



Understanding Grief

Course Syllabus

Course Description

Grief is a complex process of coping with loss, often linked to the deep sadness that follows the death of a loved one. Grief, however, extends beyond the realm of death and can emerge from any situation that disrupts our lives or challenges our sense of identity. This results in a wide array of emotions, thoughts, symptoms, and experiences.

This course is designed to help educators gain a comprehensive understanding of grief and its effects. Participants will investigate the various symptoms of grief and how it can influence both physical and mental health. The importance of recognizing grief across different situations and settings will be emphasized, alongside an examination of models that illustrate the grieving process. The course will also delve into how grief manifests throughout the lifespan, particularly focusing on school-age children, and will include explorations of death and the dying process.

Furthermore, the course will address the impact of culture on grieving practices and the relationship between grief and mental health issues, including complicated grief. Educators will be equipped with practical strategies and interventions to support grieving students and adults, as well as access to valuable grief support resources. By the end of the course, educators will feel more equipped to support individuals, including themselves, as they navigate the complexities of grief.

This course enhances classroom teaching effectiveness and supports improved student outcomes by introducing new knowledge in understanding grief across the lifespan and applying evidence-based strategies to support grieving students and adults in educational settings.

Course Objectives

At the end of this course you should be able to:

1. Describe the concept of grief and its various symptoms, and explain how grief impacts the brain.
2. Summarize grief types and discuss disenfranchised and ambiguous loss, along with their impact on grief.
3. Discuss anticipatory and collective grief, and describe the importance of culture in understanding the grieving process.
4. Describe sudden and traumatic loss, delayed grief, and bereavement overload.
5. Discuss the dying process, various models of grief, and meaning-making.
6. Summarize the relationship between grief and mental health, including complicated and prolonged grief and comorbid mental conditions.
7. Identify how grief manifests in children and explain how grief can be addressed in educational settings.



8. Describe grief and its various facets, examine evidence-based strategies and interventions to support those grieving, and identify national and local community resources for grief support.

Modules

- Module 1: An Overview of Grief, Its Symptoms, and Grief's Impact on the Brain, Quiz 1
- Module 2: Grief Type Overview, Disenfranchised and Ambiguous Losses, Quiz 2
- Module 3: Anticipatory and Collective Grief, and An Overview of Cultural Considerations, Quiz 3
- Module 4: Sudden and Traumatic Loss, Delayed Grief and Bereavement Overload, Quiz 4
- Module 5: The Dying Process, Grief Models and Making Meaning, Quiz 5
- Module 6: Mental Health, Complicated and Prolonged Grief, Quiz 6
- Module 7: Children's Grief, and Addressing Grief In Schools, Quiz 7
- Module 8: Grief Review, Helping Ourselves and Others, and Grief Resources, Quiz 8

Grading

Each quiz must be passed at an 80% or higher (three attempts allowed).

Format

This is a self-paced, asynchronous (no required live meetings) course. Throughout the PD course, you will find it helpful to take notes along the way to assist with the quizzes. Within each module, you will find reflection assessments that are not graded but will help in your journey through the course. There is an interactive forum in the course to help you connect with peers and instructors, share ideas, and collaborate on best practices throughout your learning journey.