

Course Syllabus

Helping Children and Youth Work Through Grief and Loss while in school, From a Clinical Perspective

8th Annual Student Mental Wellness Conference
Anaheim, CA
Thursday, October 10th, 2024, 3:30 - 4:30 pm

Course Content Based on:

- Theoretical Knowledge Base
- Practical Knowledge Base

Course Description

This course will provide participants with foundational knowledge and practical tools to address grief and loss in children and adolescents. The session will cover developmental readiness to process grief, promoting whole-child success, and fostering growth from loss. Participants will learn pacing strategies for counseling in school settings, how to address various emotional responses, and specific approaches for working with young children, middle schoolers, and high school students. Additional tools and techniques will be provided to support youth through the grief process and promote resilience.

Instructor Information

Christine L. Tippet, LCSW, LMFT has over 45 years of experience as a therapist helping individuals, couples, and families throughout the life span, within a humanistic systems perspective. She has been providing, and supervising the provision of School-Based Mental Health Services since 1994; she was awarded the 2020 Award for Best Practice in School-Based Family Counseling by the Oxford Symposium of School-Based Family Counseling. She has taught in graduate courses at various universities for over 30 years, to help prepare students to enter the field of mental health service.

Indicate the Requirements the Course Content Meets

Demonstrates credibility through the involvement of the broader mental health practices, education, and science communities in studying or applying the findings, procedures, practices, or theoretical concepts.

- Both presenters have extensive experience in school based mental health services and in clinical supervision of trainees and associates who provide SBFC for traumatized youth.

Educational Goals

- Increasing participants' understanding about the many types of grief and loss experienced by kids at school.
- Attendees will learn how to pace interventions to the readiness and developmental level of the student/client in the room.
- Learners will become more comfortable working at the level of the person today, rather than thinking "time is being wasted" until a specific topic is addressed.

Measurable Learning Objectives

At the end of this course, participants will be able to

- Name two ways grief, mourning, and loss interweave for youth at school.
- Identify three behaviors that students display that may indicate agitation from loss
- Explain two processes, rather than stages, that mourners (re)visit as they experience losses.

Outline with Main Points for each topic

- Definitions of Grief and Loss (5 minutes)
- Developmental Readiness to address Grief and Loss (10-15 minutes)

- Whole Child Success (3 minutes)
- Growth from Loss (5 minutes)
- Paced Counseling at School (10 minutes)
- Addressing Different Feelings and Passages (10-15 minutes)
- Working with Little Kids, Middle School Kids, and High School Youth (10-15 minutes)
- More tools for youth (10 minutes)

Citations & References

Blueford, Jillian. School Counseling: Grieving Children and Adolescents, in Counseling Today, November, 2021.

Dorn, Andrea, MSW. When Someone Dies: A Children's Mindful How-to Guide on Grief and Loss. The Mindful Steps Services.

Montenegro, Norma, LCSW. University of Massachusetts Global. 07/16/2024.

Sirrinc, Erica, H., Ph.D, LCSW, FT. The Ultimate Grief Treatment Toolbox. 07/21/2024. Psychological Education Services, Inc.

Santrock, John. Lifespan Development, 18th edition. 978-1260245844.