



## **Grief and Loss Specialist Training**

### **(Second Edition)**

**LOCATION:** Online, Self-paced

**LINDENWOOD UNIVERSITY:** EW 51043, ASCA U: Grief and Loss Specialist Course

#### **COURSE DESCRIPTION:**

1 in 12 children in the US will experience the death of a parent or sibling by the age of 18. As stepparents, caregiving grandparents, and other significant adults are added to that statistic, we begin to see just how deeply grief can permeate our student population. 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. But grief isn't exclusive to children - the adults in our schools are often grieving too, including ourselves. As school counselors, how do we best support our students and staff, while also honoring our own grief journeys?

Additionally, how do we address loss unrelated to death? How do we acknowledge and honor the grief commonly felt surrounding events like addiction, divorce, chronic illness, or a global pandemic?

Learn how you can support your students through their grief and loss, 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 navigate their grief.

#### **LEARNING OBJECTIVES:**

After completing this course, you should be able to:

1. Explain ways that students at different development stages understand death and grieve
2. Explain modern grief work theories
3. Identify ways to support grieving children and adolescents
4. Identify ways to help a student cope with death
5. Brainstorm ways to implement a grief support group
6. Define ambiguous loss and explain how support for ambiguous loss varies from grief support
7. Explain how different causes of death can create complicating grief factors
8. Respect different cultural attitudes toward loss and grief

<b>REQUIRED COURSE MATERIALS</b>	<b>Hours:</b>
<b>MODULE 1: Immediately After the Death</b>	
Book: <i><b>Bearing the Unbearable, Love, Loss, and the Heartbreaking Path of Grief</b></i> , Joanne Cacciatore	9
ASCA Video: <b>Grief Work in Today's World</b>	1.25
Lost & Found Grief Center Handout: <b>Telling Children the Truth About Difficult Deaths</b>	0.25
National Alliance for Children's Grief Resource: <b>10 Key Points to remember when talking to children and teens about death and dying</b>	0.5
Lost & Found Grief Center Resource: <b>Should Children Attend a Funeral or Memorial Service?</b>	0.5
YouTube Video: <b>How do you help a grieving friend?</b> , Megan Devine	0.25
National Alliance for Children's Grief Resource: <b>Supporting a Friend Who is Grieving</b>	0.5
Dougy Center Resource: <b>What to Say Instead</b>	0.5
Dougy Center Resource: <b>When Death Impacts Your School</b>	0.5
Article: <b>It's Time to Stop Trying to Get "Closure" When We Lose Something or Someone We Love.</b> Dr. Pauline Boss Shares 6 Better, Science-Backed Ways to Cope With Loss	1
<b>MODULE 2: Understanding of Death &amp; Grief</b>	
Book: <i><b>The Myth of Closure: Ambiguous Loss in a Time of Pandemic and Change</b></i> , Pauline Boss	8
ASCA Video: <b>Serve Grieving Students</b>	1.25
WOSU Public Media, All Sides with Anna Staver Podcast: <b>Discussing childhood bereavement</b>	0.5
MPRnews Podcast: <b>Growth amid 'ambiguous loss': How the pandemic has changed us</b>	0.5
Today Article: <b>Hospital chaplain reflects on job as 'grief catcher' in powerful posts about death</b>	0.5
National Alliance for Children's Grief Resource: <b>Developmental Understandings for Very Young Children, Children &amp; Teens</b>	0.5
Coalition to Support Grieving Students Resource: <b>Concepts of Death</b>	0.25
Coalition to Support Grieving Students Resource: <b>Cultural Sensitivity</b>	0.25
Saturday Evening Post Article: <b>Ambiguity of Loss</b>	1
<i>The Atlantic</i> Article: <b>There Are No 'Five Stages of Grief'</b>	1
<b>MODULE 3: Grief Support Over Time</b>	
ASCA Video: <b>Support Students Coping with Grief &amp; Loss</b>	1.25
<i>ASCA School Counselor Magazine</i> Article: <b>Help Students Navigate Grief</b>	0.25
ASCA Video: <b>Grief Groups</b>	0.5
ASCA Video: <b>Successful Grief Groups</b>	1.25
YouTube Video: <b>What No One Tells You About Grief Healing</b> , David Kessler	0.5
Coalition to Support Grieving Students Resource: <b>Impact on Learning</b>	0.5

Coalition to Support Grieving Students Resource: <b>Guilt and Shame</b>	0.5
Coalition to Support Grieving Students Resource: <b>Providing Support Over Time</b>	0.5
Lost & Found Grief Center Resource: <b>How to Help Grieving Students in the School Setting</b>	0.25
Coalition to Support Grieving Students Resource: <b>Professional Self-Care</b>	0.25
<i>Psychotherapy Network</i> Article: <b>Is Prolonged Grief a Disorder? Exploring the New DSM Diagnosis</b>	1
<i>Professional School Counseling</i> Journal article: <b>Exploring Themes of Resiliency in Children after the Death of a Parent</b>	1.25
<b>MODULE 4: Specific Causes of Death</b>	
Book: <b><i>The Gift of Second</i></b> , Brandy Lidbeck	8
National Alliance for Children’s Grief Resource: <b>Supporting Children Who Are Grieving a Death by Suicide</b>	1
Dougy Center Resource: <b>Supporting Children &amp; Teens When Someone Dies from Substance Use</b>	0.5
Dougy Center Resource: <b>Supporting Children &amp; Teens After a Murder or Violent Death</b>	0.5
<i>The Atlantic</i> article: <b>The Final Pandemic Betrayal</b>	1
Our Side of Suicide article: <b>5 Myths about Suicide</b>	1
<i>Professional School Counseling</i> Journal article: <b>Elementary School Counselors Supporting Students Experiencing Anticipatory Grief</b>	1
<i>Professional School Counseling</i> Journal article: <b>A National Survey of School Counselors’ Experiences With Student Death by Suicide</b>	1
<b>TOTAL:</b>	50

**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