

## **OPTIONAL SUBJECT: GRIEF PROCESS**

**3<sup>rd</sup> year – 1st semester**

**2007/2008**

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Over the last 30 years, the scientific area of Grief has undergone increased development in the field of Psychology through its scientific diffusion in international journals and regular world congresses, specifically dedicated to this theme. Some national health services (the case of the United Kingdom is paradigmatic) have already adopted measures for the integration of mourning programs in the regular practices of health institutions by psychologists along with other health professionals as well as other civil or military defence services.

It is an area that affects psychological practice throughout the life cycle and has specific determination in several fields of psychopathology and consolidated preventive and therapeutic intervention forms.

It is the aim of this proposal to respond to a need for general and specific training in an area which has the potential to become a useful tool in the future, general and specialised practice of the profession.

### **AIMS**

- 1 – To further knowledge of the main conceptual mourning models
- 2 – To understand the physical, psychological and social consequences of mourning
- 3 – To identify the main stages of the mourning process
- 4 – To differentiate normal, complicated and psychopathological mourning
- 5 – To identify complicated mourning risk factors
- 6 – To become familiar with prevention and individual, family and group intervention strategies
- 7 – To be able to intervene in catastrophic situations

### **Content**

- 1 – Evolution of mourning conceptions and models
- 2 – Neuroimmunoendocrine, psycho-cultural and spiritual aspects of the mourning process
- 3 – Normal stages of the mourning process
- 4 – Complicated and psychopathological forms of mourning
- 5 – Mourning in acute, chronic and terminal health situations
- 6 – Mourning in the child, adolescent, couple and elderly person
- 7 – Mourning in carers and health professionals
- 8 – Mourning in catastrophic situations
- 9 – Risk and vulnerability factors in mourning

10 – Individual, family and group intervention strategies

11 – Intervention programs in health and civil or military defence institutions

12 – Research methodology on mourning

**Methodology**

Theoretical presentation, analysis/discussion of theoretical texts and empirical research projects and respective evaluation instruments, case studies, critical analysis of videos with specific clinical situations and therapeutic intervention and the simulation of roles regarding individual, family and group intervention forms.

**Evaluation**

Presentation and discussion of a group project and individual written test (without consultation), with 8 questions requiring short answers.