UNIVERSIDADE LUSÍADA
LISBOA

Course Unit Program
OPTION II - PSYCHOLOGICAL INTERVENTIONS FOR GRIEF

Academic Year 2023/2024

1. Organic Unit

Institute of Psychology and Educational Sciences

2. Course

CLINICAL PSYCHOLOGY

3. Cycle

2nd

4. Course Unit

OPTION II - PSYCHOLOGICAL INTERVENTIONS FOR GRIEF (N5217)

5. Scientific Area

6. Curricular Year

1st

7. Type of Curricular Unit / Semester

1st Semester

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8. Class type and workload (work time)

Theoretical classes:	
Practical classes:	
Theoretical-Practical Classes	15,00
Tutorial Guidance:	

9. ECTS Credits

2,50

10. Scientific Area Coordinator

11. Regent

Prof. Doutora RITA ALEXANDRA ROSA ANTUNES

12. Assistants

13. Teaching Language

Portuguese

14. General Objectives

Promote the acquisition of knowledge about models, strategies and resources for intervention in grief.

15. Specific Objectives

- Learn and understand the contexts of intervention in grief.

- Learn and understand the processes of grief.

- Acquire knowledge about models, strategies and resources for intervention in grief.

- Promoting the development of basic skills for intervention in grief.

16. Skills to be acquired

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At the end of the course, students are expected to:

- Be able to understand the grieving processes;

- Be able to understand the grief intervention protocol;

- Be able to know and apply some fundamental lines of intervention in grief;

- Identify the potential and limits of interventions.

17. Teaching Methodology

Expository and interrogative methods
Roleplay and active method

18. Course Unit Program

1. Mourning: conceptualization and sociocultural framing of loss and mourning elaboration.

2. Loss and mourning throughout the personal/family evolutionary cycle.

3. Normal grief vs pathological grief.

4. Models for working through grief.

5. Specificities in intervention in grief processes with children, adolescents and adults.

19. Assessment Methods

- Group work: elaboration of an intervention plan and respective support material in relation to a bereavement situation provided by the teacher.

- Written test

20. Didactic Resources

Classes will take place using expository methods, watching videos/documentaries and performing exercises and roleplaying intervention strategies.

21. Sustainability Objectives

3 - Quality Health
4 - Quality Education

22. Keywords

normal mourning
pathological grief
Strategies
Intervention

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23. Main Bibliography

Author(s): Worden, J.
Title: Grief counseling and grief therapy: a handbook for the mental health practitioner.
Edition: 1a Year: 2018
Local: NY
Publisher: Springer Pub.

Author(s): American Psychiatric Association
Title: Diagnostic and statistical manual of mental disorders (5th ed. rev)
Edition: 4 Year: 2022
Local: EUA
Publisher: Arlington, VA: Author.

Author(s): Qualls, S., & Kasl-Godley, J.
Title: End-of-life issues, grief, and bereavement: what clinicians need to know.
Edition: 1 Year: 2011
Local: New Jersey:
Publisher: John Wiley & Sons.

24. Complementary Bibliography

Author(s):
Title:
Edition: Year:
Local:
Publisher:

Author(s):
Title:
Edition: Year:
Local:
Publisher:

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Ficha técnica MIP / MIP Datasheet	
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Autor / Author	Prof. Doutora RITA ALEXANDRA ROSA ANTUNES
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