

Condition: Condition: The battalion/brigade/division/corps staff is conducting combat or preparing to conduct combat operations or is operating in a normal peacetime environment at a normal state of readiness. A Soldier or family member in your area of responsibility seeks individual pastoral counseling. The Chaplain has received: classroom instruction, handouts and role-play practical exercises. This task should not be trained in MOPP.

Standard: Standard: Demonstrate understanding of Pastoral Grief Counseling principles by participating in role-play counseling scenarios where the Chaplain accurately demonstrates the primary techniques and interventions associated with Pastoral Grief Counseling and completes the role-play practical exercise(s) with a score of 70% or higher.

Special Condition: None

Safety Level: Low

MOPP:

Task Statements

Cue: None

DANGER
None

WARNING
None

CAUTION
None

Remarks: None

Notes: None

Performance Steps

1. Define the terms used in Pastoral Grief Counseling.
 - a. Bereavement: Significant loss (such as death)
 - b. Grief: An emotional suffering caused by death or another form of bereavement. It is a process with a variety of thoughts, feelings, and behaviors.
 - c. Mourning: The outward expression of grief and bereavement.
2. Define Pastoral Counseling: a unique form of counseling which uses spiritual resources as well as psychological understanding for healing and growth.
3. Identify Pastoral Skills:
 - a. Prayer (if appropriate)
 - b. Active Listening (make eye contact, turn toward the counselee, take a position of being interested in what is said, make encouraging comments, recognize the verbal and nonverbal communication of the speaker)
 - c. Empathy (Listening to and acknowledging the feelings of the counselee)
 - d. Unconditional Positive Regard (Nonjudgmental acceptance)
 - e. Paraphrasing (Restate what the counselee says in your own words)
 - f. Summarizing (Give the "gist" of what the counselee is saying)
 - g. Open ended questions (Don't phrase questions so they can be answered with a simple "yes" or "know." Give the counselee an opportunity to speak)
4. Open the session with prayer, if appropriate.
5. Allow the counselee to share the grief experience.
6. Identify the type of grief the counselee is experiencing and may experience
 - a. Anticipatory: when emotional responses occur before the actual loss
 - b. Ambiguous: when uncertainty robs the grieving person of answers that would bring closure
 - c. Complicated: When feelings of loss are debilitating and don't improve even after time passes
7. Understand the Stages / Reactions of Grief the counselee may experience.
 - a. Denial (Shock, Numbness)
 - (1) Pastoral response: Simply be present;
 - (2) Don't talk too much or encourage decisions;
 - (3) "Mouth closed, Ears open, and non-anxious presence available."

b. Anger (Blame, Resentment):

(1) Pastoral response: Allow the counselee to express anger without being rushed. Tolerate, validate without judging, arguing, or retaliating.

(2) Don't judge or try to reason;

(3) When asked "Why?" the correct response is "I don't know."

(4) Target of Anger:

(a) Army

(b) God

(c) Family

(d) Helpers

(e) Self

c. Confusion (Disorganization): Inability to concentrate or complete a task.

(1) Pastoral Response: Reassure that this is normal. Listen patiently over and over again as the counselee talks about the deceased.

(2) Allow the crying and the talking to take its natural course.

d. Depression (Emptiness): Can't eat, sleep, or sleep too much, can't concentrate, in a daze, mourning unrealized hopes and dreams and expectations.

(1) Usually the longest stage; counselee may be "stuck"

(2) Pastoral response: Suggest, "I've heard that fear often accompanies a loss such as you have suffered. Are you experiencing that?" Allow counselee to respond with possible fears, if any, and their ideas to combat those fears

e. Relief (Release): Counselees feel a sense of being free from a burden (pain, responsibility), and perhaps guilt over feeling that way.

