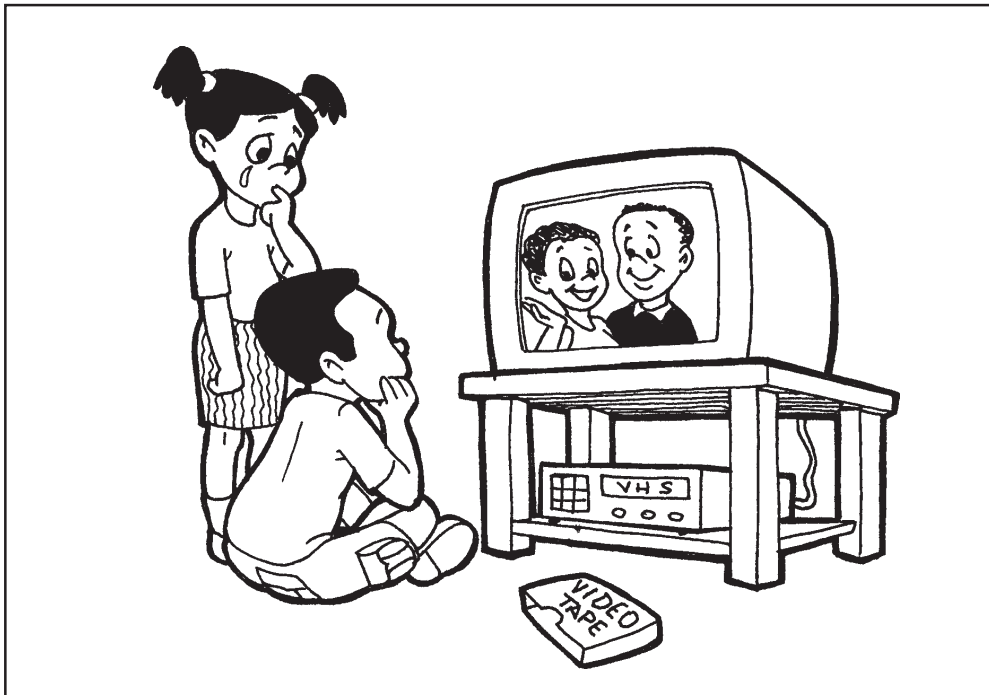


# Bereavement Counselling of Children

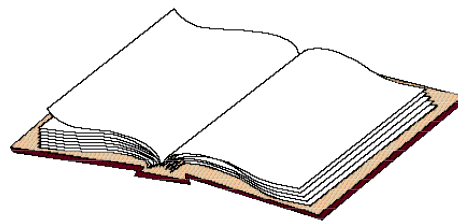


*The HIV and AIDS Series*

Module 5

# **BEREAVEMENT COUNSELLING OF CHILDREN**

## **HIV and AIDS SERIES**



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- **Psychotherapeutic Interventions with Vulnerable Children**

Facilitated by:

Dr. Ben Killian, Dominique Mamet and Pretty Zondi,  
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Africa Enterprise, Pietermaritzburg, KwaZulu-Natal. January 2005.

- **Department of Health**

- Comprehensive Home / Community Based Care
  - Training manual
- Directorate: HIV and AIDS and T.B. 2001.

