

The Hebrew University of Jerusalem

Syllabus

Bereavement: Family and group treatment - 3227

Last update 14-11-2018

HU Credits: 2

Degree/Cycle: 2nd degree (Master)

Responsible Department: Social Work

Academic year: 0

Semester: 2nd Semester

Teaching Languages: Hebrew

Campus: Mt. Scopus

Course/Module Coordinator: Miriam Schiff

Coordinator Email: miriam.schiff@mail.huji.ac.il

Coordinator Office Hours: Wednesday 16:00-17:00

Teaching Staff:

Course/Module description:

The course will present theories and studies that explain processes of grief and bereavement and examine the challenges inherent in the grief process. It will also present individual, family and group interventions to process grief and for complicated grief with reference to the circumstances of the loss (such as traumatic loss versus expected one) and the degree of closeness to the deceased (parent, child, sibling, etc.). The main intervention approach will be the narrative approach, with the focus being on constructing meaning for bereavement and ways to continue the bonds with the deceased at the individual and family level. A special emphasis will be given to analyzing case illustrations and suggesting interventions. The cases will be presented by the lecturer and the students.

Course/Module aims:

1. To provide theoretical knowledge in the field of grief and bereavement processes
2. Point out risk and protective factors for adaptive coping with bereavement based on research studies
3. To recognize updated interventions for the bereaved.
4. To apply the acquired knowledge on case illustrations including diagnosing the problems and suggesting appropriate interventions, taking into account the circumstances of the loss and cultural differences

Learning outcomes - On successful completion of this module, students should be able to:

1. Identify the complexity coping with grief
2. Be familiar with theoretical approaches that explain ways of coping with bereavement
3. Identifying barriers and protective factors to adaptive coping with bereavement
4. To gain knowledge on individual, family, and group intervention approaches to complicated grief, with an emphasis on ways of constructing meaning in the therapeutic process
5. To develop critical thinking about the existing knowledge on grief interventions, while addressing different contexts and cultural differences

Attendance requirements(%):

100

Teaching arrangement and method of instruction: Lecture, discussion and case illustrations

Course/Module Content:

1. Theories and models for explaining bereavement processes
 - A. The Dual-Process model for coping with bereavement (DPM)
 - B. The two-track model for coping with bereavement
2. Religious and cultural aspects of coping with bereavement
3. Family therapy with the bereaved - a review of general concepts and principles
4. Therapy - the construction of the meaning of bereavement
5. Implementation of several models of bereavement interventions in the circumstances of: parental bereavement, children bereavement over their parents, traumatic bereavement - in circumstances of terrorism or war, bereavement after prolonged illness or injury, and other circumstances based on the students' interests

Required Reading:

נושא 1

תיאוריות ומודלים להבנת תהליכי שכול

* רובין, ש., מלקינסון, ר. וויצטום, א. (2016). מבוא לתיאוריה וליישום הקליני של המודל הדו מסלולי לאובדן ושכול. בתוך: הפנים הרבות של האובדן והשכול: תיאוריה וטיפול (עמ' 61-83). חיפה: פרדס. <http://www.kotar.co.il/KotarApp/Viewer.aspx?nBookID&eq;103431487#3.9995.6.default>

* Gross, R. (2016). Theories and models of grief. *Understanding grief: An introduction* (pp. 43-68). Abingdon, Oxon: Routledge.

נושא 2

היבטים דתיים ותרבותיים של התייחסות לשכול

* Burke, L. A., & Neimeyer, R. A. (2016). The Inventory of Complicated Spiritual Grief: Assessing Spiritual Crisis Following Loss. *Religions*, 7(6). doi:10.3390/rel7060067

* Gross, R. (2016). Cultural and religious aspects of death and dying. *Understanding grief: An introduction* (pp. 91-111). Abingdon, Oxon: Routledge.

נושא 3

טיפול משפחתי במצבי שכול- סקירה של עקרונות כלליים

* Kissane, D. W., & Hooghe, A. (2011). Family therapy for the bereaved. In R. A. Neimeyer, D. Harris, H. Winokeur, & G. Thornton (Eds.), *Grief and bereavement in contemporary society: Bridging research and practice* (pp. 287-302). New York: Routledge.

נושא 4

טיפול- הבנייה של משמעות לשכול

- * Neimeyer, R. A. (2006). *Bereavement and the quest for meaning: Rewriting stories of loss and grief*. *Hellenic Journal of Psychology*, 3(3), 181-188.
- * Peri, T., Hasson-Ohayon, I., Garber, S., Tuval-Mashiach, R., & Boelen, P. A. (2016). *Narrative reconstruction therapy for prolonged grief disorder-rationale and case study*. *European Journal of Psychotraumatology*, 7. doi:10.3402/ejpt.v7.30687

נושא 5

יישום דרכי הטיפול בשכול בנסיבות שונות

- * Koblenz, J. (2016). *Growing From Grief: Qualitative Experiences of Parental Loss*. *Omega-Journal of Death and Dying*, 73(3), 203-230. doi:10.1177/0030222815576123
- * Wetherell, J. L. (2012). *Complicated grief therapy as a new treatment approach*. *Dialogues in Clinical Neuroscience*, 14(2), 159-166.

