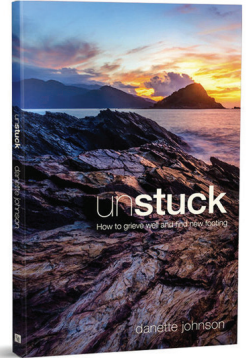


Unstuck

How to Love a Grieving Child

Workbook Instructions

This workbook is to be used in conjunction with the *Unstuck: How to Love a Grieving Child* video training curriculum. As you watch the video, use this resource to take notes and highlight information. In addition, this workbook is a resource tool for after the training. You will find additional information for topics mentioned in the video to add to the knowledge received in the video lecture. Throughout each lesson you will find a place for personal notes and at the end of each lesson a practical application, reflection section and a prayer and scripture.



History

Hope for Grieving Children - Africa was developed in 2006 in response to the observation that, despite having material and spiritual needs met, the orphans being cared for by many orphan organizations, were not thriving. The founder, Dr. Richard Matteson, on a visit to Zambia Africa, noted the stigma and abuse associated with the care of orphans. This led to the development of the “How to Love a Grieving Child” curriculum to improve the care received by orphans and vulnerable children. Since then, many pastors, social workers, caregivers, and teachers have attended this training, helping hundreds of thousands of orphans. In addition, participants within the training have found new hope and healing for their own lives and journeys.

Training Goals

The main goal of this training is to bring understanding. Caring for grieving children/individuals is rarely easy. It presents us with challenges we may never have faced before. This program is designed to help individuals understand why the challenges are so great and provide the information they need to meet the challenges effectively, with the end goal being healing and hope restored.

Training Outline

The lessons in this book correspond to the four video lectures.

Video Session 1: Defining Grief and its Symptoms

Video Session 2: Phases of Grief and What a Caregiver Can Do

Video Session 3: Effect of Grief on Development and How to Talk to Children

Video Session 4: The Mind and Grief, Effective Care Giving, and Ministry to Others

Additional materials include:

Video Session 5: Unstuck: Training-the-Trainer and a *Train-the-Trainer Manual* for those organizations wishing to go further with the training within their scope and reach.

“Unstuck: How to Grieve Well and Find New Footing” by Danette Johnson. This book is in an easy-to-read format exploring some of the psychological, scientific, and scriptural aspects to grief and loss. It brings understanding and practical application to any one ministering to those who are processing grief and loss; or for individuals who may be experiencing the same.