



“Grief, Crisis & Trauma Self-Study Certificate Course”

Phase 1

1. Read Experiencing Grief – entire book – 85 pages
2. Watch the Recovering from Loss seminar – Please pay particular attention to the Eleven Categories of Loss. This is a seminar I’ve presented across the country for the past twenty years including New York on three occasions in the year after 9/11. - 220 minutes
3. Complete Guide to Crisis & Trauma - Read Introduction and Chapters 1-3 – 50 pages
4. Helping Those in Grief - Read Introduction and Chapters 1-6 119 pages
5. Complete Guide to Crisis & Trauma – chapters 4-6, chapter 12-13 – 122 pages
6. Helping those in Grief – Interactive Training DVD - Watch session with Georgianna. Please watch once and answer the questions that I ask. After you have answered the questions, please watch this again and list what you have missed. Often class members have questions after watching the DVD, please write your questions down and save them for phone consultation or discussion with other class members. You do not have to watch the other sessions on the DVD as part of this class. 65 minutes x 2
7. 30 minute phone call with Norm Wright

Reading

Total 376 pages of reading

6 hours DVD material

30 minutes time with Norm Wright

Writing

Answer questions from the Georgianna DVD counseling session

After watching the Recovering from Loss DVD write out an extensive Loss History for yourself –

Complete the exercise on page 99 from the book Helping Those in Grief

Phase 2

1. Complete chapters 7-11 and 14 – Conclusion in The Complete Guide to Crisis & Trauma Counseling – 246
2. Complete Helping Those in Grief – chapters 7-12 and Verbatims – 126 words
3. Helping those in Grief – Interactive Training DVD - Watch session with Marc. Please watch once and answer the questions that I ask. After you have answered the questions, please watch this again and list what you have missed. Often class members have questions after watching the DVD, please write your questions down and save them for phone consultation or discussion with other class members. You do not have to watch the other sessions on the DVD as part of this class. 65 minutes x 2
4. Write down any questions you have after reading/watching the above
5. 30 minute phone call with Norm

Choose 2 of the following activities and complete prior to your phone call with Norm

1) Video tape (you can use your phone or ipad, etc.) a counseling session with a person who has experienced a loss, crisis or trauma. After you have finished transcribe your counseling session and analyze it. What did you say or do that worked and what would you have done differently? Did you notice any body language that you would change in your next counseling session?

2) Ride along (3 hours or longer) with the police department – write a 2 page report on your experience (be careful not to breach confidentiality – use different names)

3) Ride along (3 hours or longer) with the fire department or ambulance company – write a 2 page report on your experience (be careful not to breach confidentiality – use different names)

4) Attend a Grief Recovery Group such as GriefShare. Write a 1 page paper on the DVD that was watched (if DVDs are used) and a 1 page paper on what

was discussed in the group that night, how the facilitator related with members

5) Spend a minimum of 3 hours with a hospital chaplain. Go with him as he visits patients and interacts with family members – write a 2 page report on your experience (be careful not to breach confidentiality – use different names)

6) Write an extensive paper 3-5 pages on a loss or trauma that you have experienced. Discuss your initial reaction, the first 48 hours, who helped you during this time, three points of time that you realized your feelings about the loss/trauma were changing for better or worse, and was there a defining moment when you realized that you were healing

7) Watch a movie that deals with loss such as Steel Magnolias, PS I Love You, Terms of Endearment, The Bucket List, Ordinary People, etc. (there is an extensive list on the Internet). After watching the movie answer the following questions: 1) Does the movie depict the loss realistically? 2) Were there stages that the person/people dealing with the loss went through? 3) Imagine a counseling session with one of the characters what are 2 questions you would ask this person and what is something you would discuss with them to help them move forward?

8) Create an activity in which you interact with someone who is experiencing a loss, crisis or trauma or observe who interacts on a regular basis with people who are struggling with a loss, crisis or trauma. Write a one page paper on either how you helped this person or how this person was helped. What worked? What didn't work? If you were observing what was used in the interaction that you would incorporate into your future work with a person experiencing loss, crisis or trauma?

Reading 372 pages

130 minutes DVD

30 minute phone call with Norm Wright

Interaction and writing by completing 2 of the assignments

Phase 3

1. Read The Worst is Over – 318 pages
2. Reread Experiencing Grief – what did you miss the first time you read it? 85 pages
3. Read When the Past Won't Let You Go – 161 pages

4. Helping those in Grief – Interactive Training DVD - Watch session with Kathleen. Please watch once and answer the questions that I ask. After you have answered the questions, please watch this again and list what you have missed. Often class members have questions after watching the DVD, please write your questions down and save them for phone consultation or discussion with other class members. You do not have to watch the other sessions on the DVD as part of this class. 65 minutes x 2
5. 30 minute phone call with Norm Wright

Choose 2 of the following activities to complete prior to your phone call with Norm

One activity can be repeated from Phase 2, but the second activity needs to be one you didn't do during Phase 2

- 1) Video tape (you can use your phone or ipad, etc.) a counseling session with a person who has experienced a loss, crisis or trauma. After you have finished transcribe your counseling session and analyze it. What did you say or do that worked and what would you have done differently? Did you notice any body language that you would change in your next counseling session?
- 2) Ride along (3 hours or longer) with the police department – write a 2 page report on your experience (be careful not to breach confidentiality – use different names)
- 3) Ride along (3 hours or longer) with the fire department or ambulance company – write a 2 page report on your experience (be careful not to breach confidentiality – use different names)
- 4) Attend a Grief Recovery Group such as GriefShare. Write a 1 page paper on the DVD that was watched (if DVDs are used) and a 1 page paper on what was discussed in the group that night, how the facilitator related with members
- 5) Spend a minimum of 3 hours with a hospital chaplain. Go with him as he visits patients and interacts with family members – write a 2 page report on your experience (be careful not to breach confidentiality – use different names)
- 6) Write an extensive paper 3-5 pages on a loss or trauma that you have experienced. Discuss your initial reaction, the first 48 hours, who helped you during this time, three points of time that you realized your feelings about the loss/trauma were changing for better or worse, and was there a defining moment when you realized that you were healing
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8) Create an activity in which you interact with someone who is experiencing a loss, crisis or trauma or observe who interacts on a regular basis with people who are struggling with a loss, crisis or trauma. Write a one page paper on either how you helped this person or how this person was helped. What worked? What didn't work? If you were observing what was used in the interaction that you would incorporate into your future work with a person experiencing loss, crisis or trauma?

Reading 564 pages

130 minutes DVD

30 minute phone call with Norm Wright

Interaction and writing by completing 2 of the assignments

Contact Information:

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Material and Lab fees: \$395.00