Content Type

Documentaries document real-life experiences and can expose students to aspects of the human experience that may be hard to convey in textbooks. For example, a documentary devoted to families who have lost loved ones may help students feel more empathy (empathy being essential component to becoming a competent therapist).

When Someone Dies

http://sk.sagepub.com/video/when-someone-dies

In this documentary, Jan Mojsa, psychotherapist, examines the stages of grief and loss associated with the death of a loved one including the loss curve and the tasks of mourning.

Suggested Courses or Topics

Course examples might include:

- grief counseling,
- crisis counseling,
- marriage and family, and
- bereavement and loss.

Classroom Clips

Listed below are a few examples of clips that focus on key concepts:

- Elisabeth Kubler-Ross’s Stages of Grief and how our understanding of loss has changed since her work. Clip 17:31 – 18:58.
- Mary’s Story: Loss of husband, feelings of guilt, anger, sadness, and her coping mechanisms. Clip 4:06 – 14:40.
- Clare’s Story: Loss of child, feelings of desperation, self-medicating, and journaling for 10 years to help cope. Clip 24:19 – 36:07.
- Michael’s Story: Loss of wife, reflection on meaning of death and the choices we all have in responding to grief. Clip 37:05 – 47:36.
- “Tasks” in Mourning: How these tasks can empower a client to work through grief and reinvest in life. Clip 48:03 – 49:34.

Classroom Discussion

Here is an example question that might be used for in-class discussion.

For many people, the repetitious replaying of painful memories actually functions to modify the emotional response to the trauma, thus resulting in a gradual increase in tolerance for traumatic content. Do you think that with Mary, this is the case? (Clip 4:14 – 6:29).