

## Justice Institute of British Columbia COURSE OUTLINE

**Course Code:** COUNS132

**Course Title:** Expressive Therapies to Help the Grieving Child

**Prerequisite Courses:** Expressive Play Therapy Methods – Level 1 (CY104) and Level 2 (CY104A) strongly recommended

**Sponsoring Division:** Community and Social Justice Division, Centre for Counselling and Community SafetyPrevious

**Course Code & Title:**

**Course Effective Date:**

<b># of Credits:</b>	<b>1.0</b>
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### **Course Description:**

The content of this course will focus on the use of expressive therapies to help children who have suffered the loss of a primary caregiver or family member, whether a temporary loss such as separation, divorce, hospitalization, or incarceration, or a permanent loss due to death, adoption, foster care, and/or immigration. Topics will also include: the crucial role of the mother-child relationship; the effects of the loss of a primary attachment on the child's emotional well-being; the impact of unresolved grief on the child's ability to form satisfying relationships; the grieving process and its stages; the needs of grieving children at each stage of their healing process; and the use of expressive therapies to help children deal with the various stages of the grieving process. You will have the opportunity to experience the image-making process (using metaphors, visualizations, art, assemblage, sewing, and storytelling) as related to the topic of loss.

### **Course Goal(s):**

At the end of this one day program, participants will be able to assess the client's needs as related to complicated grief or PTSD and can provide effective intervention or appropriate referral if necessary.

### **Course Learning Objectives:**

Upon successful completion of this course, the learner will be able to:

1. Provide a good working definition of grief, loss, complicated grief and Post Traumatic Stress Disorder.
2. Describe how these issues exist along a "Stress Continuum"
3. Work from a relevant model of the "normal" grief process
4. Identify a list of factors which can complicate the grief process
5. Differentiate between complicated grief and Post Traumatic Stress Disorder
6. Generate a list of effective interventions appropriate to working with complicated grief

### **Course Topics/Content:**

- What are grief and loss "supposed" to look like?
- Factors that complicate the grief process
- What is PTSD?

- How PTSD and complicated grief are different
- Effective Interventions

**Text and Resource Materials:** Use APA style; specify chapters where applicable. ([APA Style Guidelines](#))

**Required:**

**Recommended:**

**Course Level:**

X	First Year		Second Year		Third Year		Fourth Year
	Other (describe):						

**Equivalent Course(s) within the JIBC:**

**Class Delivery Methods:**

Some courses are delivered using a range of methods within one class (course section) or alternative methods in different classes. Please outline the most common delivery options used for this course. The total class hours should be the same for each option.

Delivery Methods	Class Option A (Hours)	Class Option B (Hours)	Class Option C (Hours)	Class Option D (Hours)
Classroom/Lecture/Discussion	14.0			
Simulation/Lab	N/A			
Practicum/Fieldwork	N/A			
Online	N/A			
Correspondence	N/A			
<b>Total Class Hours</b>	14.0			

**Comments on Delivery Methods:**

**Related Program(s):** (where applicable)

**Credit Transfer exists at:** (List Institutions with official transfer agreements and name equivalent courses)

**Course Grading System:**

*Check the system that applies to this course:*

	Letter Grades		Percentage	X	Pass/Fail		Credit/No Credit
	Complete/Incomplete		Attendance Only		Not Applicable		

<b>Passing Grade:</b>	Pass
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*JIBC Standard Grading Scale for Letter, Grade Point and % Grades:*

Letter Grade	Grade Points	% Range
A+	4.33	90-100
A	4.00	85-89
A-	3.67	80-84
B+	3.33	76-79
B	3.00	72-75
B-	2.67	68-71

Letter Grade	Grade Points	% Range
C+	2.33	64-67
C	2.00	60-63
C-	1.67	56-59
D	1.00	50-55
F	0.00	0-49

**Evaluation Activities and Weighing:** (complete the %'s which apply – total must equal 100%)

Final Exam	%	Assignments	%	Project	%	Capstone Project	%
Midterm Exam	%	Portfolio	%	Participation	100%	Other	%
Quizzes/Test	%	Simulations	%	Practicum	%	TOTAL	100%

**Comments on Evaluation:**

100% attendance in all classes.

Active contribution in large and small group discussions and activities.

**Other Course Guidelines, Procedures and Comments:**

**View the Justice Institute of BC Policies listed below at:**

<http://www.jibc.bc.ca/studentServices/main/AcademicServices/policies.htm>

Access Policy  
Harassment Policy  
Prior Learning Assessment Policy  
Student Code of Conduct

Academic Appeals Policy  
Intellectual Property Rights Policy  
Research on Human Subjects: Ethics  
Student Records