

COURSE ON GRIEF COUNSELING: STRUCTURE

Chapter 1. GENERAL GUIDELINES FOR HOSPITAL VISITING

- The phases of being ill.....
 - The pre-operative phase
 - The post-operative phase
- The role of the family.....
 - How do threatened families react?.....
 - Important guidelines for ill persons and their families
 - Do's and don'ts of hospital visits
 - Co-operation with the nursing staff.....
- Guidelines with reference to Scripture usage
- Parts of Scripture that can be used
- The auxiliary worker
- The ill person.....
- God
- The emotional climate
- Non-verbal communication
- You start by listening
- What will you speak about?
- Tips about your conversation

Chapter 2. GRIEF COUNSELLING

- Typical phases of grieving
- Shock and denial.....
- Anger
- Depression.....
- Bargaining.....
- Sadness
- Closure and acceptance
- The four grief tasks.....

- Acceptance of reality.....
- The experiencing of pain and sorrow
- Adjustment to new surroundings/situation.....
 - Re-investment of emotional energy.....

Chapter 3. PSYCHIC EXPERIENCES OF THE DYING PERSON.....

- Psychic experiences of the dying person
 - Loneliness.....
 - Isolation.....
 - Loss of human dignity
 - Loss of ruling power
 - Fear and anxiety of death
 - Security
 - Love
 - The need of respect
 - The need of independence
 - Importance of the secondary traumatized

Chapter 4. THE CONVERSATION WITH THE DYING PERSON

- Verbal communication with dying people.....
 - The conversation between the doctor and the dying patient
 - The conversation between the pastor and the dying patient.....
 - Guidelines for facilitators.....
 - Some further aspects that needs attention for effective counselling
 - Further techniques that can enhance conversation.....
 - Physicality is that which binds human to human

Chapter 5. PASTORAL GUIDANCE FOR THE TERMINAL PATIENT

- The dying phases
 - Shock phase
 - Denial phase
 - Rebellion or anger.....
 - Depression

- Negotiation
- Acceptance
- Aspects that can influence spiritual and emotional stability
- Religious conviction
- Unconfessed trespasses
- Unresolved hurt and pain from the past must get attention
- Unresolved loss
- Forgiveness
- Abnormal anxiety
- The cancelling out of unhealthy emotional bonds from the past
- Aspects that broadens perspective
- In every crisis is an opportunity of growth
- Preparation for an eternity task
- The role of pain in our lives
- The seven cross words of Jesus as guideline to death guidance ○
 - First word on the cross: "Father, forgive them, for they do not know what they are doing!"
 - Second word on the cross: "Today you will be in paradise with Me "
 - Third word on the cross: "*When Jesus saw His mother ...He said to her: 'There is your son' After that He says to the disciple: 'There is your mother.' From that moment the disciple took her into his home.*"
 - Fourth word on the cross: "My God, My God, why have You forsaken Me?"
 - Fifth word on the cross: "*I am thirsty.*"
 - Sixth word on the cross: "*It is finished!*"
 - Seventh word on the cross: "Father, into Your hands I surrender My Spirit."

Chapter 6. THE PROCESS OF DYING

Chapter 7. PERSONAL EXPERIENCE

- The world continues as if nothing has happened
- Farewell to the body
- The first night

- A need for the finest detail
- The funeral
- Do not try to sidestep pain.....
- Old friends who do not arrive.....
- Some pull you back rather than ahead
- The many questions

- It is not a time to try to be 'strong'
- Initially live one day at a time.....
- Plan ahead for difficult times
- Keep yourself busy meaningfully
- Formulate new aims and goals.....
- The first-year anniversary
- Refined people
- A new theology
- Re-arranging of priorities
- In retrospect