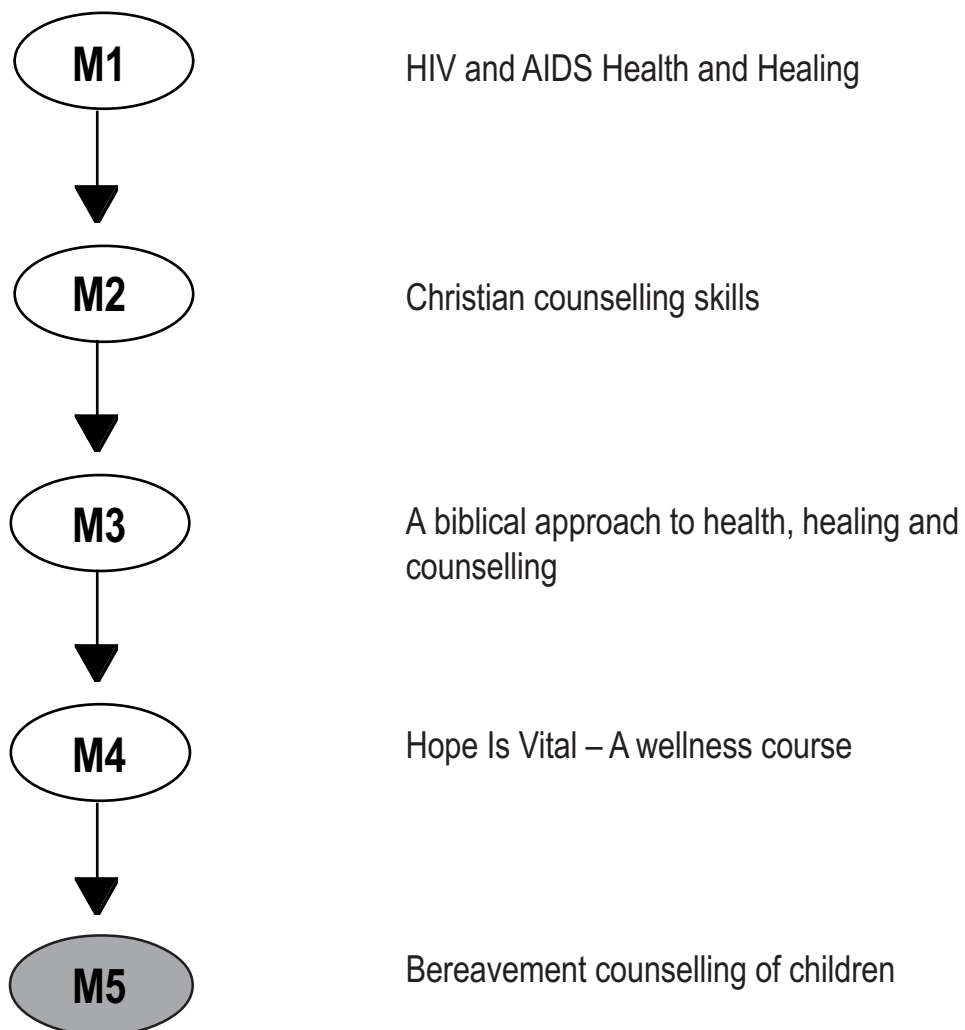
- **Memory Work in KwaZulu-Natal**

Enhancing Resilience in Children Affected by HIV and AIDS.  
By: Philippe Denis, Radikobo Ntsimane and Veronica Wilson.

# BEREAVEMENT COUNSELLING OF CHILDREN

## COURSE MAP

## COURSE CONTENT



# MODULE OUTCOMES

## **You will be able to:**

- Share your learning and experiences of working with vulnerable children with other participants.
- Offer psycho-social support to vulnerable children.
- Know how to recognise, identify, work with and monitor the progress of vulnerable children.
- Learn about and practice a model of bereavement counselling with vulnerable children.
- Identify self-support structures and take good care of yourself in this emotionally demanding field of work, and be enabled to better recognise your achievements and those of other participants.

# CONTENTS

- 1. Learning from our own Experiences**
  - 1.1 Exercises on death and dying
    - Fears on death and dying
    - Giving up exercise
    - Bereavement quiz
  - 1.2 Death – what to expect
  
- 2. Bereavement, Grief, Loss and Mourning**
  - 2.1 Definition of terms
  - 2.2 Normal grief reactions
    - i) Feelings
    - ii) Physical reactions
    - iii) Thoughts
    - iv) Behaviours
  - 2.3 What determines the type, intensity and duration of grief?
  - 2.4 Clues for recognising unresolved grief  
What we can do to help
  
- 3. Feelings and Stages of Bereavement**
  - 3.1 Feelings often associated with the experience of death
  - 3.2 Stages of bereavement
  - 3.3 Factors which affect the manner in which an individual grieves
  - 3.4 Statements on bereavement to be avoided
  
- 4. Children and Death**
  - 4.1 Feelings children experience with the death of others
  - 4.2 Grief reactions children experience
  - 4.3 Risk factors that can complicate grieving
  - 4.4 Signs of complicated mourning in children
  
- 5. Communication with Children**
  - 5.1 How children communicate
  - 5.2 Aids to communication with children
  - 5.3 Commonly observed emotions in the child
  - 5.4 Factors affecting communication with children
  - 5.5 Spiritual issues
  - 5.6 Important points to remember
  
- 6. The Bereavement Counsellor**
  - 6.1 Characteristics of a good listener
  - 6.2 A model for bereavement counselling
  - 6.3 Some myths of childhood
  - 6.4 Suggestions of how to help
  - 6.5 Resilience
  
- 7. Memory for Enhancing Resilience in Children**
  - 7.1 Resilience in children
  - 7.2 Preserving memories for children
  - 7.3 Making a memory box
  - 7.4 Making a memory book

# Unit 1

## Learning from Our Experiences

**Outcomes: You will be able to:**

- identify some feelings you will experience when considering death and dying.

### 1. Exercises on death and dying

The exercises given in this section are designed to help you identify your own feelings when confronted with the aspects of death, loss and bereavement. Complete the checklists and exercises given below.



#### Exercise 1

##### Fears of death and dying checklist.

The following statements refer to your own death –  
What are you afraid of when you confront the fact that you will die? Tick ✓ the shaded block

I am afraid of abandoning the people who depend on me and making those who love me unhappy	
I am afraid of not having enough time to deal with unfinished business	
I am afraid of having other people make decisions for me about my treatment and care	
I am afraid of the pain of dying	
I am afraid of punishment after death	
I am afraid of losing those I care about	
I am afraid of being helpless and having to depend completely on others	
I am afraid of dying because I don't know what happens after death	
I am afraid of dying before I have made something of my life	
I am afraid of taking a long time to die	
I am afraid of dying suddenly and violently	
I am afraid of dying alone	