



North Carolina Central University
“Communicating to Succeed”
School of Education

The School of Education’s Vision: To become an international community of scholars who are culturally responsive educators and practitioners.

MISSION

The mission of North Carolina Central University is to prepare students academically and professionally to become leaders to advance consciousness of social responsibility in a diverse, global society. In accordance with the larger institution, the mission of the North Carolina Central School of Education is “to prepare educational professionals to serve and inspire excellence in teaching, administration, counseling, communication, technology, community outreach, and other related services”. Central to this aim is “the development of leaders who promote social justice and dedicate themselves to the well-being of a global society”. The Counselor Education Program prepares counselors to work in mental health, school, and career counseling settings who promote social justice and responsibility, serve as leaders in a diverse and global community, and respond to the complexity of human needs across the lifespan. To this end, the program emphasizes increasing awareness, knowledge, and skills in interacting with economically, socially, and culturally diverse populations. Our partnerships with local agencies and schools foster an understanding of multicultural and diverse populations and counseling interventions that promote empowerment.

Syllabus
CON 5350 (OL1)
Clinical Interventions in Events of Crisis, Grief, & Trauma
Spring 2023
Distance Education

Instructor: Dr. Peggy P. Whiting, Ed.D., NC Licensed Clinical Mental Health Counselor Supervisor, K-12 Licensed Professional School Counselor (former), Fellow in Thanatology
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Office Hours: All office hours will be virtual unless you make arrangements to meet on campus. You may schedule with me virtually on these days: Monday 2-4pm; Tuesday 4-7pm; Wednesday 1-4pm; and Thursday 5-7pm. Additionally, I can arrange other times if this works better for your schedule. Please email me to schedule a WebEx meeting with me. <https://nccu.webex.com/meet/pwhiting>

Required Textbooks:

Kerr, M. M. & King, G. (2019). *School crisis prevention and intervention, 2nd ed.* Waveland Press.

Harris, D. (Ed.). (2020). *Non-Death Loss and Grief.* Routledge.
<https://doi.org/10.4324/9780429446054>

Recommended Readings:

Balk, D.E. (2014). *Dealing with dying, death, and grief during adolescence.* Routledge.

Figley, C. R., & Kiser, L. J. (2013). *Routledge psychosocial stress series. Helping traumatized families (2nd ed.).* Routledge/Taylor & Francis Group.

Goldman, L. (2021). *Life and loss: A guide to help grieving children, 4th edition.* Routledge.

Neimeyer, R.A., Harris, D.L., Winokur, H.R., & Thornton, G.F. (Eds.). (2011). *Grief and bereavement in contemporary society: Bridging research and practice.* Routledge.

Salloum, A. (2015). *Grief and trauma in children: An evidence-based treatment manual.* Taylor & Francis.

Servaty-Seib, H. & Chapple, H. S. (Eds.). (2021). *Handbook of thanatology: The essential body of knowledge for the study of death, dying, and bereavement (3rd ed.).* Association for Death Education & Counseling.

Wolfelt, A. (2012). *Companioning the grieving child: A soulful guide for caregivers.* Companion Press.

Worden, W. (2018). *Grief counseling and grief therapy (5th edition).* Springer Publishing.

Course Description:

CON 5350 is designed to present contemporary best practice concepts and interventions in events of crisis, grief, and trauma. This is a required course for students in the school counseling track and therefore has a focus around school-aged children and school crisis response (including that of university settings). This course synthesizes research and practice models for working with school settings, intervening with cultural competence, and practicing with individuals, groups, families, and communities impacted by these events. This course educates helping professionals in crisis response leadership, psychological first aid, and trauma-informed care principles and exposes students to valuable resources for counselors.

Expanded Course Information:

This course is based upon a broad conceptualization of personal loss/trauma and grief as a generic experience resulting from a variety of changes throughout the lifespan. Personal loss is therefore defined in this course as “any experience across the lifespan that demands the surrender of something personally significant and/or familiar”. This grounding loss definition teaches students to recognize multiple client issues as concerns of loss, including but not limited to death events. Personal loss is an inevitable and universal human experience with the power to imprint its impact upon an individual’s life and become an influencing factor in his/her development. The influence either promotes or retards development, functioning, and resilience depending upon how loss is accommodated and incorporated into the psychological structure of the affected individual.

