

## DISCIPLINE SPECIFIC ELECTIVE COURSE: 17

### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
<b>DSE 17 Bereavement, Grief and Healing</b>	<b>4</b>	<b>3</b>	<b>1</b>	<b>0</b>	<b>Class XII Passed</b>	<b>Nil</b>

#### Learning Objectives:

- Introduce students to the psychological, cultural, and social constructs of death, bereavement, and grief.
- Explore various theoretical perspectives on grief and mourning, including stage models, task-based approaches, and constructivist views.
- Examine the cultural expressions of grief through rituals, traditions, and mourning practices across different societies.
- Highlight therapeutic interventions, including professional and alternative healing approaches, to support individuals experiencing grief.

#### Learning Outcomes:

- Articulate a nuanced understanding of death and grief from psychological, cultural, and religious perspectives.
- Understand the theoretical frameworks to analyze grief experiences across diverse social and cultural contexts.
- Know the role of professional interventions and alternative healing practices in supporting grieving individuals.
- Demonstrate empathy and cultural sensitivity in addressing grief and loss across varied populations.

#### Syllabus DSE-17

##### **Unit I: Loss and Bereavement**

**(12 Hours)**

Definition of Death, Perspectives on Death- Death from Eastern and Western perspectives, Karma theory and the cycle of life, death, and rebirth, Concepts of detachment (vairagya), acceptance (samarpan), and dharma in grieving, Religious understanding of Death (Freud, Jung, Tillich, and Bolwby) Clinical Understanding of Death, Psychological Responses to Death (death anxiety), Bereavement.

## **Unit II: Understanding Grief and Loss**

**(9 Hours)**

Conceptualising Grief (Definitions, types, and triggers of grief), Bio–Psycho–Social–Spiritual Aspects of Grief, Theories of Grief and Mourning (stage models, task-based models and constructivist perspectives), Grief Responses (emotional and cognitive responses to grief, Pathological responses - Prolonged Grief Disorder, Complicated Grief).

## **Unit III: Cultural and Social Contexts of Grief**

**(12 Hours)**

Cultural expressions of grief: rituals, traditions, and mourning practices across cultures, Social Constructs of grief: disenfranchised grief, Collective grief in the face of disasters, pandemics, spirituality and grief.

## **Unit IV: Healing Practices and Professional Interventions**

**(12 Hours)**

Therapeutic approaches to grief (Individual therapy (CBT, narrative therapy, existential therapy, crisis intervention), Group interventions and Community Support Systems, Alternative Healing Modalities (Faith Healing, shamans and Mindfulness); Ethics in Grief Work (Understanding boundaries, cultural sensitivity, and trauma-informed care); Post-Traumatic Growth (recognizing opportunities for personal growth and transformation).

## **Practical Component- Nil**

### **Tutorial (15 Hours)**

Suggested Tutorial Activities:

- Examine individual differences in grief on personality traits, coping styles, and attachment patterns.
- Explore family systems and dynamics during grief.
- Examine the role of shared grief in strengthening or straining relationships.
- Examine how children understand and cope with loss.
- Discuss the challenges in adulthood in managing grief while balancing roles and responsibilities.
- Interview an elderly person to understand their understanding of grief.
- Self-reflection journal on experiences with change or loss.
- Case vignette analysis: Grief experiences across the lifespan.
- Role-play scenarios: Providing support to grieving individuals.
- Group project on cultural mourning practices.
- Reflection paper on societal attitudes toward disenfranchised grief.
- Analysis of movies and texts on experiences of grief.

### **Essential Readings**

Benziman, G.; Kannai, R.; & Ahmad, A. "The Wounded Healer as Cultural Archetype." CLCWeb: *Comparative Literature and Culture* 14.1 (2012). <https://doi.org/10.7771/1481-4374.1927>

Bryant, C. D. (2003). *Handbook of death and dying*. SAGE Publications.

Dalal, A. K. (2016). *Cultural Psychology of Health in India: Well-being, Medicine and traditional Health Care*. India: Sage Publications.

Feifel, H. (1959). *The meaning of death*. McGrawHill.

Fong, B. Y. (2016). *Death and Mastery: Psychoanalytic drive theory and the subject of late capitalism*. Columbia University Press

- Greenspan, M. (2003). *Healing through the dark emotions: the wisdom of grief, fear, and despair*. Shambhala
- Gross, R. (2018). *The Psychology of Grief*. Taylor & Francis Group.
- Yalom, I. D. (2008). *Staring at the sun*. Wiley
- Kübler-Ross, E. (2009). *On Death and Dying What the dying have to teach doctors, nurses, clergy and their own families*. Routledge.
- Neimeyer, R. A. (1994). *Death Anxiety Handbook: Research, Instrumentation, and Application*. Taylor & Francis
- Neimeyer, R. A., Harris, D., Winokuer, H. R., & Thornton, G. F. (Eds.). (2022). *Grief and Bereavement in Contemporary Society: Bridging Research and Practice*. Routledge.
- Parkes, C. M., Laungani, P. D., & Young, B. (1997). *Death and bereavement across cultures*. Routledge
- Pentaris, P. (Ed.). (2021). *Death, Grief and Loss in the Context of COVID-19*. Routledge.
- Samuel, J. (2017). *Grief Works: stories of life, death and surviving*. Penguin
- Zerubavel, N., & Wright, M. O. (2012). The dilemma of the wounded healer. *Psychotherapy*, 49(4), 482–491. <https://doi.org/10.1037/a0027824>

### Suggestive Readings

- Boyras, G., Horne, S. G., & Waits, J. B. (2014). Accepting death as part of life: meaning in life as a means for dealing with loss among bereaved individuals. *Death Studies*, 39(1), 1–11. <https://doi.org/10.1080/07481187.2013.878767>
- Cozzolino, P. J., Blackie, L. E. R., & Meyers, L. S. (2013). Self-Related consequences of death fear and death denial. *Death Studies*, 38(6), 418–422. <https://doi.org/10.1080/07481187.2013.780110>
- Kumar, R. M. (2023). The many faces of grief: A systematic literature review of grief during the COVID-19 pandemic. *Illness, Crisis & Loss*, 31(1), 100-119.
- Martin, P.M. (2023). *Personal Grief Rituals : Creating Unique Expressions of Loss and Meaningful Acts of Mourning in Clinical or Private Settings*. Routledge.
- Neimeyer, R. A., Wittkowski, J., & Moser, R. P. (2004). Psychological Research on Death Attitudes: An Overview And Evaluation. *Death Studies*, 28(4), 309–340. <https://doi.org/10.1080/07481180490432324>
- Walter, C. A., McCoyd, J. L. M., Koller, J., & Koller, J. M. (2021). *Grief and Loss Across the Lifespan: A Biopsychosocial Perspective*. Springer Publishing Company.

**Note:** Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.