Week 1 – Understanding Grief

Key Topics:

- What is Grief? Defining Loss and Its Emotional Impact
- The Stages of Grief: Denial, Anger, Bargaining, Depression, Acceptance
- Types of Grief: Anticipatory, Complicated, Disenfranchised, Ambiguous, and Collective
- Physical, Emotional, and Spiritual Effects of Grief
- How Culture and Beliefs Shape the Grief Process
- The Role of Faith and Meaning-Making
- Tools for Navigating Grief: Journaling, Rituals, and Creative Expression
- Grief in Families and the Role of Support Systems

In-Class Activities:

- Grief Timeline Mapping
- Guided Journal Reflection
- Icebreaker: Dr. Althea's Iceberg—What's Below the Surface?

Homework:

- Complete the Grief Timeline with added notes and personal milestones
- 300-word Journal Entry: *"My First Memory of Loss or Witnessed Grief"*

Notes