

# Understanding Grief (PC104-508)

**Australian College of Theology name:** *Understanding Grief*

## Unit Description

How can we grow in understanding God's offer of comfort to those who are experiencing grief? This unit will help to raise your awareness of the causes and impact of grief. You will also be introduced to a biblical understanding of grief and how you can best support people in the midst of grieving.

## Exclusions

Prior to 2020, this unit content was delivered under the unit code MAP21.

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## Learning Outcomes

*(new Learning Outcomes yet to be advised)*

## Content

1. Biblical teaching on grief compared and contrasted with that of Kübler-Ross, Erikson and other recent theorists
2. A general overview of the character of grief; the reasons for particular responses and the help needed to resume "normal" life
3. Specific types of grief: Showing how the general principles of grieving are worked out in both acute and long-term situations, e.g. death of parent / spouse / sibling / child; traumatic grief; grief of disability; the grief associated with suicide, separation and divorce, infertility, unemployment, ...
4. Supporting a person in grief: A discussion of the various ways a minister and a congregation can support a grieving person so that they are both spiritually and practically aided in their time of grief. Various approaches are discussed which allow the gospel to direct all that we do