This course assumes a familial, environmental, and developmental context of experiencing crisis, trauma, and grief. The course is founded upon the premise of an individual’s evolving personal narrative, a social story of identity and meaning within one’s life. Loss reconciliation unfolds when an individual can successfully expand the narrative to add greater depth of meaning of life experiences, including those of crisis, grief, and trauma. This is not a sociology course on death and dying. The arenas of crisis, trauma, & grief are wide and deep. We could address each of these situations in a separate class. However, students should know that a course of this nature is indeed rare in counseling programs and I am grateful NCCU offers required education on these topics.

“Reflective Practitioner” Idea:

The power of the material of this course often prompts recollection of very personal loss situations. As *reflective practitioners*, I encourage each of us to come to know our own loss sources and processes. We will experiment with some means for encouraging expression in ourselves and in our clients. While it is healthy, appropriate, and unavoidable to reflect upon the learning from our own lives, it is critical to understand the educational intention of this course. Personal experiences can be rich illustrations of the content of the class. Confronting our own losses allows us to *presence* with others in an uncontaminated way. This is, however, an educational learning environment that is separate from a more therapeutic method of assisting with a personal loss journey. As the instructor, I assume the responsibility of protecting the educational goal of the course. Should you find yourself in need of greater support regarding your own losses, please consult with the university counseling center or the instructor for outside referral options.

I am deeply concerned about your well-being, especially during this time of multiple crisis. We are all overloaded with necessary adaptations and ambiguity about the future. This is a stressful time and I encourage you to pace yourself with small/attainable goals, to stay present-oriented so you don’t get ahead of yourself, and to let flexibility flow. Please engage in self-care every day!

Methods of Teaching:

Students will learn through video lectures, reading, active interaction in the discussion boards, and through the use of a variety of technological instruction methodologies. The course will utilize online instruction through the Blackboard platform. Students will be expected to assume responsibility for independent learning. Students will be active learners as they demonstrate knowledge, competencies, and skills. It is my belief that learner success is linked to learner engagement. I strive to offer research-based knowledge, evidence-based practice interventions, higher order rigorous and reflective learning and to do so within the safety of an online community of learners.

CACREP Counseling Standards Addressed in Course:

This class responds to the 2016 CACREP counseling national standards listed in Section 2. These include technology's impact on the counseling profession (F.1.j); self-care strategies appropriate to the counselor role (F.1.l); the impact of spiritual beliefs on clients' and counselors' worldview (F.2.g); biological, neurological, and physiological factors that affect human development, functioning, and behavior (F.3.e); effects of crisis, disasters, and trauma on diverse individuals across the lifespan (F.3.g); suicide prevention models and strategies (F.5.l); crisis intervention, trauma-informed, and community-based strategies, such as Psychological First Aid (F.5.m); and the use of assessments for diagnostic and intervention planning purposes (F.7.e).

Additionally, this course responds to the specialty standards for school counseling including school counselor roles in school leadership and multidisciplinary teams (G.2.d); school counselor roles and responsibilities in relation to the school emergency management plans, and crises, disasters, and trauma (G.2.e); and characteristics, risk factors, and warning signs of students at risk for mental health and behavioral disorders (G.2.g).

Specific Student Learning Outcomes and Assessments:

The content and experiences of this course are sequenced such that students will be able to:

- **Discover and evaluate the effects of loss, crisis, and trauma events throughout the lifespan.** This will be assessed through the case examples throughout the course. (CACREP 2. F.3.e; 2.F.3.g; SC G.2.g)
- **Research & apply the contemporary clinical conceptualizations and major theoretical models of grief, trauma, and crisis.** This will be assessed through the action assignments and case examples throughout the course (CACREP 2.F.1.l; 2.F.1.j; 2.F.5.l; 2.F.5.m; SC G.2.e; G.2.g)
- **Utilize developmentally appropriate best intervention practices/modalities across the lifespan with individuals, families, groups, and in the community.** This will be assessed through the action assignments & case examples throughout the course. (CACREP 2.F.2.f; 2.F.2.g; 2.F.3.e; 2.F.3.g; 2.F.5.1; 2.F.5.m; SC G.2.d; G.2.e)

