

# GRIEF AND TRAUMA IN A CHRISTIAN PERSPECTIVE

## CO6000

**Instructor:** Dan Green, Ph.D.

Office phone: 262-782-1474

Fax: 262-782-1441

Email: [drgreen@tiu.edu](mailto:drgreen@tiu.edu)

**Text:**

Gingrich, H. D. (2013). *Restoring the shattered self. A Christian counselor's guide to complex trauma*. Downers Grove, IL: InterVarsity Press. (ISBN-10: 0830827129)

Lawrenz, M. & Green, D. (2015). *Life after grief. How to survive loss and trauma*. Waukesha, WI: WordWay. (ISBN-10: 0986245445)

Lewis, C. S. (2001). *A grief observed*. San Francisco: HarperSanFrancisco. (ISBN: 0060652381)

G. Schiraldi (2009). *The post-traumatic stress disorder sourcebook: A guide to healing, recovery, and growth (2<sup>nd</sup> ed.)*. McGraw-Hill. ISBN-13: 978-0071614948

Worden, J. W. (2008). *Grief counseling and grief therapy: A handbook for the mental health professional (4<sup>th</sup> ed.)*. New York: Springer Publishing Company. (ISBN-13: 978-0826101204)

Readings can be downloaded from <http://thejonathanproject.net/classes/>. Information regarding the class website will be distributed in class.

**Course Description:**

Grief and traumatic losses are universal human experiences. This course is an integrative examination of these issues. It is possible for Christians to develop a comprehensive approach to grief and trauma that reflects both a psychological understanding of human response to these experiences and a Christian understanding of the consequences of the Fall along with compassion, hope, and comfort.

**Course Objectives:**

1. Familiarize the students with the current findings, theories, and research regarding grief and trauma.
2. Review pastoral counseling and psychotherapeutic strategies relevant to caring for those who have experienced loss.
3. Cultural, individual, gender, and developmental factors, as well as the role of beliefs, memories, emotions, and relationships within the experience of grief and trauma will be explored.
4. Sources and types of trauma will be identified and the consequences of trauma (behavioral, emotional, beliefs, memories, physical, developmental, relational, and

- spiritual) will be defined.
5. Basic assessment strategies (e.g., grief v. complicated grief v. depression) will be presented.
  6. Case examples common to pastoral counseling, lay counseling, and mental health settings will be used for illustration.
  7. This course will focus on understanding grief and trauma within a Christian perspective.

### Course Requirements:

1. **Readings:** Readings assignments are listed in the course schedule. Readings should be completed prior to class. Required text readings are identified by the first letter of the author's last name. Note that the readings are not equally distributed and the student will benefit from reading ahead. Additional readings will be available on the website.
2. **Reaction Papers:** Two reaction papers will be assigned in class. These 2 - 3 page papers will address the student's reactions and insights to the readings and the material discussed in class. As such, the papers are not a research paper but are to reflect the unique insights, understandings, and questions of the student. The Reaction Papers are to be submitted by email as an attachment to the following email address: [drgreen@tiu.edu](mailto:drgreen@tiu.edu) in the following form: *Last-name First-name RP1.docx* (or .doc) (or) *Last-name First-name RP2.docx* (or .doc).
3. **Paper/Take Home Exam:** One paper is required, due on the final night of class (5/8/18). A case example will be distributed a few weeks prior to the last class. The intent of this paper will be to apply the material from class to a simulated pastoral counseling situation. Further definition of this paper will be provided with the case example. The exam will be submitted as an attachment by email to the following email address: [drgreen@tiu.edu](mailto:drgreen@tiu.edu) in the following form: *Last-name First-name Exam.docx* (or .doc).
4. **Final project:** The final project will involve a 15 – 20 minute presentation in front of the class in which the student will (1) choose a population (family, community, nation, subculture) which has experienced a traumatic loss, (2) identify the predicted differential grief responses for specific members of the population, (3) identify predicted traumatic responses experienced by specific members of the population, (4) describe interventions, including the target(s) of intervention, sources of help, the intervention processes, and the hoped for outcomes. A 2-3 page paper that summarizes your project ( items 1-4 listed above) will be submitted at the time of your presentation. The order of presentations will be determined in class.

### Grading:

The final course grade will be determined by the following formula:

Each Reaction Papers = 10%; Final Project = 40%; Paper/Take Home Exam = 40%

## SCHEDULE

<b>Class</b>	<b>Date</b>	<b>Topic</b>	<b>Reading</b>
1	01.16	Introduction, Phenomenology of Grief	
2	01.23	The Work of Grief	W 1-3
3	01.30	Theories of Grief; Grief Counseling	W 4
4	02.06	Grief: One man's journey	Lewis
5	02.13	Complicated Grief	W 5-6
6	02.27	Community Grief; Grieving Special Types of Losses	W 7-8 Readings
7	03.06	Pastoral Counseling: Grief / Counselor's Grief	W 9 Readings
8	03.13	SPRING BREAK	
8	03.20	Trauma – Definitions	S 1-4
9	03.27	Trauma – Consequences	Readings
10	04.03	Complex Trauma	G
11	04.10	Trauma – Treatment Strategies	S 5-36
12	04.17	Trauma – Resiliency – Living Well	S 37-43 Readings
13	04.24	Pastoral Counseling: Trauma / Counselor's Trauma	Readings
14	05.01	Presentations – Summary Due	
15	05.08	Presentations – Summary Due	Paper Due