference list:

Attig, T. (2011). *How we grieve: Relearning the world*. Oxford University Press.

Attig, T. (1991). The importance of conceiving of grief as an active process. *Death Studies*, 15 (4), 385-394.

Fiorini, J., & Mullen, J. (2006). *Counselling children and adolescents through grief and loss*. Research Press.

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

Harris, D., & Winokuer, H. (2016). *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., Silverman, P.R. & Nickman, S.L. (1996). *Continuing bonds: New understandings of grief*. Taylor & Francis.

Neimeyer, R. (Ed.) (2001). *Meaning reconstruction & the meaning of loss* (pp. 33-53). American Psychological Association.

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

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

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

Recommended journals:

Grief Matters: The Australian Journal of Grief & Bereavement