- **Analyze the roles within emergency services including school crisis response teams.** This will be assessed through the action assignments. (CACREP 2.F.5.l; 2.F.5.m; SC G.2.d; G.2.e)
- **Apply diagnostic criteria and skills.** This will be assessed through the crisis & trauma assessments and the case examples. (CACREP 2.F.7.e; SC G.2.g)

Specific Course Assignments and Evaluation Criteria:

- **Readings:** Each student will complete all assigned texts and other readings as given in class each week.
- **Dispositions:** Each student will demonstrate dispositions consistent with an inclusive, multicultural, and ethical professional role in promoting well-being, healthy relationships, academic success, and career mastery.
- **Attendance:** Each student is expected to complete all scheduled weekly activities and be prepared and willing to participate in discussion boards and class exercises. If you miss more than two weeks of assigned modules you will be dropped from the course. **The last day to withdraw from a class with a WC grade is April 6th.**
- **Action Assignments/Reflections:** Each student is expected to complete 4 action assignments and reflections related to major modules of the class. Students should be aware that personal reflections help the material come alive as illustrations of the core concepts of the class. (4 assignments @ +25 each = 100 total points).
- **Project:** Each student is expected to successfully complete an applied final project (worth 100 total points – a rubric will be given). This is a self-selected topic, approved by the instructor, that relates to the student’s interest and career goals.
- **Discussion Boards:** Each student is expected to complete assigned discussion boards on topics that augment material of the class. Most weeks will include these discussions. (12 @ +15 points each = 180 total points).

Grading Scale:

Written assignments will be weighted as follows:

Action Assignments/Reflections	= 100 total Points
Final Project	= 100 total Points
Discussion Boards	= 180 total Points
Total Points	= 380 total Points

Final Grading on Written Assignments:

342 - 380 Total Points	=	A
304 - 341 Total Points	=	B
266 - 303 Total Point	=	C

ACADEMIC HONESTY REMINDER:

North Carolina Central University views academic honesty as a critical value protecting the transmission of knowledge. Academic dishonesty is a serious violation and includes providing/receiving unauthorized assistance with papers, projects, and exams; presenting, as one's own, another's words/ideas without acknowledgement; presenting the same papers/projects for credit in two classes without explicit professor permission; and using undocumented internet information. Academic dishonesty will result in a grade of "F" in the course.

CLASS ATTENDANCE POLICY:

Class attendance is expected of students at North Carolina Central University and represents a foundational component of the learning process in both traditional on-campus and online courses. Students should attend all sessions of courses for which they are registered for the entire scheduled period and are responsible for completing all class assignments. Instructors will keep attendance records in all classes. Financial aid disbursement for the semester requires attendance.

If a student misses two weeks of online participation, I will report the facts to the student's academic dean for appropriate follow-up. It is the student's responsibility to inform the instructor of any authorized absence, and to make up all work as determined by the instructor.

COVID-19 Health and Safety Requirements for Campus At This Time:

Please refer here to the 2022-23 safety protocols NCCU will use at this time.
<https://myeol.nccu.edu/sites/default/files/2022-08/Healthy-Campus-Plan-2022-2023.pdf>

Statement of Inclusion/Non-Discrimination

North Carolina Central University is committed to the principles of affirmative action and non-discrimination. The University welcomes diversity in its student body, its staff, its faculty, and its administration. The University admits, hires, evaluates, promotes, and rewards on the basis of the needs

and relevant performance criteria without regard to race, color, national origin, ethnicity, sex, sexual orientation, gender identity, gender expression, age, disability, genetic information, veteran's status, or religion. It actively promotes diversity and respectfulness of each individual.

Student Accessibility Services

Students with disabilities (physical, learning, psychological, chronic or temporary medical conditions, etc.) who would like to request reasonable accommodations and services under the Americans with Disabilities Act must register with the Office of Student Accessibility Services (SAS) in Suite 120 in the Student Services Building. Students who are new to SAS or who are requesting new accommodations should contact SAS at (919) 530-6325 or SAS@nccu.edu to discuss the programs and services offered by SAS. Students who are already registered with SAS and who would like to maintain their accommodations must renew previously granted accommodations by logging into the Eagle Accommodate Student Portal here: <https://nccu-accommodate.symphlicity.com>. Students can also find the Eagle Accommodate System in the MyEOL portal.

