



McMaster Divinity
College

**MS 3XH3
COUNSELLING FOR THE DYING AND GRIEVING
SUMMER 2018**

McMaster Divinity College
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June 4-8, 2018
Monday – Thursday 9:00 – 4:00 pm
Friday 9:00 am – 12:00 noon

Course Description:

This course is designed to equip persons in church settings for effective care and counselling with grieving individuals at a level appropriate to their role and education. It explores the Biblical, theological, psychological, and social understandings of grief across the life cycle span. Ministry application will focus on the life and work of the local congregation, the ministry of chaplains, and pastoral counselling. This class will use role play, small group sharing, and individual assessments to focus on care and counselling with grieving persons.

I. Objectives:

Knowing

- A. To understand the process of grief and dying
- B. To become familiar with theological foundations for facing, coping, and growing with grief
- C. To understand the variables of grieving in the context of culture, social class, and gender differences

Being

- D. To develop positive attitudes toward counseling with those who are dying and grieving
- E. To utilize their own grieving experiences to assist others to grieve

Doing

- F. To enable students to become clear about the tasks of grief
- G. To utilize religious rituals, worship resources, and spiritual reserves in caring with

persons who grieve.

II. **Methods:**

- A. Presentation of theory and modeling of counselling skills will be done by means of lectures and role-plays.
- B. Students form themselves into small groups of three to five persons each and share their experiences in caring for grieving persons.
- C. Independent library research will focus on readings, both assigned and elective.
- D. Each student will write a research project or case study (12-15 double-spaced pages)
- E. Students will keep a journal of the process of learning in their small group.

III. **Requirements:** Relax, observe, and participate.

- A. Care for each other in grief group sharing.
- B. Turn in **two book reviews** (4-6 pages) Granger Westberg, Good Grief and Alan D. Wolfelt, Understanding Your Grief. One is due in class and the other after. (**Each 15% for 30%**)
- C. A **research project or case study** of specific issues related to grieving and care or counselling with grieving persons. This will be due two weeks later. (**40%**)
- D. The journal of group observations will be due the last day of class. (**30%**)

NOTE: Book Reviews should include:

1. The author's **purpose, methods, and audience**,
2. A brief **overview** of each chapter,
3. Your assessment of the **strengths and weaknesses** of this work, and
4. How you might **apply** this material in the future.
5. If you use other reviews, be clear about giving credit and citations.

IV. **Class Schedule:**

Day one - Introductions and expectations,
Understanding Grief and the Causes of Grief
Factors in the Intensity of Grief
Biblical and Theological Foundations for Grief
Formation of Grief Groups

Day two – Understanding Personal Grief Stories and Their Power
Cultural and Gender Issues in Grief
Hope and the process of Grief Counseling
Styles of Personal Grieving and Emotional Stress
Group Sharing

Day three - Elements of Anticipatory Grief
The Tasks of Grief
Class Role Play of Grief Counselling

Funerals Good and Not So
Group Sharing

Day four - Counseling Strategies with Ongoing Grief
Complicated Grief
Grief and Children or Teens
Grief and the Loss of a Parent
Grief and the Loss of a Spouse (Video)
Group Sharing

Day five – Grief and Depression
Grief and Suicide
Evaluations

V. Grading:

Book Review Guidelines will be provided in class.
15% First Book Review (due June 7)
15% Second Book Review (due June 22)
40% Research Project or Case Study (due July 6)
30% Group Reflection Journal (due July 6)

Late assignments will lose 1% per day (including weekends). **No assignments will be accepted after the cut-off day of July 6.**

There are no course extensions unless they have been improved by the Registrar's Office:
thomn@mcmaster.ca

Policies for all Courses at McMaster

A. Textbook Purchase:

All required textbooks for this class are available from the College's book service, READ On Bookstore, Room 145, McMaster Divinity College. Texts may be purchased on the first day of class. For advance purchase, you may contact READ On Bookstore, 5 International Blvd, Etobicoke, Ontario M9W 6H3: phone 416.620.2934; fax 416.622.2308; email books@readon.ca. Other book services may also carry the texts.

B. Academic Honesty:

Academic dishonesty is a serious offence that may take any number of forms, including plagiarism, the submission of work that is not one's own or for which previous credit has been obtained, and/or unauthorized collaboration with other students. Academic dishonesty can result in severe consequences, e.g., failure of the assignment, failure of the course, a notation on one's academic transcript, and/or suspension or expulsion from the College.

Students are responsible for understanding what constitutes academic dishonesty. Please refer to the Divinity College Statement on Academic Honesty ~ <https://www.mcmasterdivinity.ca/programs/rules-regulations>

C. Gender Inclusive Language:

McMaster Divinity College uses inclusive language for human beings in worship services, student written materials, and all of its publications. In reference to biblical texts, the integrity of the original expressions and the names of God should be respected. The NRSV and TNIV are examples of the use of inclusive language for human beings. It is expected that inclusive language will be used in chapel services and all MDC assignments.

