COURSE TITLE: Losses and the Grief Journey

COURSE NUMBER: PSY 464

I. COURSE DESCRIPTION

Introduces and develops an awareness of the importance of the anticipated and actual grieving process in all of life’s losses. Helps identify patterns due to cultural background, circumstances of loss, personality, age, spiritual energy, and other factors of individual grief journeys.

As Psychology professionals, we recognize that reactions to trauma come in many forms. The content of this course, and discussions about trauma from different perspectives, may bring about unexpected and unsettling reactions. Responses to trauma are often strategies that survivors have developed to keep themselves safe, and therefore really reflect strength and resiliency. Recognizing how trauma impacts anyone is an important part of skill building for creating trauma-informed services and systems. Please do not hesitate to contact the instructor at any time during the course if you would like to discuss, privately, your reactions to the content we are reviewing and/or the discussions we are having.

MAJOR INSTRUCTIONAL GOALS:

GOAL A:
Describe the process of dying.

Learning Outcomes: The student will:

A-1
A-2

GOAL B:
Discuss elements of the grieving process.

Learning Outcomes: The student will:

B-1
B-2

GOAL C:
Examine how factors such as age, gender, cultural beliefs, circumstances of loss, personality and spirituality effect both the process of death and grieving.
Learning Outcomes: The student will:

C-1
C-2

GOAL D:
Identify community resources while provide support for these processes.

Learning Outcomes: The student will

D-1
D-2

GOAL E:
Discuss current issues related to death such as AIDS, life prolonging medical interventions, living wills, and assisted suicide.

Learning Outcomes: The student will:

E-1
E-2

GOAL F:
State a personal philosophy about death and dying.

Learning Outcomes: The student will

F-1
F-2

GOAL G:
Demonstrate effective communication through proficient and appropriate written and oral communication.

Learning Outcomes: The student will:

G-1 Communicate information orally in a logical and grammatical manner.
G-2 Present written information using standard APA style.