

Grief and Loss

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**BEFORE
WE
BEGIN**

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Objectives For the Day

- ▶ What is Grief?
- ▶ Working with Youth and Grief

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Grief is change we
didn't want

– David Kessler

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I'm the Only one

GRIEF IS ISOLATING, NO ONE UNDERSTANDS WHAT I AM GOING THROUGH –

“GRIEF IS ALWAYS WITH ME, IT'S LIKE A TIGER SITTING NEXT TO ME, ALWAYS THERE, AND UNCLEAR WHEN IT WILL POUNCE” – STEPHEN COLBERT

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The Different Types of Grief

Anticipatory grief

Masked grief

Isenfranchised grief

Delayed grief

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Anticipatory
Grief

Anticipatory Grief:
**GRIEVING A LOSS
BEFORE IT
HAPPENS**

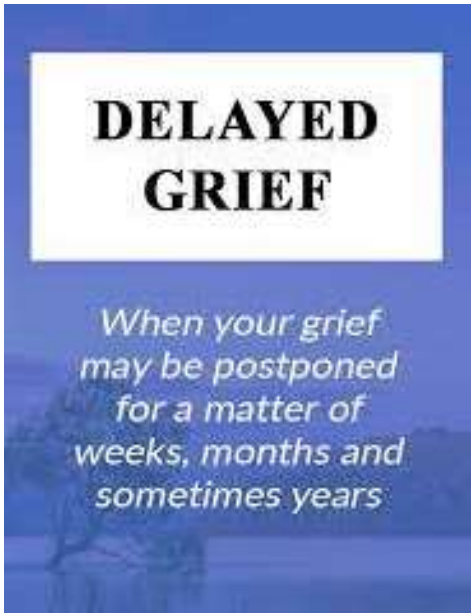


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Delayed
Grief

**DELAYED
GRIEF**

*When your grief
may be postponed
for a matter of
weeks, months and
sometimes years*



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Traumatic Grief

TRAUMATIC GRIEF

The grief that you feel after the sudden or unexpected loss of a loved one.

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Persistent Complex Bereavement Related Disorder

ICD-11 Prolonged Grief Disorder	DSM-5 Persistent Complex Bereavement-Related Disorder
A. Death of a close other B. Yearning for the deceased daily or to a disabling degree C. Five or more of the following daily or to a disabling degree: 1. Confusion about one's role in life or diminished sense of self 2. Difficulty accepting the loss 3. Avoidance of reminders of the reality of the loss 4. Inability to trust others since the loss 5. Bitterness or anger related to the loss 6. Difficulty moving on with life (e.g., making new friends, pursuing interests) 7. Emotional numbness since the loss 8. Feeling that life is unfulfilling, empty, or meaningless since the loss 9. Feeling stunned, dazed, or shocked by the loss D. At least 6 months have passed since the death E. The disturbance causes clinically significant impairment in social, occupational, or other important areas of functioning F. The disturbance is not better accounted for by major depressive disorder, generalized anxiety disorder, or posttraumatic stress disorder.	A. Death of a close other B. Since the death, at least one of the following on most days to a clinically significant degree for at least 12 months after the death: 1. Persistent yearning for the deceased 2. Intense sorrow and emotional pain in response to the death 3. Preoccupation with the deceased 4. Preoccupation with the circumstances of the death C. Since the death, at least six of the following on most days to a clinically significant degree for at least 12 months after the death: 1. Marked difficulty accepting the death 2. Disbelief or emotional numbness over the loss 3. Difficulty with positive reminiscing about the deceased 4. Bitterness or anger related to the loss 5. Maladaptive appraisals about oneself in relation to the deceased or the death (e.g., self-blame) 6. Excessive avoidance of reminders of the loss 7. A desire to die to be with the deceased 8. Difficulty trusting other people since the death 9. Feeling alone or detached from other people since the death 10. Feeling that life is meaningless or empty without the deceased or the belief that one cannot function without the deceased 11. Confusion about one's role in life or a diminished sense of one's identity 12. Difficulty or reluctance to pursue interests or to plan for the future (e.g., friendships, activities) since the loss D. The disturbance causes clinically significant distress or impairment in social, occupational, or other important areas of functioning E. The bereavement reaction must be out of proportion or inconsistent with cultural or religious norms

Note. Proposed criteria for ICD-11 PGD are from Prigerson et al. (2009), referenced in Maercker et al. (2013). Criteria for DSM-5 PCBD are from the American Psychiatric Association (2013).

