The Five Widows Club

COURSE-USE FOR ACADEMIC PROGRAMS

A NARRATIVE-BASED RESOURCE SUPPORTING GRIEF LITERACY, REFLECTIVE PRACTICE, AND ETHICAL CARE

by Dr. Tina R. Fornwald

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Purpose of This Resource

This document is designed to assist faculty in evaluating The Five Widows Club for course adoption, recommended reading, cohort use, or campus programming. The book is narrative-based and intended to complement—not replace—traditional academic texts.

Brief Book Description

The Five Widows Club explores grief, identity, and meaning-making through story rather than diagnosis. Centered on diverse lived experiences, the book invites readers to engage grief as a relational and human process shaped by culture, gender, and community.

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Academic Applications

Applicable Disciplines

- Psychology
- Social Work (BSW / MSW)
- Counseling & Clinical Mental Health
- Human Services
- Nursing & Allied Health
- Pastoral Care & Theology
- Sociology
- Women's & Gender Studies
- Military & Veteran Studies
- Education & Student Affairs

Use Cases

- Required or recommended course text
- Supplemental reading alongside theory
- Practicum or cohort reflection
- Faculty- or staff-led discussion
- Campus-wide programming companion

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Learning Outcomes Supported

These learning outcomes support reflective, discussion-based instruction across helping and human-centered disciplines.

- Examine diverse grief responses beyond linear stage models
- Understand gendered, cultural, and social expectations around loss
- Develop empathy and narrative competence through story
- Reflect on professional boundaries, self-care, and vicarious grief
- Explore grief as a lived human experience rather than a diagnosis
- Strengthen reflective and discussion-based learning skills

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Instructional Use Options

Suggested Formats

- Individual reading with reflection paper
- Small-group discussion or seminar
- Integrated module within a larger course
- Guest lecture or facilitated conversation

Assessment Alignment

- Reflective writing
- Discussion participation
- Application-based analysis
- Narrative response assignments

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About The Author

Dr. Tina R. Fornwald is the founder of Widowhood Real Talk with Tina, a global nonprofit supporting individuals navigating grief and loss. Her work integrates lived experience, narrative inquiry, and trauma-informed community engagement.

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Faculty Support Available

- Complimentary desk copies
- Discipline-specific discussion guides
- Guest lectures or workshops
- Bulk adoption pricing

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Thank You

To request a desk copy, discuss curriculum use, or invite Dr. Fornwald to speak, please contact: tina@tinafornwald.com

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