(1) Pastoral Response: Normalize

(2) Have counselee accept and embrace the limitations of being human, along with the strength to have loved, cared and mourned

f. Acceptance (Reorganization): Moving on with life on new terms

(1) Pastoral response: Normalize

(2) Encourage the ability to renew and rebound, spiritually and emotionally, in any circumstance

8. Identify the Type of Loss the Counselee is experiencing and may experience.

- a. Person (Death, Relationship)
 - b. Objects (Treasured possession, sentimental objects)
 - c. Aspect of Self (Role, Health)
 - d. Developmental Losses (Circumstance changes)
9. Recognize factors that influence grief of the counselee:
- a. The nature of the relationship with the person who died
 - b. The availability and helpfulness of support system
 - c. The unique characteristics of the bereaved person
 - d. The unique characteristics of the person who died
 - e. The nature of the death
 - f. The person's religious and cultural history
 - g. Other crisis or stresses in the person's life
 - h. Previous experience with death
10. Demonstrate appropriate caring responses to the counselee's grief.
- a. Make time
 - b. Create a safe place
 - c. Don't take their grief away
 - d. Let them lean on you
 - e. Encourage them to remember
 - f. Normalize
 - g. Express genuine interest
 - h. Don't promise what you can't deliver
 - i. Look for helpful words, songs, scriptures
 - j. Encourage not to make major decisions
 - k. Welcome widows/widowers
 - l. Talk about God

11. Reassure the counselee that you are available as needed.

12. Close the counseling session with prayer, if appropriate.

(Asterisks indicates a leader performance step.)

Evaluation Guidance: Tell students to complete practical exercise role play with 70% accuracy in the allotted amount of time (15 minutes) by applying principles of pastoral grief counseling to given scenario.

Evaluation Preparation: Ensure students have all practical exercises in a timely manner

PERFORMANCE MEASURES	GO	NO-GO	N/A
1. Defined the different terms used in Pastoral Grief Counseling.			
2. Defined Pastoral Counseling: a unique form of counseling which uses spiritual resources as well as psychological understanding for healing and growth.			
3. Identified Pastoral Skills			
4. Opened the session with prayer, if appropriate.			
5. Allowed the counselee to share the grief experience.			
6. Identified the type of grief the counselee is experiencing and may experience.			
7. Explained the Stages / Reactions of Grief the counselee may experience to the counselee.			
8. Identified the Type of Loss the Counselee is experiencing and may experience.			
9. Recognized factors that influence grief of the counselee.			
10. Demonstrated appropriate caring responses to the counselee's grief.			
11. Reassured the counselee of availability as needed.			
12. Closed the counseling session with prayer, if appropriate.			

Supporting Reference(s):

Step Number	Reference ID	Reference Name	Required	Primary
	AR 165-1	Army Chaplain Corps Activities	Yes	No
	AR 600-20	Army Command Policy (*RAR 001, 02/11/2009) (*RAR 002, 11/30/2009) (*RAR 003, 04/27/2010) (*RAR 004, 08/04/2011) (*RAR 005, 09/20/2012)	Yes	No
	DA PAM 165-3	Chaplain Training Strategy	Yes	No
	FM 1-05	Religious Support	Yes	No
	JOINT PUB 1-05	Religious Affairs in Joint Operations	Yes	No

Environment: Environmental protection is not just the law but the right thing to do. It is a continual process and starts with deliberate planning. Always be alert to ways to protect our environment during training and missions. In doing so, you will contribute to the sustainment of our training resources while protecting people and the environment from harmful effects. Refer to FM 3-34.5 Environmental Considerations and GTA 05-08-002 ENVIRONMENTAL-RELATED RISK ASSESSMENT.

Safety: In a training environment, leaders must perform a risk assessment in accordance with FM 5-19, Risk Management. Leaders will complete a DA Form 7566 COMPOSITE RISK MANAGEMENT WORKSHEET during the planning and completion of each task and sub-task by assessing mission, enemy, terrain and weather, troops and support available-time available and civil considerations, (METT-TC). Note: During MOPP training, leaders must ensure personnel are monitored for potential heat injury. Local policies and procedures must be followed during times of increased heat category in order to avoid heat related injury. Consider the MOPP work/rest cycles and water replacement guidelines IAW FM 3-11.4, Multiservice Tactics, Techniques, and Procedures for Nuclear, Biological, and Chemical (NBC) Protection, FM 3-11.5, Multiservice Tactics, Techniques, and Procedures for Chemical, Biological, Radiological, and Nuclear Decontamination.

Prerequisite Individual Tasks : None

Supporting Individual Tasks : None

Supported Individual Tasks : None

Supported Collective Tasks :

Task Number	Title	Proponent	Status
16-5-2001	Perform Religious Crisis Response	16 - Chaplain (Collective)	Approved