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Disenfranchised Grief

DISENFRANCHISED GRIEF

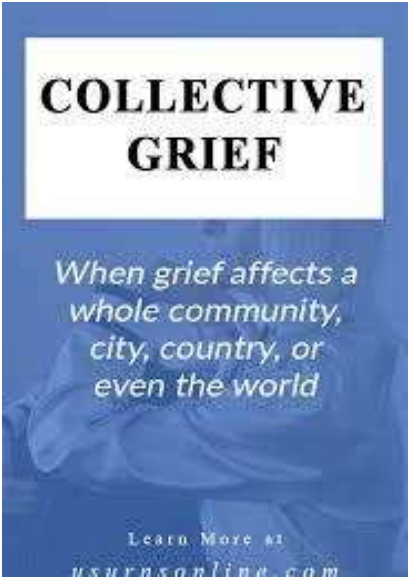
*Deep grief you feel
over the loss of a
relationship that is
outside the typical
family structure or
other recognized
relationships.*

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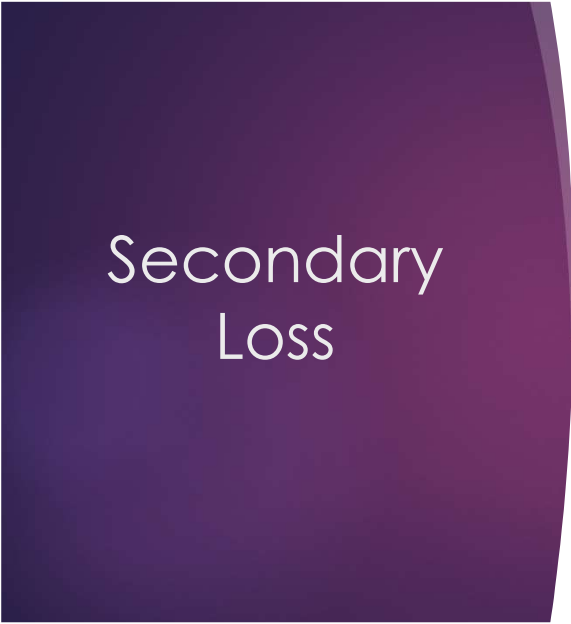
Ambiguous Grief

Ambiguous grief differs
from typical grief,
because our loved one
has not died, but rather
he/she is now absent
from our life in the way
we had grown
accustomed to.

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- Loss of Relationship
- Loss of Hopes and Dreams and Expectations
- Loss of Spiritual Connection or Support
- Loss of Role
- Loss of Material Things/Financial Stability

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What Can This Look Like in the youth?

