

# Inver Hills Community College

## **HSER 1105: Loss and Grief**

### **A. COURSE DESCRIPTION**

Credits: 2

Lecture Hours/Week: 2

Lab Hours/Week: 0

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Looks at dynamics of loss and grief across the lifespan. We will look at how grief impacts families and children, as well as exploring gender differences. We will incorporate journal assignments and experiential activities designed in the healing of each person's grief journey. Students will learn to identify, assess, and intervene in grief situations.

**B. COURSE EFFECTIVE DATES:** 08/22/2011 - Present

### **C. OUTLINE OF MAJOR CONTENT AREAS**

1. Children and grief: 10%
2. Divorce: 10%
3. Grief and family: 10%
4. Intervention and caring for the bereaved: 10%
5. Men and grief: 10%
6. Process of dying: 5%
7. Stages and tasks of mourning: 10%
8. Suicide: 10%
9. The wounded healer (heal thyself): 25%

### **D. LEARNING OUTCOMES (General)**

1. Describe the process of grief and bereavement for both females and males and note their differences
2. Evaluate the differences between normal and abnormal grief reactions
3. Articulate some of the various ways of intervening with individuals who have experienced the loss of a significant other
4. Articulate the dynamics of grief through a lifespan, developmental perspective
5. Explain and assess how grief impacts the family unit

### **E. Minnesota Transfer Curriculum Goal Area(s) and Competencies**

None

### **F. LEARNER OUTCOMES ASSESSMENT**

As noted on course syllabus

### **G. SPECIAL INFORMATION**

None noted