

# INTRODUCTION TO GRIEF THERAPY ONLINE CLASS

## Course Outline

### Module One:

- An Introduction into Grief (Lecture 1)
- History of Grief and Grief Therapy in Psychology (Lecture 2)
- Journal Articles and Additional Reading
- Discussion Forum

### Module Two:

- Theoretical Concepts of Grief: Part One (Lecture 3)
- Theoretical Concepts of Grief: Part Two (Lecture 3.5)
- Journal Article
- Worksheet

### Module Three:

- Grief and Resilience: Part One (Lecture 4)
- Grief and Resilience: Part Two (Lecture 5)
- Worksheets
- Discussion Forum

### Module Four:

- Pathological Grief (Lecture 6)
- Journal Articles and Additional Reading
- Worksheet

### Module Five:

- Therapy Techniques for Grief: Part One (Lecture 7)
- Therapy Techniques for Grief: Part Two (Lecture 8)
- Journal Article

- **Worksheet**
- **Discussion Forum**

### **Assessments:**

- **2 Quiz Assessments**
- **Contribution to 1 (ONE) Discussion Forum**

### **Disclaimer:**

**This is not a substitute for a Degree in Psychology, Social Work or any Mental Health - related field.**

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