

Beyond Grief

Department: Counseling and Recreation

Priority: Elective

Overall purpose of class:

This is a support and discussion group designed to allow the students to talk about their losses and develop strategies to cope with their feelings. The overriding goal is to empower students to accept loss and surrender to the new situation without resignation. Strategies to assist in tuning obstacles into opportunities are explored. Students also explore the symptoms and antidotes of depression, disappointment, and guilt.

Number of classes held per week:

This class is held once a week and is offered once a year.

Optimum class time:

Mornings are best for students and counselors are often needed for the final stage of new student evaluations during the afternoon period of the school day.

Instructor requirements:

One experienced counselor

Number of students:

Up to 16

Student ability range and limitations:

This is an elective class and students have the cognitive and language ability to realize the need for and request grief counseling.

Space and Equipment requirements:

- Room that will accommodate 15-16 people.
- A minimum of 10 very comfortable chairs and space for 5 wheelchairs
- Television with DVD player
- Video capability to capture discussions of topics that will help other students.

Student Needs to be met from the perspective of the instructor:

Students are urged to take part in this support group/class who are experiencing grief and depression over the loss of their former skills, abilities and relationships. These are students who are known to be able to actively participate in and benefit from group support and counseling.

Typical Student Goals that lead to placement in the class:

Students who are aware of depression and grief request this class. This class was originally formed as a response student requests. Students who take this class have stated goals to learn to deal appropriately and effectively with grief and depression.