Students are expected to renew previously granted accommodations at the beginning of each semester (Fall, Spring & Summer sessions). Reasonable accommodations may be requested at any time during the semester for all students; however, accommodations are not retroactive. Returning semester requests for returning students are expected to be done within the first two weeks of the semester. Students are advised to contact their professors to discuss the testing and academic accommodations that they anticipate needing for each class.

Students identifying as pregnant or other pregnancy-related conditions who would like to request reasonable accommodations and services must register with SAS.

Confidentiality and Mandatory Reporting

All forms of discrimination based on sex, including sexual harassment, sexual assault, dating violence, domestic violence, and stalking offenses, are prohibited under NCCU's Sexual Harassment Policy (NCCU POL 01.04.4). NCCU faculty and instructors are considered to be mandatory reporters and are required to promptly report information regarding sexual harassment to the University's Title IX Coordinator. The Sexual Harassment Policy can be accessed through NCCU's Policies, Regulations and Rules website at www.nccu.edu/policies. Any individual may report a violation of the Sexual Harassment Policy (including a third-party or anonymous report) by contacting the Title IX Coordinator at (919) 530-7944 or TitleIX@nccu.edu, or submitting the online form through the Title IX Reporting Form, located at www.nccu.edu/titleix.

Other Campus Programs, Services, Activities, and Resources

Other campus resources to support NCCU students include:

- Student Advocacy Coordinator. The Student Advocacy Coordinator is available to assist students in navigating unexpected life events that impact their academic progression (e.g., homelessness, food insecurity, personal hardship) and guide them to the appropriate University or community resources. Contact Information: Student Services Building, Room G19, (919) 530-7492, studentadvocacy@nccu.edu.

- Counseling Center. The NCCU Counseling Center is staffed by licensed psychologists and mental health professionals who provide individual and group counseling, crisis intervention, substance abuse prevention and intervention, anger management, and other services. The Counseling Center also provides confidential resources for students reporting a violation of NCCU's Sexual Misconduct Policy. Contact Information: Student Health Building, 2nd Floor, (919) 530-7646, counseling@nccu.edu.
- University Police Department. The University Police Department ensures that students, faculty and staff have a safe and secure environment in which they can live, learn, and work. The Department provides a full range of police services, including investigating all crimes committed in and around its jurisdiction, making arrests, providing crime prevention/community programs, enforcing parking regulations and traffic laws, and maintaining crowd control for campus special events. Contact Information: 2010 Fayetteville Street, (919) 530-6106, nccupdinfo@nccu.edu

TENTATIVE CLASS SCHEDULE & TOPICS (*subject to change by instructor*).

The class weeks will run from the first Monday of the semester (Jan. 9th) until the following Sunday night at 11:59 pm. The Blackboard shell for this class is organized by weekly modules for clarity of expectations. What is listed here is a topical outline with major assignment due dates. I reserve the right to pace the course differently if something unusual occurs or if I believe your learning will be enhanced by doing so. Weekly readings will be posted for that particular week under weekly assignments. **THIS IS INTENDED TO BE AN OVERVIEW ORGANIZED WEEKLY! DISCUSSION BOARDS WILL BE ASSIGNED MOST WEEKS DURING THE SEMESTER. You should watch the weekly modules on BB to see discussion instructions. All listed dates are from Monday of that week until the following Sunday. Specific assignment dates will be given.**

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|---------------------------------|---|
| Week 1 -
Jan. 9-15 | Course orientation, expectations/introductions?
What is healing? What are our goals for intervention? What are the ethical principles of intervention with these types of clients? What is the scope of loss & trauma for kids, the importance? Introduction to non-death loss. |
| Week 2 –
Jan. 16-22 | Grief Primer; Meaning Reconstruction; Crisis Planning; Trauma-informed Care Offering socially just and culturally competent practices...how do culture & ethnicity play a role? The Social Context of Grief.
Action Assignment #1 (+25 points)
Martin Luther King Day: Jan.16th. NO CLASSES. |
| Week 3 –
Jan. 23- 29 | Offering <i>presence</i> and <i>companionship</i> . Resilience; How do gender/religion & spirituality play a role in healing? More on the social context of grief – disenfranchised grief, discrimination, political grief.
Drop/Add Period Ends January 23rd at 4pm! |

