

COURSE SYLLABUS

(1) GENERAL

SCHOOL	HEALTH SCIENCES - MANAGEMENT AND ECONOMICS SCIENCES		
DEPARTMENT	<ul style="list-style-type: none"> ▪ SOCIAL WORK ▪ NUTRITION AND DIETETICS SCIENCES ▪ BUSINESS ADMINISTRATION AND TOURISM 		
LEVEL OF STUDY	Master's		
COURSE CODE	CDDA-B11	SEMESTER	B
COURSE TITLE	Bereavement: Managing Loss and Grief		
INDEPENDENT TEACHING ACTIVITIES	TEACHING HOURS WEEKLY	CREDIT UNITS (ECTS)	
	39	7.5	
COURSE TYPE	Free Choice Course - optional compulsory		
PREREQUISITE COURSES:	No		
LANGUAGE OF TEACHING and EXAMINATIONS:	GREEK		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	NO		
COURSE WEBSITE (URL)			

(2) LEARNING OUTCOMES

Learning Outcomes
<p>Students will explore the multifaceted dimensions of bereavement and loss and delve into the principles of telecounseling, a skill vital in the digital age to provide effective bereavement support. They will also delve into the dimensions of cross-cultural grieving, recognizing how cultural background shapes the grieving process. In addition, students will explore various conceptual approaches to loss and bereavement, enabling them to critically analyze and apply these theories to scenarios. Particular emphasis is placed on the impact of loss on children and adolescents, along with in-depth exploration of depression and complex bereavement in both adults and young people.</p>
General Skills
<ul style="list-style-type: none"> • Search, analysis and synthesis of data and information, also using the necessary technologies. • Independent work. • Work in an interdisciplinary environment. • Generating new research ideas. • Exercise criticism and self-criticism. • Promotion of free, creative and inductive thinking

(3) COURSE CONTENT

<ol style="list-style-type: none"> 1) Approaches to Grief and Loss. Conceptual Models 2) Bereavement Counseling 3) Grief and Loss in children and adolescents 4) Breaking bad news and methods for assessing the needs of patients and carers 5) Cultural differences in the experience of bereavement and loss management 6) Complicated Bereavement and Depression: Differential Diagnosis 7) Principles of telecounseling: First response to bereavement
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- 8) Bioethical issues in the field of health
 9) Professional bereavement: recognition and self-care techniques

(4) TEACHING and LEARNING METHODS - EVALUATION

METHOD OF DELIVERY.	Face-to-face (in vivo) and distance learning lectures.	
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES	<ul style="list-style-type: none"> • “e-class” online platform. • Presentation of PowerPoint slides • Search in international databases for information and literature related to the field of Health Sciences. • Designing research paper presentations using ICT. 	
TEACHING ORGANIZATION	Activity	Semester Workload
	Lectures and Interactive teaching	39
	Study and analysis of articles - bibliography - Independent Study (and/or writing a paper)	149
	Total Course	188
STUDENT EVALUATION	<ul style="list-style-type: none"> ▪ Final written exams during the exam period (100% of the final grade) ▪ Assignment (individual or group) – Optional (30%) 	

(5) RECOMMENDED-BIBLIOGRAPHY

- *Suggested Bibliography:*
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 Kalaitzaki, A. & Rovithis, M. (2021). Secondary traumatic stress and vicarious posttraumatic growth in healthcare workers during the first COVID-19 lockdown in Greece: The role of resilience and coping strategies. *Psychiatrike = Psychiatriki*, 32(1), 19-25. <https://doi.org/10.22365/jpsych.2021.001>
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