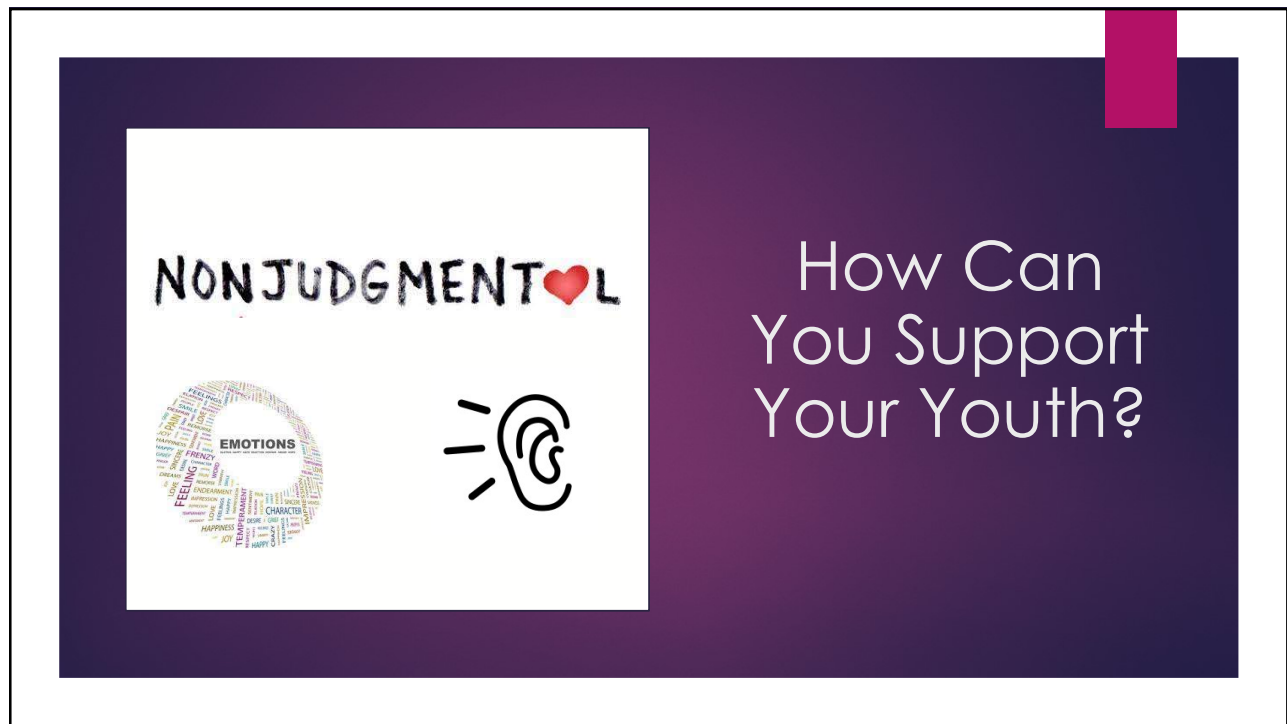


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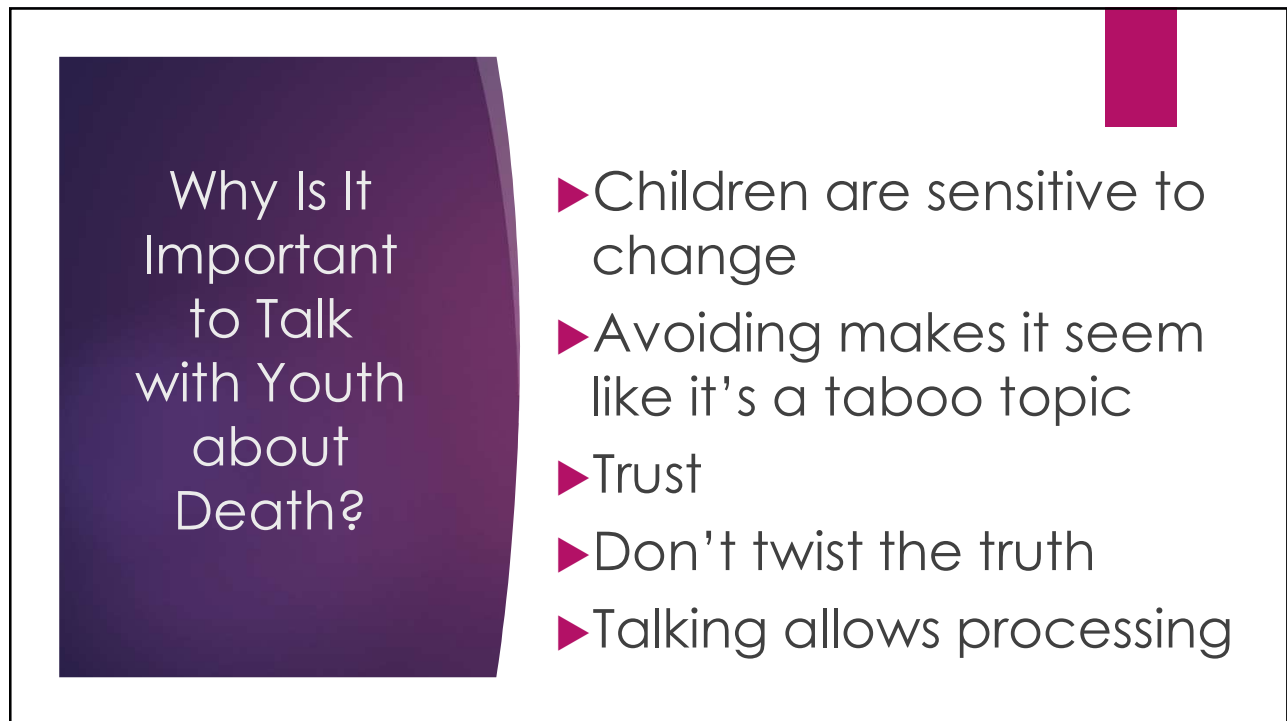
Working With Youth on Grief