- Week 4 –** Crisis Teams & Communication; Technology & Grief Support
Jan. 30- Crisis Intervention; Ambiguous Loss.
Feb. 5
- Week 5 -**
Feb. 6 - 12 Attachment & Coping; Parents & Children Losing Each Other;
 Loss in foster care, in the family justice system.
Action Assignment #2 (+25 points)
- Week 6 -** Task-based approaches to intervention; Death of a Child/Sibling; Chronic Sorrow
Feb. 13-19 including parenting a child with disabilities, grief & mental illness
Last Day to withdraw from the university with a prorated tuition and fee adjustment is February 17th.
- Week 7 -** Two-track model of loss; Developmental perspectives on grieving.
Feb. 20-26
 The impact of adverse childhood experiences (ACE's). Loss of a parent in childhood.
- Week 8 -** Primer on School Crisis Response; Special Populations of Youth
Feb. 27- Prevention, Intervention, Post-vention; Trauma/suicide in youth.
March 5 **Action Assignment #3 (+25 points)**
- Week 9 -** **SPRING BREAK – March 4-12th**
March 6-12
- Week 10 -** Tangible & Intangible Loss– of dreams, in sexual assault, in forced displacement, in relationships.
March 13-19 Group Interventions; Psychological First Aid principles.
 Trauma-informed care in schools.
- Week 11 -** Family Interventions; Military Families/Children
March 20-26
- Week 12 -** When Risk indicates referral/complications; Suicide;
March 27- **Action Assignment #4 (+25 points)**
April 2

Week 13 - The function of rituals – what is closure?

April 3-9 The use of expressive arts interventions.

Last Day to withdraw from the class with a WC is April 6th!

GOOD FRIDAY: April 7th, NO CLASSES.

Week 14 - Compassion fatigue & self-care. Our own grief.

April 10- 16

Week 15- Bridging research & intervention; Non-death research, support through living

April 17-23 losses, meaning-making after death & non-death losses.

Week 16 –

April 24 Final Wrap-Up; **CLASSES END APRIL 24th for all students-**

FINAL PROJECT DUE AT 11:59 pm for all Students.

ADEC ANNUAL CONFERENCE: April 25- 29th

Selected References (older citations are classic in thanatology or illustrations of the scope of this material: I also included some of my publications so you can see a bit of my work):

Balk, D.E. (2014). *Dealing with dying, death, and grief during adolescence*. Routledge.

Balk, D.E., & Corr, C.A. (2009). *Adolescent encounters with death, bereavement, and coping*. Springer Publishing.

Bemak, F., & Chung, R. C. (2017). Refugee trauma: Culturally responsive counseling interventions. *Journal of Counseling & Development, 95*(3), 299-308.
<https://doi.org/10.1002/jcad.12144>

Bordere, T. (2017). Disenfranchisement and ambiguity in the face of loss: The suffocated grief of sexual assault survivors. *Family Relations, 66*(1), 29-45.

Boss, P. (2010). The trauma and complicated grief of ambiguous loss. *Pastoral Psychology, 59*, 137-145. <https://doi.org/10.1007/s11089-009-0264-0>

Bowlby, J. (1961). The Adolf Meyer lecture: Childhood mourning and its implications for psychiatry. *American Journal of Psychiatry, 118*, 481-498.

Bowlby, J. (1980). *Loss: Sadness and depression*. Basic Books, Inc.

Bowlby, J. (1982). *Attachment*. Basic Books, Inc.

