



## Grief and Loss Specialist Training

**LOCATION:** Online, Self-paced

### **COURSE DESCRIPTION:**

Many children will experience the death of a loved one during their formative years. Grief manifests itself in various ways and everyone expresses grief differently. Grief can affect children's emotions, attitudes, social interactions, sleep, appetite and overall health all of which can impact their ability to succeed in school. Sometimes, entire schools can experience grief as a result of the death of a student or faculty member.

Learn how you can support your students through their grief, and how you as the school counselor can play a crucial role in developing a successful response plan to help your school community cope with the loss and overcome their grief.

### **LEARNING OBJECTIVES:**

After completing this course, you should be able to:

- Explain ways that students at different development stages understand death and grieve
- Identify ways to support grieving children and adolescents.
- Identify ways to help a student cope with death
- Brainstorm ways to implement a grief support group
- Discuss how the school as a whole can help students through grief
- Develop a school intervention plan for your school community after a death
- Recognize when outside help is needed
- Respect different cultural attitudes toward loss and grief

| <b>Required Course Assignments:</b>  | <b>Hours:</b> |
|--|---------------|
| E-Book: <b>"35 Ways to Help a Grieving Child,"</b> The Dougy Center (pass knowledge assessment with 100%)          | 8             |
| Book: <b>"Helping the Grieving Student: A Guide for Teachers,"</b> The Dougy (pass knowledge assessment with 100%) | 8             |
| E-Book: <b>"Helping Teens Cope with Death,"</b> The Dougy Center (pass knowledge assessment with 100%)             | 8             |

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|--|-----------|
| Resource: <b>Coping with a Traumatic Event in the School</b> , MBAEA (pass knowledge assessment with 100%)                               | 8         |
| ASCA <i>School Counselor</i> Magazine article: <b>Help for the Grieving Students</b> (pass knowledge assessment with 100%)               | 1.25      |
| ASCA Webinar: <b>Use Mindfulness to Help Grieving Students</b> (pass knowledge assessment with 100%)                                     | 1.25      |
| ASCA Webinar: <b>Supporting Students After Crisis and Loss</b> (pass knowledge assessment with 100%)                                     | 1.25      |
| ASCA Webinar: <b>SMILE: An Uplifting Approach to Help Children Heal From Grief and Loss</b> (pass knowledge assessment with 100%)        | 1.25      |
| ASCA Webinar: <b>Help Children of Incarcerated Parents</b> (pass knowledge assessment with 100%)   | 1.25      |
| ASCA Webinar: <b>Building Resiliency: A Nonthematic Small-Group Approach</b> (pass knowledge assessment with 100%)                       | 1.25      |
| Resource: <b>Educator’s Guide to the Military Child During Deployment</b> (pass knowledge assessment with 100%)                          | 1.5       |
| Resource: <b>Helping Children Cope with Death</b> – A guide for Parents, Caregivers and Educators. (pass knowledge assessment with 100%) | 1.5       |
| Resource: <b>Providing Support Over Time</b> (pass knowledge assessment with 100%)   | 0.5       |
| Resource: <b>What Not to Say</b> (pass knowledge assessment with 100%)   | 0.5       |
| Resource: <b>Cultural Sensitivity</b> (pass knowledge assessment with 100%)  | 0.25      |
| Resource: <b>Concepts of Death</b> (pass knowledge assessment with 100%)   | 0.5       |
| Resource: <b>Connecting with Families</b> (pass knowledge assessment with 100%)  | 0.25      |
| Resource: <b>Funeral Attendance</b> (pass knowledge assessment with 100%)  | 0.5       |
| Resource: <b>Secondary and Cumulative Losses</b> (pass knowledge assessment with 100%)   | 0.5       |
| Resource: <b>Social Media</b> (pass knowledge assessment with 100%)  | 0.5       |
| Resource: <b>Grief Triggers</b> (pass knowledge assessment with 100%)  | 0.5       |
| Resource: <b>Guilt &amp; Shame</b> (pass knowledge assessment with 100%)   | 0.5       |
| Resource: <b>Death and School Crisis</b> (pass knowledge assessment with 100%)   | 0.5       |
| Resource: <b>Commemoration and Memorialization</b> (pass knowledge assessment with 100%)   | 0.5       |
| Resource: <b>Potentially Life-Limiting Conditions</b> (pass knowledge assessment with 100%)  | 0.25      |
| Podcast: <b>Ted Talk – Amy Green: A video game to cope with grief</b> (pass knowledge assessment with 100%)                              | 0.25      |
| Podcast: <b>This American Life: How to Rest in Peace</b> (pass knowledge assessment with 100%)   | 1.25      |
| <b>Total:</b>  | <b>50</b> |

**ASCA SCHOOL COUNSELOR PROFESSIONAL STANDARDS & COMPETENCIES**

B-PF 1; B-PF 2; B-PF-7; B-SS 1; B-SS 2; B-SS 3; B-SS 5; B-PF 6

**ASCA STANDARDS FOR SCHOOL COUNSELOR PREPARATION PROGRAMS (ASCA CAEP SPA)**

1.3; 2.1; 2.3; 3.2; 4.1; 4.2; 4.3; 4.4

**CACREP STANDARDS**

G 1d; G 2e; G 2k; G 3c; G 3g G3h

**COURSE INSTRUCTIONS:**

- Complete the course by reviewing the required course assignments and passing corresponding exams with a 100%.
- To access your exams which include the course materials, login to your MyASCA account and click on My Profile. From your My Profile page, click on the “Purchases” tab at the top, then click on “Exams” on the left. Your course exams and affiliated course materials will be listed in the center of your screen. Click on “Details” to access the related course materials and/or to take your exam. Course materials can be found under the Documents section. When you're ready, click on the green “Take Quiz” button to begin taking and passing your exam.
- Once you successfully pass all exams with a 100% you can view and download a record of your education credits (CEUs) by going to your “Account” tab at the top of your profile and clicking on the “Education Credits” on the left.
- You have one year following registration to complete your specialist course. If you have questions, please contact [asca@schoolcounselor.org](mailto:asca@schoolcounselor.org) for assistance.

\*Please note, published books must be purchased separately