



Indraprastha College for Women University of Delhi

Work Plan for ODD SEMESTER – 2026

Course Name:	B.A. (H) Psychology
Paper Title:	Bereavement, Grief and Healing
Unique Paper Code:	2113100025
Semester:	VII
Faculty:	Mr. Sanjay
Year:	2026

Work Plan			
Unit No.	Learning Objective	Lecture No.	Topics to be Covered
I	Unit-1 Loss and Bereavement	1	Definition of death
I		2	Perspectives on death
I		3	Death from Eastern perspectives
I		4	Death from Western perspectives
I		5	Karma theory and the cycle of life, death, and rebirth
I		6	Detachment (vairagya) in grieving
I		7	Acceptance (samarpan) and dharma in grieving
I		8	Religious understanding of death
I		9	Psychological perspectives on death: Freud, Jung, Tillich, and Bowlby
I		10	Clinical understanding of death
I		11	Psychological responses to death and death anxiety
I		12	Bereavement and review of Unit I
II	Unit- 2 Understanding Grief and Loss	13	Conceptualising grief: definitions, types, and triggers
II		14	Bio-psycho-social-spiritual aspects of grief

II		15	Theories of grief and mourning: stage models
II		16	Task-based models of grief and mourning
II		17	Constructivist perspectives on grief
II		18	Grief responses: emotional and cognitive responses
II		19	Pathological responses: Prolonged Grief Disorder and Complicated Grief
II		20	Review of Unit II: Understanding Grief and Loss
III	Unit-3 Cultural and Social Contexts of Grief	21	Cultural expressions of grief
III		22	Rituals and traditions of grief
III		23	Mourning practices across cultures
III		24	Social constructs of grief
III		25	Disenfranchised grief
III		26	Collective grief in the face of disasters
III		27	Collective grief in the face of pandemics
III		28	Spirituality and grief
III		29	Cultural and social perspectives on grief
III		30	Review of Unit III: Cultural and Social Contexts of Grief
IV	Unit-4 Healing Practices and Professional Interventions	31	Therapeutic approaches to grief
IV		32	Individual therapy: CBT and narrative therapy
IV		33	Individual therapy: existential therapy and crisis intervention
IV		34	Group interventions and community support systems
IV		35	Alternative healing modalities: faith healing and shamans
IV		36	Mindfulness as an alternative healing modality
IV		37	Ethics in grief work: boundaries and cultural sensitivity
IV		38	Trauma-informed care in grief work
IV		39	Post-traumatic growth

IV		40	Review of Unit IV: Healing Practices and Professional Interventions
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Unit	Contents/Syllabus
I	Loss and Bereavement: Definition of Death; Perspectives on Death—Eastern and Western perspectives; Karma theory and the cycle of life, death, and rebirth; concepts of detachment (vairagya), acceptance (samarpan), and dharma in grieving; religious understanding of death (Freud, Jung, Tillich, and Bowlby); clinical understanding of death; psychological responses to death (death anxiety); bereavement.
II	Understanding Grief and Loss: Conceptualising grief (definitions, types, and triggers); Bio-Psycho-Social-Spiritual aspects of grief; theories of grief and mourning (stage models, task-based models, and constructivist perspectives); grief responses (emotional and cognitive responses to grief, pathological responses—Prolonged Grief Disorder and Complicated Grief).
III	Cultural and Social Contexts of Grief: Cultural expressions of grief—rituals, traditions, and mourning practices across cultures; social constructs of grief—disenfranchised grief, collective grief in the face of disasters and pandemics, spirituality and grief.
IV	Healing Practices and Professional Interventions: Therapeutic approaches to grief (individual therapy—CBT, narrative therapy, existential therapy, crisis intervention); group interventions and community support systems; alternative healing modalities (faith healing, shamans and mindfulness); ethics in grief work (boundaries, cultural sensitivity, and trauma-informed care); post-traumatic growth.

S. No.	Name of Authors/Books/Publishers
1.	Benziman, G.; Kannai, R.; & Ahmad, A. (2012). "The Wounded Healer as Cultural Archetype." CLCWeb: Comparative Literature and Culture, 14(1).

2.	Bryant, C. D. (2003). Handbook of Death and Dying. SAGE Publications.
3.	Dalal, A. K. (2016). Cultural Psychology of Health in India: Well-being, Medicine and Traditional Health Care. Sage Publications.
4.	Feifel, H. (1959). The Meaning of Death. McGraw-Hill.
5.	Fong, B. Y. (2016). Death and Mastery: Psychoanalytic Drive Theory and the Subject of Late Capitalism. Columbia University Press.
6.	Greenspan, M. (2003). Healing through the Dark Emotions: The Wisdom of Grief, Fear, and Despair. Shambhala.
7.	Gross, R. (2018). The Psychology of Grief. Taylor & Francis Group.
8.	Yalom, I. D. (2008). Staring at the Sun. Wiley.
9.	Kübler-Ross, E. (2009). On Death and Dying: What the Dying Have to Teach Doctors, Nurses, Clergy and Their Own Families. Routledge.
10.	Neimeyer, R. A. (1994). Death Anxiety Handbook: Research, Instrumentation, and Application. Taylor & Francis.
11.	Neimeyer, R. A., Harris, D., Winokuer, H. R., & Thornton, G. F. (Eds.). (2022). Grief and Bereavement in Contemporary Society: Bridging Research and Practice. Routledge.
12.	Parkes, C. M., Laungani, P. D., & Young, B. (1997). Death and Bereavement Across Cultures. Routledge.
13.	Pentaris, P. (Ed.). (2021). Death, Grief and Loss in the Context of COVID-19. Routledge.
14.	Samuel, J. (2017). Grief Works: Stories of Life, Death and Surviving. Penguin.
15.	Zerubavel, N., & Wright, M. O. (2012). The Dilemma of the Wounded Healer. Psychotherapy, 49(4), 482–491.

Paper Components			
Credits	Lecture (L)	Tutorial (T)	Practical (P)
4	3	1	0
Practical component: NIL. Tutorial Component: 15 Hrs.			

S.No.	Component	Marking Scheme	Total Marks
1	Internal Assessment • Assignment • Class Test • Attendance	12+12+6	30

2	Continuous Assessment (Tutorial) • Tutorial activities • Attendance	20+15+5	40
3	Practical • NIL	NIL	NIL
4	End Semester Examination	90	90