- Bowlby, J. (1988). *A secure base*. Basic Books, Inc.
- Buckle, J. L. & Fleming, S. (2011). *Parenting after the death of a child: A practitioner's guide*. Routledge.
- Burns, D. M. (2010). *When kids are grieving: Addressing grief & loss in school*. Sage.
- Burns, M., Griese, B., King, S., Talmi, A. (2020). Childhood bereavement: Understanding prevalence and related adversity in the United States. *American Journal of Orthopsychiatry*. Advanced online publication.
- Capuzzi, D. (2009). *Suicide prevention in the schools: Guidelines for middle and high school settings, 2nd edition*. American Counseling Association.
- Chapple, H. S., Bouton, B. L., Chow, A. Y. M., Gilbert, K. R., Kosminsky, P., Moore, J., & Whiting, P. P. (2017). The body of knowledge in thanatology: An outline. *Death Studies, 41*(2), 118-125.
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- Crunk, A. E., Burke, L. A., & Robinson, E. H. M., III (2017). Complicated grief: An evolving theoretical landscape. *Journal of Counseling & Development, 95*, 226-233.
- Culbreth, M., Newsome, G. & Whiting, P. (2015). Bridging the gap between veterans and civilian counselors. *VISTAS*. Article 78, Counseling Outfitters, LLC & American Counseling Association.
- Day, K. W., Lawson, G., & Burge, P. (2017). Clinicians' experiences of shared trauma after the shootings at Virginia Tech. *Journal of Counseling & Development, 95*(3), 269-278. <https://doi.org/10.1002/jcad.12141>
- DeSpelder, L.A., Strickland, A.L., & Potts, J.M. (2020). *The last dance: Encountering death and dying (11th ed.)*. Mayfield Publishing Company.
- Doka, K. J., & Martin, T. L. (2011, Winter). Grieving styles: Gender and grief. *Grief Matters, 42-45*.
- Doka, K. J., & Martin, T. L. (2010). *Grieving beyond gender: Understanding the ways men and women mourn (2nd ed.)*. Routledge.

- Duffey, T., & Haberstroh, S. (2020). *Introduction to crisis and trauma counseling*. American Counseling Association.
- Feiler, B. (2020). *Life is in the transitions: Mastering change at any age*. Penguin Press.
- Figley, C. R., & Kiser, L. J. (2013). *Routledge psychosocial stress series. Helping traumatized families (2nd ed.)*. Routledge/Taylor & Francis Group.
- Gamino, L.A., Sewell, K.W., Prosser-Dodds, L., & Hogan, N.S. (2020). Intuitive and instrumental grief: A study of the reliability and validity of the grief pattern inventory. *Omega*, 81(4):532-550. <https://doi.org/10.1177/0030222818786403>
- Gamino, L. A., & Ritter, R. H., Jr. (2009). *Ethical practice in grief counseling*. Springer.
- Goldman, L. (2014). *Life and loss: A guide to help grieving children (3rd ed.)*.Routledge.
- Griese, B., Burns, M.R., Farro, S.A., Silvern, L., & Talmi, A. (2017). Comprehensive grief care for children and families: Policy and practice implications. *American Journal of Orthopsychiatry*, 87(5), 540-548.
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- Harris, D. L., & Bordere, T. C. (Eds.). (2016). *Handbook of social justice in loss and grief: Exploring diversity, equity, and inclusion*. Routledge.
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- Kastenbaum, R., & Moreman, C. M. (2018). *Death, society, and human experience (12th ed.)*. Routledge.
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- Kissane, D. W. & Bloch, S. (2011). *Family focused grief therapy*. Open University Press.
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- Lowenstein, L. (2006). *Creative intervention for bereaved children*. Hignell Book Printing.
- McClatchey, I. S., & Wimmer, J. S. (2018). *Bereavement camps for children and adolescents: Planning, curriculum, and evaluation*. Routledge.
- McNeil, A., & Gabbay, P. (2018). *Understanding and supporting bereaved children: A practical guide for professionals*. Springer.
- Meagher, D. K., & Balk, D. E. (Eds.). (2013). *Handbook of thanatology (2nd ed.)*. Routledge.
- Miller, BJ, & Berger, S. (2019). *A beginner's guide to the end: Practical advice for living life and facing death*. Simon & Schuster.
- Mitchell, M. B. (2018). No one acknowledged my loss and hurt: Non-death loss, grief, and trauma in foster care. *Child & Adolescent Social Work Journal*, 35, 1-9.
- Montague, K. T., Christensen, K., & Furr, S. (2020). Counselor Preparation in Crisis, Trauma, Grief, and Neurocounseling. *Journal of Counselor Preparation and Supervision*, 13(4).
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- Parkes, C.M. (2011). Recent developments in loss theory and practice: Individual, family, national, and international implications. *Grief Matters, Winter 2011*, 36-40.
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<https://doi.org/10.4324/9780203956526>
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