

Grief Counselling Module for Teachers

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Introduction

The following is the schedule for the Module on Grief for Teacher Training:

Session No.	Session Component	Time Duration
1	Understanding Grief in Students	30-45 mins
2	Implications of Grief in Students	30-45 mins
3	Framework for Understanding Grief	30-45 mins
4	Rituals in Grief	30-45 mins
5	Classroom management and interventions for Grief	30-45 mins

Links to all sessions:

Session I: https://www.canva.com/design/DAFOi63pPR8/u4s-lJG8TLRj_tXLEMGZbw/view?utm_content=DAFOi63pPR8&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink

Session II: https://www.canva.com/design/DAFOt-lmrXE/33XycQu0aXfXve2Nx7XsJQ/view?utm_content=DAFOt-lmrXE&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink

Session III: https://www.canva.com/design/DAFOwKJYOUw/cBogEiyJMkl70-RKYcFzdA/view?utm_content=DAFOwKJYOUw&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink

SessionIV:https://www.canva.com/design/DAFOwvv82Pg/UfciGdHtf_ujjhAOV8tehw/view?utm_content=DAFOwvv82Pg&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink

SessionV:https://www.canva.com/design/DAFO0RX_aiQ/hxJ742cazEdaYKnTl_zT0w/view?utm_content=DAFO0RX_aiQ&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink

Session I- Understanding Grief in Students

Objectives: At the end of the session the teachers will be able to-

- a) Express an understanding of the relation between loss and grief
- b) Distinguish between grief mourning and bereavement

Method: The session will start with introductory quotes from a storybook. The entire session shall be conducted via the use of a PPT in order to showcase findings and research related to grief.

Rationale: The introductory quotes from the Children storybook have been taken to make the teachers empathise with children's emotions and also in order to make them understand that children can feel as deeply as adults. Concepts of grief have been defined well to equip teachers with the literature related to grief.

Expected outcome: The teachers will have better technical knowledge related to grief.

Session II- Implications of Grief

Objectives: At the end of the session the teachers will be able to-

- a) Understand the physiological, emotional and cognitive implications of grief
- b) Utilize this understanding to the classroom context

Method: The previous session shall be recapped before starting this session. This session shall also be delivered via the means of a PPT.

Rationale: Learning about the physiological, emotional, cognitive and behavioural reactions to grief shall help teachers identify these symptoms to look out for grieving students.

Expected outcome: This understanding shall aid the teacher to know when to refer a student to a mental health professional.

Session III- Theoretical Framework

Objectives: At the end of the session the teachers will be able to-

- a) Understand the theoretical perspectives to grief
- b) Apply this understanding to the classroom scenario in aiding grieving students

Method: This session will start with a recap of the previous session. A Power Point Presentation will be used as it will account as a visual aid to sustain attention and gain understanding of the technical terms in theory. From time-to-time teachers shall be encouraged to ask doubts in order to promote discussion.

Rationale: This session starts with a case study in order to relate with Indian culture as well as to promote reflexive thinking amongst teachers. The developmental theory of Piaget has been added as it serves as a helpful reference point in relating with the Good Grief Model by Sara Fox. Fox's theory talks about making children understand death at a developmentally appropriate level hence understanding of the developmental theory stands prominent. This is because, only if teachers understand how children think will they be able to better assist

them. Fox's theory related to grief has been selected as it particularly talks about the grieving process in children and adolescents. This specificity related to grief in youth shall contribute to gaining better knowledge by teachers.

Expected Outcome: The teachers will be able to understand the thinking processes of children and adolescents and offer them developmentally appropriate aid for grieving.

Session IV- Rituals in Grief

Objectives: At the end of the session the teachers will be able to-

- a) Interpret the significance of rituals
- b) Choose or select rituals to make use of with grieving students.

Method: This session shall be delivered via the medium of a PPT.

Rationale: Rituals have been explained in both traditional and psychological sense in order to better understand the prominent role of rituals in the grieving process. A variety of rituals list has been provided so that the teachers can make use of them situation specifically and subjectively. The last reflection activity has been added to facilitate a discussion about the subjectivity and personalisation of rituals. Once teachers realise how for each one of them, the ritual that stands out might be different, they'll understand that not all rituals shall work for all students.

Expected outcome: The teachers shall be able to select rituals to use with their grieving students and help promote support to grieving students.

Session V- Recommendations for Schools

Objectives: At the end of the session the teachers will be able to-

- a) Analyse how to aid grieving students
- b) Determine various strategies that can be used to help grieving students

Method: This session shall be delivered via the medium of a PPT.

Rationale: The case study has been added to understand how much teachers have learnt from all the previous sessions and also to gather from them how they shall assist a situation.

Various answers given by teachers can be used to facilitate discussion about helpful strategies that can be used with grieving students. Mention of Trauma informed pedagogy has been mentioned as research portrays how grief and trauma are interlinked (Castrellón et al., 2021).

Expected outcome: The teachers shall become more independent in using and selecting various strategies to help children with grief.

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