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Tips for having the convo with kids

- ▶ Prepare yourself first
- ▶ Ask the child what they already know.
- ▶ Give honest brief explanations
- ▶ Answer questions honestly
- ▶ Validate feelings
- ▶ Invite dialogue

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Tips for having the convo with kids

- ▶ Don't be afraid to show emotion
- ▶ Put words to emotions
- ▶ Alleviate guilt
- ▶ Alleviate fears
- ▶ Ask what they are thinking about

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What Supportive Words Look Like

I can see how upsetting this is.
I know this is very very hard
Whatever you are feeling is okay
How do you feel about what I just told you?
What do you worry about happening next?
What has been most difficult for you so far?

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Supporting Ambivalent Feelings

- ▶ Normalize as the grief process
- ▶ Talk about both negative and positive memories
- ▶ Address idealizing the deceased (not needed)

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Ambivalence Game

What I Did Not Like

- ▶ What were things my special person did that bothered or upset me.
- ▶ A mistake my special person made
- ▶ Sad/upsetting memories of my special person...

What I Liked

- ▶ Things my special person did that made me happy...
- ▶ Something my special person taught me....
- ▶ Happy memories of my special person are...

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Effective Techniques



Linking Objects



Two Chair



Symbolic Objects



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Write a Goodbye Letter

Dear _____,

I remember a time we _____

It was fun when _____

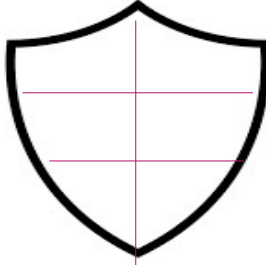
I wish we _____

I feel _____

I hope _____

Thank you for _____

sign _____



Memory Shield

1. Sometimes I _____
2. I am like _____
3. My favorite activity together was...
4. I feel _____
5. We laughed when _____
6. In wonder _____

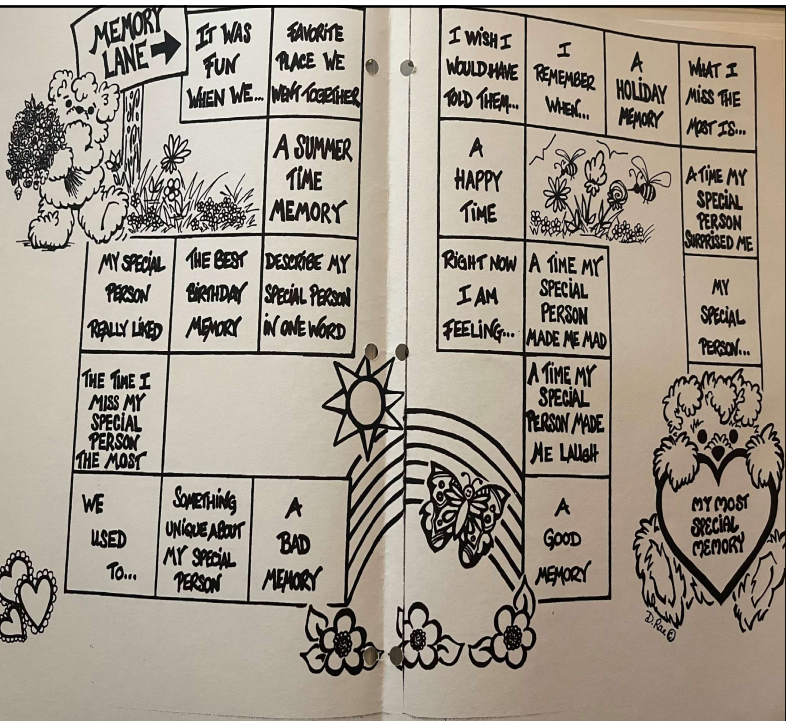
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MEMORY LANE

YOU WILL NEED: crayons/markers/colored pencils
a die or spinner
bingo chips/coins/ or other items
for playing pieces

HOW TO PLAY:

1. Color the game board on the next page.
2. Roll the die and move your piece.
3. Read the square aloud.
4. Share your answer with the other players.
5. Let someone else take a turn.
6. Continue taking turns so that you make your way down memory lane.
7. The first person to land on the bear, my SPECIAL PERSON, is the winner. As the heart says, share your most special memory. In order to do this you must roll the exact number. If you do not roll the exact number, you must go back one space and repeat steps 3-5.



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