D. Unless noted otherwise, all written work must conform to the *McMaster Divinity College Style Guidelines for Essays and Theses*

SELECTED BIBLIOGRAPHY

Anderson, H. "After the Diagnosis: An Operational Theology for the Terminally Ill," The Journal of Pastoral Care, Summer, 1989.

Borchert, Gerald and Andrew D. Lester, Spiritual Dimensions of Pastoral Care, 1985.

Bowlby, John. Attachment: 2ND ed., NY: Basic Books, 1982.

Bramblett, John. When Good-By is Forever, NY: Ballantine, 1991.

Bright, Ruth. Grief and Powerlessness, London: Jessica Kingsley Pub. 1996.

Claypool, John. Tracks of a Fellow Struggler, Revised ed. New Orleans: Insight Press, 2004.

Clinebell, Howard, Basic Types of Pastoral Counseling, 1996.

Dykstra, R. C. "Situations of Sudden Tramatic Loss," The Journal of Pastoral Care, Sum. 1990.

Egan, Gerald, The Skilled Helper, 2000.

Fowler, James, Faith Development and Pastoral Care, 1987.

Gilligan, Carol, In A Different Voice: Psychological Theory and Women's Development, 1982.

Jackson, Edgar, The Many Faces of Grief, Nashville: Abingdon Press, 1977.

Johnson, L. D., The Morning After Death, Macon, Georgia: Smith and Helwys Pub., 1995.

Lerner, Harriet, The Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships, 1997.

Lester, Andrew D., The Angry Christian, 2003.

_____, Pastoral Care With Children In Crises, 1985.

Levine, Stephen, Unattended Sorrow, Rodale, 2005.

Marx, R. J. and /s. W. Davidson, Facing the Ultimate Grief: Coping with the Death of a Child, Fredonia, Wisconsin: Champion Press, 2003.

Miller, Sally D., Mourning and Dancing, Deerfield Beach, Florida: Health Communications, Inc., 1999.

Moulder, Christine, Miscarriage, New York: Routledge, 2002.

Oates, Wayne E., The Christian Pastor, Westminster Press, 1984.

_____, The Struggle to Be Free, 1983.

_____, Your Particular Grief, Philadelphia: Westminster Press, 1981.

Patton, John, Pastoral Counseling: A Ministry of the Church, 1984.

Prend, Ashley D., Transcending Loss, New York: Berkley Books, 1997.

Pruyser, Paul W., The Minister as Diagnostician, 1976.

Rando, Therese A., How To Go On Living When Someone You Love Dies, New York: Bantam Books, 1991.

_____, Treatment of Complicated Mourning, Colorado: Research Press, 1993.

Rich, Phil, The Healing Journey Through Grief, New York: John Wiley and Sons, 1998.

Robinson, Rita, Survivors of Suicide, Franklin Lakes, NJ: New Page Books, 2001.

Rowatt, Wade, Adolescents in Crises: A Guidebook for Parents, Teachers, Ministers, and Counselors, 2001.

Smolin, Ann and John Guinan, Healing After the Suicide of a Loved One, 1993.

Stillion, Judith M. and Eugene E. McDowell, Suicide Across the Life Span, 1996.

Switzer, David. Your Particular Grief, Nashville: Abingdon Press, 1970

Van Duivendyk, Tim. The Unwanted Gift of Grief: A Ministry Approach. Binghamton, NY: Haworth Press, 2006.

Van Preach, James. Healing Grief: Reclaiming Life After Any Loss, New York: New American Library, 2001.

Wimberly, Edward P., Counseling African American Marriages and Families, 1997.

Wolfelt, Alan D., Understanding Your Grief, Ft. Collins, CO: Companion Press, 2003.

_____, Companioning the Bereaved: A Soulful Guide for Counselors and Caregivers, Ft. Collins CO: Companion Press, 2005.

Wright, Jesse H. and Monica Ramirez Basco, Getting Your Life Back: The Complete Guide to Recovering From Depression, 2001.

Wynn, J. C., Family Therapy in Pastoral Ministry, 1991.

Doctor of Practical Theology Supplement

A **research project or case study** of a specific issue related to grieving, death, or dying that reflects the student's research interest **and** is informed by care or counselling with persons demonstrating a practice-led methodology.

The research proposal is due the first day of the course and must be approved by the DPT program director.

This will be due two weeks later. **(25%)**

Please Note: This syllabus is the property of the instructor and is prepared with currently available information. The instructor reserves the right to make changes and revisions up to and including the first day of class.