Additional Reading Material:

נושא 1: תיאוריות ומודלים להבנת תהליכי שכול

Stroebe, M., & Schut, H. (2010). *The dual process model of coping with bereavement: A decade on Omega-Journal of Death and Dying*, 61(4), 273-289. doi:10.2190/OM.61.4.b

נושא 2: היבטים דתיים ותרבותיים של התייחסות לשכול

רובין, ש., מלקינסון, ר. וויצטום, א. (2016). אובדן ואבל במסורת היהודית: רקע וסקירה כללית. בתוך: הפנים הרבות של האובדן והשכול: תיאוריה וטיפול (עמ' 259-269). חיפה: פרדס. <http://www.kotar.co.il/KotarApp/Viewer.aspx?nBookID&eq;103431487#3.9995.6.default>

נושא 3: טיפול משפחתי במצבי שכול- סקירה של עקרונות כלליים

רובין, ש., מלקינסון, ר. וויצטום, א. (2016). טיפול משפחתי-מערבתי באבל. בתוך: הפנים הרבות של האובדן והשכול: תיאוריה וטיפול (עמ' 233-249). חיפה: פרדס. <http://www.kotar.co.il/KotarApp/Viewer.aspx?nBookID&eq;103431487#3.9995.6.default>

Harris, D. L. (2016). *Social expectations of the bereaved*. In D. L. Harris & T. C. Bordere (Eds.), *Series in death, dying, and bereavement. Handbook of social justice*

in loss and grief: Exploring diversity, equity, and inclusion (pp. 165-175). New York: Routledge/Taylor & Francis Group.

נושא 5: יישום דרכי הטיפול בשכול בנסיבות שונות

בינדר, נ., רובין, ח. וניר-שפירר, ר. (2013). מילים, מחשבות ומחשב - התערבות טיפולית קצרת מועד עם הורים שכולים נפגעי פעולות איבה. מקבץ, סתיו.
בר-טור, ל. ומלקינסון, ר. (2005). תהליכי אבל לאורך החיים ובזקנה אצל הורים שכולים בישראל "שכול מזדקן". גרנטולוגיה, 11-38.

Ayers, T. S., Wolchik, S. A., Sandler, I. N., Twohey, J. L., Weyer, J. L., Padgett-Jones, S., . . . , & Kriege, G. (2014). The Family Bereavement Program: Description of a theory-based prevention program for parentally-bereaved children and adolescents. *Omega: Journal of Death and Dying*, 68(4), 293-314.

doi:http://dx.doi.org/10.2190/OM.68.4.a

Baddeley, J., & Singer, J. A. (2010). A loss in the family: Silence, memory, and narrative identity after bereavement. *Memory*, 18(2), 198-207.

doi:10.1080/09658210903143858

Barlé, N., Wortman, C. B., & Latack, J. A. (2017). Traumatic bereavement: Basic research and clinical implications. *Journal of Psychotherapy Integration*, 27(2), 127-139. doi:http://dx.doi.org/10.1037/int0000013

Cerel, J., Jordan, J. R., & Duberstein, P. R. (2008). The impact of suicide on the family. *Crisis-the Journal of Crisis Intervention and Suicide Prevention*, 29(1), 38-44. doi:10.1027/0227-5910.29.1.38

Hooghe, A., Neimeyer, R. A., & Rober, P. (2011). The complexity of couple communication in bereavement: An illustrative case study. *Death Studies*, 35(10), 905-924. doi:10.1080/07481187.2011.553335

Jordan, J. R. (2001). Is suicide bereavement different? A reassessment of the literature. *Suicide and Life-Threatening Behavior*, 31(1), 91-102.

doi:10.1521/suli.31.1.91.21310

Peters, M. D. J., Lisy, K., Riitano, D., Jordan, Z., & Aromataris, E. (2015). Caring for families experiencing stillbirth: Evidence-based guidance for maternity care providers. *Women and Birth*, 28(4), 272-278. doi:10.1016/j.wombi.2015.07.003

Saindon, C., Rheingold, A. A., Baddeley, J., Wallace, M. M., Brown, C., & Rynearson, E. K. (2014). Restorative Retelling for Violent Loss: An Open Clinical Trial. *Death Studies*, 38(4), 251-258. doi:10.1080/07481187.2013.783654

Course/Module evaluation:

End of year written/oral examination 0 %

Presentation 0 %

Participation in Tutorials 0 %

Project work 90 %

Assignments 10 %
Reports 0 %
Research project 0 %
Quizzes 0 %
Other 0 %

Additional information:

The exercise is a 1-page reflection paper on the case illustrations and the discussions that will take place during class sessions (10% of the final grade on submission only).

There is an option to present a case in the class. In this option 10% of the grade will be given on the presentation, and the weight of the final paper will be 80%

There might be slight changes in the reading list before class begins