

## Unit Title: **Approaches to Working with Grief and Loss**



**Please note that this unit is expiring from any new learner registrations on 31/12/2019. Please contact AIM Awards for information on replacement qualifications on 01332 341822.**

Unit Level:	<b>Four</b>
Unit Guided Learning Hours:	<b>60</b>
Ofqual Unit Reference Number:	<b>Y/506/3110</b>
<b>Unit End Date:</b>	<b>31/12/2019</b>
Unit Sector:	<b>1.3 Health and Social Care</b>

### Unit Summary

This unit will provide learners with the skills, knowledge and understanding needed for this special area of practice. Learners will consider the particular issues counsellors confront when working with grief and loss and how different counselling theories may affect both the process and outcome of counselling.

### Unit Information

It is expected that before the unit is delivered, the tutor will have read the Qualification Specification to ensure all conditions regarding Rules of Combination, delivery, assessment and internal quality assurance are fulfilled. Additional guidance is available below as Assessment Guidance for Learning Outcomes and Assessment Criteria in **bold**.

**This unit has 5 learning outcomes**

<b>LEARNING OUTCOMES</b>	<b>ASSESSMENT CRITERIA</b>
<b>The learner will:</b>	<b>The learner can:</b>
1. Understand the <b>theoretical models</b> of grief and loss	1.1. Clarify the terms: (a) grief (b) loss 1.2. Critically compare the key components of the theoretical models associated with grief and loss 1.3. Summarise the key ideas that the <b>major schools</b> of counselling and psychotherapy hold in relation to grief and loss
2. Understand the <b>context of counselling people with grief and loss issues</b>	2.1. Illustrate the use and application of counselling skills for people experiencing grief and loss 2.2. Assess the use and application of counselling skills for people experiencing grief and loss

## Unit Title: **Approaches to Working with Grief and Loss**

**Please note that this unit is expiring from any new learner registrations on 31/12/2019. Please contact AIM Awards for information on replacement qualifications on 01332 341822.**



LEARNING OUTCOMES	ASSESSMENT CRITERIA
<b>The learner will:</b>	<b>The learner can:</b>
3. Understand ethical practice when working with people who are experiencing grief and loss	3.1. Review the key challenges when working with people with grief and loss issues
4. Understand <b>risk management</b> in a counselling interaction	4.1. Assess potential key risks to the: (a) counsellor (b) client
5. Know about an <b>awareness of self</b> in relation to others when working with grief and loss	5.1. Identify ways in which self-awareness has developed when working with grief and loss

### Assessment Guidance

This unit is assessed by an internally set and assessed journal of up to 800 words per session.

#### Learning Outcome 1

**Theoretical models** to include:

- history of perspectives and types of grief and loss, to include Normal Grief, Inhibited grief, Chronic Grief, Complicated Grief, Traumatic Grief and Disenfranchised grief. Focus placed on previous and current definitions and defined symptoms in DSM 5
- neurobiological aspects of grief and loss
- potential and/or likely emotional, behavioural, physical and cognitive responses to grief and loss
- Theoretical perspectives of grief and loss, Psychodynamic (Freud, Klein), Humanistic (Rogers), Cognitive Behavioural Therapy (Beck)
- exposition of specific theories around grief and loss, to include the following models – Bowlby's Attachment theory, Kubler-Ross, Worden, Murray-Parkes and Stroebe.
- broad knowledge of therapeutic approaches to counselling clients with issues around grief and loss. Overview of Humanistic, Psychodynamic and Cognitive Behavioural.
- in depth knowledge of chosen theoretical approach and position in relation to counselling clients with issues of grief and loss.
- acknowledgment of theoretical approaches over and above those acknowledged above

## Unit Title: **Approaches to Working with Grief and Loss**



**Please note that this unit is expiring from any new learner registrations on 31/12/2019. Please contact AIM Awards for information on replacement qualifications on 01332 341822.**

**1.3 Major schools:** cognitive-behavioural, humanistic, psychodynamic.

### **Learning Outcome 2**

#### **Context of counselling people with grief and loss issues:**

- appropriate skills and strategies for working with clients with grief and loss, in relation to chosen therapeutic approach
- appropriate skills to develop a working alliance
- appropriate skills for building and maintaining the counselling relationship
- knowledge of appropriate endings for clients with this particular issue, with acknowledgment and discussion around the potential for further loss of relationship for the client
- knowledge of appropriate system for referral if necessary, and the potential dynamics surrounding this (as above).

### **Learning Outcome 4**

**Risk management:** consideration should be given to potential health and safety issues for both client and counsellor when working with issues of grief and loss. Specific focus should be placed on potential risks arising from this presenting issue and contracting should be discussed and present during skills practice.

### **Learning Outcome 5**

**Awareness of self:** consideration of self-care in relation to potential work in this area, encouraging self-awareness in relation to grief and loss.

---

### **Reading List**

#### **Required Reading** (3-4 texts only)

Kubler Ross, E, (2008) **On Death and Dying: What the Dying have to teach Doctors, Nurses, Clergy and their own families.** Oxon: Routledge.

Murray-Parkes, C. (2010) **Bereavement Studies: Studies of Grief in adult life** (4th Ed). Harmondsworth: Penguin.

Worden, W.J. & Prigerson, H. **Grief Counselling and Grief Therapy: A Handbook for the Mental Health Practitioner** (4th Ed). New York: Springer.

#### **Recommended Reading**

American Psychiatric Association (2013) **Diagnostic and Statistical Manual of Mental Disorders: DSM 5** (5th Ed). Washington: APA.

Bond, T (2010) **Standards and Ethics for Counselling in Action** (3rd Ed). London: Sage.

## Unit Title: **Approaches to Working with Grief and Loss**



**Please note that this unit is expiring from any new learner registrations on 31/12/2019. Please contact AIM Awards for information on replacement qualifications on 01332 341822.**

Cozolino, L (2002) **The Neuroscience of Psychotherapy**. New York.: Norton.

Machin, L (2009) **Working with Loss and Grief: A New model for Practitioners**  
London: Sage.

EXPIRING