

the
academy
for community
behavioral health

Understanding Grief and Loss: What to Expect

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Class 1

- Introductions
- Overview of the course/ expectations
- Setting the frame
 - Defining common terms
 - What types of losses will we discuss?
- Myths about grief
- Speaking Grief: A Documentary
- Challenges in providing support: A discussion

Class 2

Grief: Getting a lay of the land

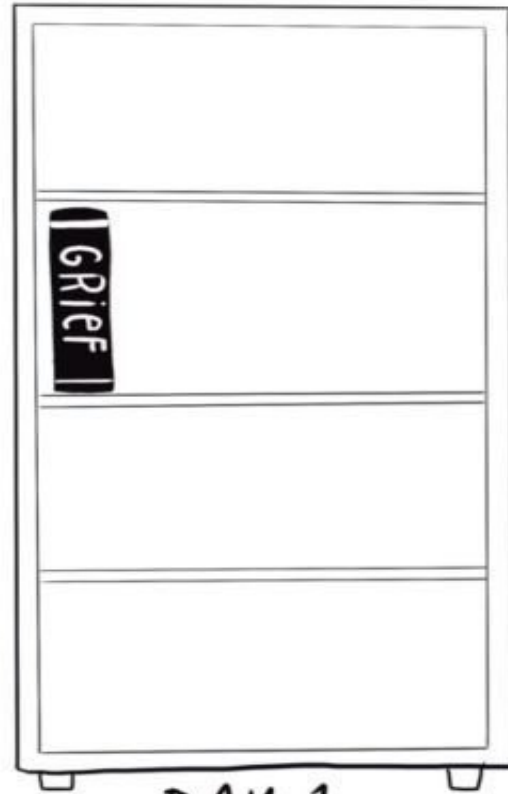


Overview of the Course

- Class 2:
- Grief: Getting a lay of the land
 - What happens when we grieve?
 - Healing is no longer letting go: Continuing bonds and contemporary approaches to grief
 - Acute versus integrated grief
 - Dual-process model
 - Typical courses of grief: Resilience, Recovery, Prolonged Grief
 - The attachment model of grief .
 - What needs to happen to heal from grief? How can this go wrong?

THE EVOLUTION OF GRIEF

cherie altea



DAY 1



DAY 1.843

Overview of the Course

- Class 3:
- Identifying when a Bereaved Person Needs More Support
 - Complicated/Prolonged Grief
 - Description
 - Risk Factors
 - Prevalence
 - How grief goes off course
 - Prolonged grief disorder versus depression versus PTSD
 - Assessing for suicide risk in bereaved individuals
 - Treatment of and resources for complicated grief



When Grief Goes off Course

CLASS 4: PROVIDING SUPPORT TO BEREAVED INDIVIDUALS, THE NUTS AND BOLTS



Overview of the Course

- Class 4:
- Providing Support to Bereaved Individuals: The Nuts and Bolts
 - Psychoeducation
 - The “Dos” and “Don’ts” of providing emotional support
 - ❖ Presence and attention (the cell-phone exercise)
 - ❖ Reflection and validation (role-plays)
 - ❖ Inviting in the story: asking about the deceased
 - What makes providing emotional support so hard?
 - ❖ Terror Management Theory
 - What types of material support do the bereaved needs?
 - Connecting the bereaved to social support and navigating blocks
 - Grief narratives
 - Community resources

How we can discourage expressions of emotion:

Changing the subject

Actively shutting down the topic:
"You already told me that."

Positive reframing:
"He's in a better place."

Problem solving:
"You should start dating again."

Advice giving:
"Why don't you get a dog so you feel less alone?"

Trying to change the feelings of the bereaved: "Focus on the good years"

Class 5: Special Topics in Grief



Overview of the Course:

- Class 5:
- Special Topics in Grief
 - Complicated Spiritual Grief
 - Grief in children and adolescents
 - Grief in BIPOC communities
 - Grief due to suicide completion & overdose

Nearly 48,000 die by suicide in the US annually



What goes through children's minds after a loss?

Signs that a child is having trouble with grief?



Overview of the Course

- Class 6:
- Supporting the Community, Supporting Ourselves
 - Creating grief support groups
 - Organizational responses to employee grief
 - Personal experiences with loss:
 - ❖ How have they impacted our attempts to support others?
 - Coping with the stressors of supporting the bereaved
 - ❖ Developing stress-resilience

Common Group Structures

- Facilitator
- Topics/ psychoeducational component
- Often integrated with check-ins/open discussions.
- Ground rules

Wolfelt, A. (2004). *Understanding Your Grief: Starting and Leading a Bereavement Support Group*. Companion Press



Supporting Bereaved Employees as Co-workers, Managers, and Organizations

How do we support people who are grieving at work?



Caring for ourselves while we care for others

Burnout related to caring for others and trauma exposure



Who is this class best for?



Managers, direct care workers, clinicians



May be of particular benefit for organizations that provide support to the bereaved.



We attempt to build a community as we meet online, and ask for participants to keep cameras on.

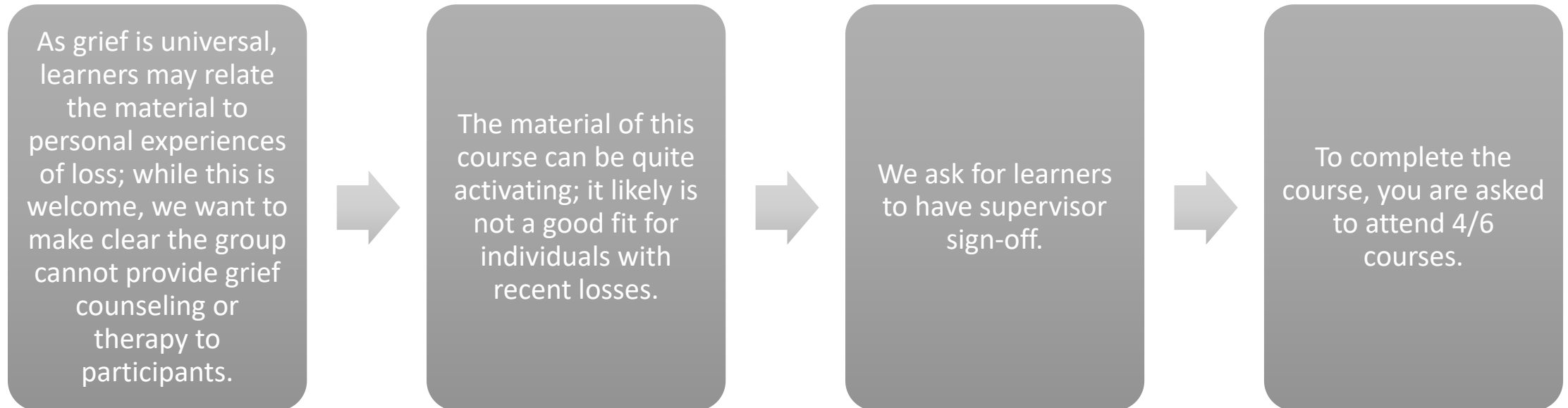


We try to make the class as participatory and active as possible.



Role-plays and discussion will be part of the learning

Who is this class best for?



The Train the Trainers Pathway

The Academy will be offering a learning pathway for social service providers who are interested in deepening their expertise in providing grief support. The learning pathway will involve completion of the following courses:

- Understanding Grief and Loss (Multi-Session)
- Principles of Grief Support (Multi-Session; completion of Understanding Grief and Loss is a pre-requisite)
- Two single session grief and loss courses through the Academy

We will share more information soon!



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