



April 8, 2020

--- Media Advisory ---

--- King's Thanatology Professor discusses having a "Good Goodbye" during the COVID-19 Pandemic ---

London, Ontario – Dr. Carrie Arnold, Assistant Professor of Thanatology at King's University College, has recorded a video discussing how many students may be feeling a sense of grief at the non-traditional end of the school year.

This is a time when many expected to be coming together to celebrate with family, friends and classmates but instead all are having to self-isolate and quarantine. Dr. Arnold explains many people can undergo a grief response even after a non-death loss but assures viewers this is a typical response.

As part of the video, she also makes suggestions on how to have a "Good Goodbye":

- Gather virtually with family, friends, staff and faculty to celebrate your achievements
- Contact via email those who made a difference to you

"Be creative, connect with us, and be sure to celebrate," says Dr. Arnold.

The video can be seen at:

- <https://www.youtube.com/watch?v=8ATujcdEeM>
- <https://www.instagram.com/tv/B-saSieg-1b/>
- <https://www.facebook.com/kingsatwestern/videos/631916124323774/>

### **About Dr. Carrie Arnold**

Dr. Carrie Arnold is an Assistant Professor of Thanatology at King's University College. Dr. Arnold was the 2018 recipient of the King's Part-Time Faculty Award for Excellence in Teaching and has since been appointed to full-time faculty in Thanatology.

She holds a Ph.D. Psychology from Saybrook University, Oakland, California and an M.Ed. Counselling and a B.A. (Hons) Psychology from Western University.

Dr. Arnold teaches the following classes at King's:

- Thanatology 2232: Children and Death
- Thanatology 2605: Creative Responses to Grief and Loss
- Thanatology 3321: Grief Counselling and Support
- Thanatology 3322: Diversity and Social Justice Issues in Thanatology

Learn more about Dr. Carrie Arnold at [www.kings.uwo.ca/academics/faculty-info/member-profile/?doaction=getProfile&id=carnold](http://www.kings.uwo.ca/academics/faculty-info/member-profile/?doaction=getProfile&id=carnold)

### **About Thanatology**

As part of Interdisciplinary Programs at King's, the Thanatology program and certificate offers a wide variety of courses including an overview of bereavement and grief, ethical issues, palliative care, suicide,

children and death, spiritual and philosophical issues, change and transition, popular culture, grief and trauma, and diversity and social justice. In addition, the undergraduate program offers a practicum course which includes a 45-hour field placement, and a grief counselling course which involves experiential learning of basic counselling skills

King's University College has had an effective Death Education Program since 1976. More than 4,000 students have taken our university courses in Death and Bereavement. A certificate program in Grief and Bereavement Studies was started in 1994, most of the courses are now available by distance (e-mail) education.

In cooperation with the University of Western Ontario, Centre for Continuing Studies, we have developed a Certificate Program in Grief and Bereavement Studies. There are fewer than 10 such programs in North America.

Learn more about Thanatology at King's at [www.kings.uwo.ca/academics/thanatology/](http://www.kings.uwo.ca/academics/thanatology/).

### **About King's University College**

King's is a public Catholic University College which provides general and honors degree programs in the liberal arts, social sciences, management, and a master's degree in social work. It is positioned in the top rank of institutions of higher learning in Canada for the high quality of its teaching faculty and student experience. Institutionally autonomous, King's is academically affiliated with Western University, and King's graduates receive a Western University degree. King's is open to students of all faith backgrounds, with its community centred on the values of social justice, equality and the education of the whole person.

Learn more about King's University College at [www.kings.uwo.ca](http://www.kings.uwo.ca)

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