Understanding Grief and Loss

Facilitator: Peggy Robinson

Wednesdays 1:00-3:00
(8 weeks)

Lecture Topics will include:

- Brief history on loss, death and grief
- Presentation of various losses besides death; divorce, serious illness, life changes, etc.
- Distinctions between symptoms of grief and clinical depression
- New and older model for stages of grief
- Children and their developmental age in response to death and loss
- Changes involved in loss: role change, relationship changes, change in future goals, etc.
- Exploring the effectiveness of grief counseling and group counseling
- How to be a safe person for the wounded
- Examining techniques that have worked to process loss
- Creating a personal timeline of significant life events

This course will include some group interaction, lecture and storytelling. This facilitator is an interesting presenter and you’ll find this class not only informative, but entertaining.

Class participants have two choices, to sit in class and obtain information on the subject, or to fully participate with class interaction and assignments to work toward some resolution of their own losses.

A participants packet of handouts will be available at the first class. It will be $4.00 payable to the facilitator.