

Course Outline

COURSE: AH 742 **DIVISION:** 90 **ALSO LISTED AS:**

TERM EFFECTIVE: Spring 2013 **Inactive Course**

SHORT TITLE: COPING WITH LOSS

LONG TITLE: Coping with Loss

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
0	18	Lecture:	2	36
		Lab:	0	0
		Other:	0	0
		Total:	2	36

COURSE DESCRIPTION:

In this course, the older adult will learn that grief and loss are an integral part of the human experience and they are not alone and that grief is universal. Specific topics will include: the process of normal grieving, tools for effective coping, signs of depression, resiliency skills, and resources available in the community and redefining one's life after a loss.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: N - Non Credit

GRADING MODES

N - Non Credit

REPEATABILITY: R - Course may be repeated

Maximum of 3 times

SCHEDULE TYPES:

02 - Lecture and/or discussion

STUDENT LEARNING OUTCOMES:

1. The older adult will recognize that grief and loss are integral parts of the human experience and life cycle and verbalize two examples that they have experienced

ILO: 1, 2 & 6

Measure: Oral response

2. The older adult will verbalize three losses that they or someone they know has sustained in their lifetime

ILO: 1, 2, 4 & 6

Measure: Class participation and oral responses

3. The older adult will be able to recognize five signs of depression and state two factors contributing to its cause

ILO: 7, 1, & 2

Measure: Class participation and oral responses

4. Students will identify five factors contributing to grief in the elderly

ILO: 1, 2, & 7

Measure: Class participation and oral responses

5. The older adult can identify three resources in the community to assist them or others they know with coping with loss

ILO: 1, 2, 6 & 7

Measure: Oral response

7. Students will be able to verbalize how the resiliency skills have assisted them or others they know in coping with loss

ILO: 6, 1, 2 & 4

Measure: Class participation and oral responses

CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS

Inactive Course: 09/24/2012

2 Hours

Introduction, overview and expectations of the course

Students are told that the course is informational and not a therapy group.

10-15 minute Ice Breaker or interactive exercise for the students

Lecture and discussion on Loss and Grief in the context of human experience and the life cycle

The Key Concepts of Loss are explored:

1) Types of Losses are examined because loss comes in many forms based on the values and priorities within one's sphere of influence, including family, friends, society and cultural environment

2) Specific types of Losses are: Loss of employment, loss of social respect, loss of relationships, loss of self-care capabilities, fear of loss of control, sense of fulfillment and contributions made, personality traits, feelings of self-worth and functional ability retained

3) The classification categories for Loss: External objects, a known environment, a significant other, an aspect of self and life.

4) Loss and death are universal and unique to all individuals, yet each person's death or loss is interpreted differently by the involved persons.

5) The challenge in managing loss is to be able to identify the needs of each participant

Key concepts of Grief are:

1) Grief is the emotional and behavioral responses to loss. Successful mastery of the grieving process after the loss occurs when one adapts through mourning and moves forward in one's own life experiences with a minimum of disruptions.

2) Grief can be experienced on various levels: Physical, psychological, social or spiritual.

3) Definition of grief can be felt over the loss of a person, spouse, friend, home, job, physical decline or impending death.

4) Factors influencing grief in older adults: Physical changes accompanying aging, loss of employment, loss of social respect, loss of relationships, loss of self-care capabilities, fear of loss of control, Sense of fulfillment and contributions made, personality traits, feelings of self-worth and functional ability retained

Class Activity: The older adults will voluntarily share their life's losses

2 Hours

Discussion of normal grieving (the five steps) and effective tools for coping

The Key Concepts that are discussed are:

1) Supporting transitions and the transfer of trauma for OA is discussed

Transfer trauma is defined as the "physical, mental, and emotional changes which occur when moved from one place to another"

Examples of Transfer Trauma in OA: A move into a nursing home, a move in with one's children, or even a move to another level of care within a facility

Related to transfer trauma are issue of dignity, dependency, lack of privacy, lack of power, loss of dreams, anger and depression.

2) Promoting self-expression, creativity, and self esteem

3) Coping Mechanisms in Grief and Loss: Concepts of hope, mourning, and closure

4) Mourning is the process that follows a loss and includes working through the grief. The process of grief and mourning are intense, internal, painful, and lengthy.

5) Closure is the point at which the loss has been resolved and the grieving individual can move on with life without focusing on the loss

Coping in this stage includes: TEAR: To accept the reality of the loss

Experience the pain of loss, Adjustment to an environment that no longer includes the lost person, object or aspect of self, and Reinvesting emotional energy into new relationships.

Classroom Activity: Older Adults will role play some typical normal grieving responses

Students will do a journal entry assessing their own hopefulness, mourning and closure stages by writing what their expectations are for life, the present and future

Students will voluntarily share their thoughts, feelings and actions

2 Hours

Lecture and discussion on Depression

Definition of Depression

Recognition of the Signs of Depression

Features describing onset, awareness, progression, perceptions, psychomotor behaviors, sleep/wake cycle

Resources available to treat the illness

2 Hours

The discussion will focus on Resiliency Skills Training:

1) Journal Writing as a form of self reflection and self expression

2) Lifebooks which are spiral-bound drawing pads that students can use to illustrate their life stories. OA using this technique can honor the events in their lives, and gain a new sense of place in the later stages of life. They can use the Lifebook to reflect on the past, the present and what they might like to do in the near future, during this final stage of their life. Students can use markers, paint or collage to depict a specific memory

3) Communication Skills Training: OA will focus on Congruent statements and "I messages"

Assignments: OA will build awareness around the legacy they want to leave behind

2 Hours

Students will voluntarily share their Journal Writings or Lifebook memories

Guest Speakers: Panel of Community Based Organizations that will share the services and resources that are provided by their organizations

2 Hours

Interactive discussion on: Redefining one's life after a loss, moving on

Students will complete a course evaluation

METHODS OF INSTRUCTION:

The main methods of instruction are lecture and discussion on the issues of loss and grief with some role-playing when appropriate. This is an informational group rather than a grief support group.

REPRESENTATIVE TEXTBOOKS:

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

CSU GE:

IGETC:

CSU TRANSFER:

Not Transferable

UC TRANSFER:

Not Transferable

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: L

Noncredit Category: H

Cooperative Education:

Program Status: 2 Stand-alone

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department:

CSU Crosswalk Course Number:

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours:

Minimum Hours:

Course Control Number: CCC000344121

Sports/Physical Education Course: N

Taxonomy of Program: 130100