Project: The Five Stages of Grief Booklet

Due:

In the late 1960s, inspired by her work with terminally ill patients, Swiss psychologist Elizabeth Kubler-Ross created a five-stage model on coping with grief. Those five stages – denial, anger, bargaining, depression, and finally acceptance – are experienced by anyone suffering from a sense of loss.

Directions: Your assignment here is to identify and illustrate – either in booklet or PowerPoint format – the five stages as they relate to a real-world situation. Examples might include: a break up with a girl/boyfriend, a good friend moving away, losing a loved one, not getting into the college of your choice, your favorite team losing the Super Bowl, etc. Included here are a few websites which will help with the identifying process. The Wikipedia site, in fact, examines specific situations (divorce, substance abuse) <https://grief.com/the-five-stages-of-grief/>, <https://en.wikipedia.org/wiki/K%C3%BCbler-Ross_model>, <http://psychcentral.com/lib/the-5-stages-of-loss-and-grief/>

Required: Essentially, what you need for this mini-project is to create a 10-page booklet/PowerPoint, devoting two pages to each stage. First, identify the stage, providing a detailed description of what each represents in the grieving process. Then, apply it to a situation (the more personal, the better), explaining how each stage relates, and finally illustrating it in some way.

Note: This doesn’t have to be a complicated task, but I do hope it is a meaningful one. As noted above, it is due on - without fail.