

**UNIVERSITY COLLEGES OF TECHNOLOGY  
STATE UNIVERSITY OF NEW YORK  
CANTON**



**COURSE OUTLINE**

**FSAD 406 Bereavement Counseling**

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**SCHOOL OF SCIENCE, HEALTH & CRIMINAL JUSTICE  
Funeral Services Administration Program**

Revised May 11, 2015

## FSAD 406 Bereavement Counseling

- A. **TITLE:** Bereavement Counseling
- B. **COURSE NUMBER:** FSAD 406
- C. **CREDIT HOURS:** 3
- D. **WRITING INTENSIVE COURSE:** No
- E. **WEEKS PER SEMESTER:** 15 weeks
- F. **SEMESTER(S) OFFERED:** Spring
- G. **HOURS OF LECTURE:** 3

**H. CATALOG DESCRIPTION:**

Building upon the rudimentary counseling skills developed in FSAD 227, this course addresses deeper and more varied emotional problems stemming from loss. Utilization of theories of grief from several authorities and application of a range of counseling techniques to individual situations, makes this a useful approach to delivery of human services. Anticipatory grief, hospice care, disenfranchised loss, child death, suicide, homicide, absent grief, and extended grief are major topics. Application of the skills developed is limited to the funeral home setting. The student will observe and describe the progress of a person who has suffered a recent loss as an original research project.

- F. **PRE-REQUISITES:** FSAD 307 Human Response to Death and SSCI 315 Death, Dying, and Bereavement

**J. OBJECTIVES:**

At the conclusion of the course the student will be able to:

Course Objectives	Institution SLO
1. Describe at least 20 emotional aspects of the typically grieving person	4. Professional Competence
2. Discuss at least three different theoretical perspectives of the appropriate activities of successful mourning processes	1. Communication, 4. Professional Competence
3. Identify 10 or more therapeutic activities which facilitate healthy grieving	4. Professional Competence
4. Utilize three different counseling modalities as	2. Critical Thinking,

alternative means of dealing with a common bereavement issue	4. Professional Competence
5. Recognize and describe common signs of unhealthy grief	4. Professional Competence
6. Apply principles of healthy mourning to situations other than loss by death	4. Professional Competence

**G. TEXTS:**

Corey, G. (2004). *Theory and Practice of Counseling and Psychotherapy*, Belmont, CA: Wadsworth.

Worden, W. J. (2001). *Grief counseling and grief therapy: A handbook for mental health professionals* New York: Springer.

**H. REFERENCES:**

Rando, T. (1984). *Loss, Dying, and Death, Interventions for Caregivers*. Research Press: New York

**I. EQUIPMENT:** Computer with Windows 98 or better.

**N. GRADING METHOD:** A – F

**O. EVALUATION CRITERIA/METHODS:**

Tests and quizzes, class participation, major project evaluation. A grade of “C” or better must be obtained in this course.

**P. DETAILED COURSE OUTLINE:**

- I. Psychology of loss, grief, and mourning
  - A. theories of loss and grief
    1. Lindemann
    2. Bowlby
    3. Kubler-Ross
    4. Parkes
    5. Raphael
    6. Wolfelt
    7. Piaget
  - B. theories of effective mourning
    1. Worden
    2. Rando
    3. Grollman
    4. Canine

- II. Counseling Theories
  - A. psychodynamic
  - B. client-centered
  - C. rational-emotive theory
  - D. transactional analysis
  - E. behavioral theory
  - F. group therapy
  - G. crisis intervention
  - H. choice theory
- III. Therapeutic communication
  - A. listening techniques
  - B. para-language
  - C. location and setting
  - D. semantic influences
  - E. transference and counter transference
- IV. Development of a personal counseling approach
  - A. personal exploration of attitudes toward death
  - B. comparison of various theories to find a personal fit
  - C. write and defend a position paper
- V. Abnormal grieving
  - A. difficult losses - suicide, child, newborn, homicide
  - B. post traumatic stress disorder
  - C. disenfranchised losses
  - D. anomic grief
  - E. absent grief
  - F. intractable grief
- VI. Healthy recovery schemes
  - A. interventions by care giving professionals
  - B. holistic approaches to health and wellness
  - C. alternative reinvestment of emotional bonds
  - D. group approaches to recovery
  - E. reinforcing the immune system
  - F. development of written plans for life goals
- VII. Evaluation of client progress and resolution
  - A. Assessment instruments
  - B. Assessment interview techniques
  - C. Writing and evaluating daily journals
  - D. Preparation for future losses