

A JOURNEY THROUGH GRIEF



PRESENTED BY:



**ALLYSON ENGLAND DRAKE, M.ED., CT
FOUNDER/EXECUTIVE DIRECTOR**



Full Circle Grief Center



**Our mission is to provide comprehensive,
professional grief support to children,
families, and communities.**

www.fullcirclegc.org
804.912.2947

**Support Groups
Individual Counseling Services
Educational Programs**



"Healing from grief is not the process of forgetting, it is the process of remembering with less pain and more joy."



Definitions



Grief

Reaction to a loss, encompassing thoughts and feelings, as well as physical, behavioral, and spiritual resources

Mourning

Process by which a bereaved person integrates a loss into her ongoing life, as influenced by social and cultural norms for expressing grief

Bereavement

State of loss when someone close to you has died. The condition of having been deprived of something or someone valued, especially through death

Grief:

*deep and painful emotions experienced
because of a loss*



REMEMBER....

- **GRIEF IS DIFFERENT FOR EVERYONE.**
- **GRIEF IS A HIGH STRESSOR.**
- **GRIEF TAKES A LONG TIME.**
- **GRIEF IS AN EMOTIONAL ROLLER COASTER.**
- **GRIEF RETURNS ON HOLIDAYS, ANNIVERSARIES, BIRTHDAYS, AND SPECIAL EVENTS.**



“NORMAL GRIEF”



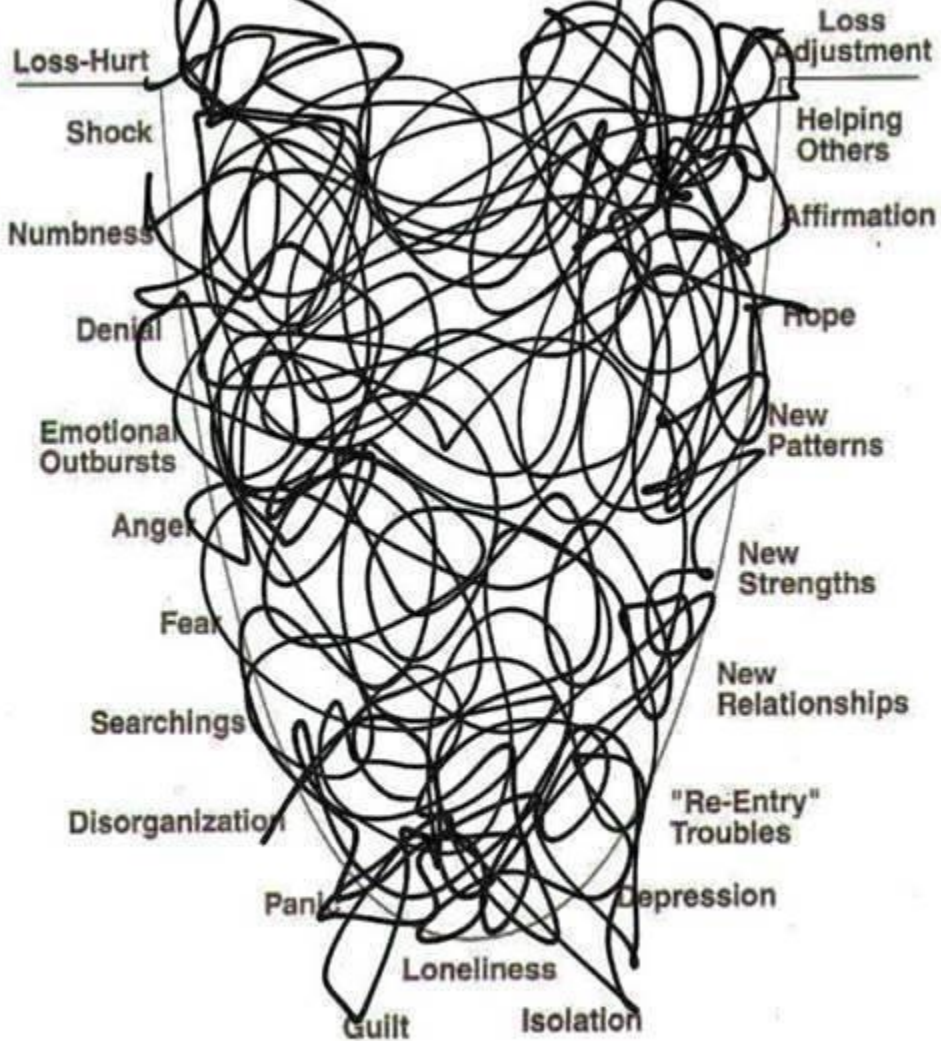
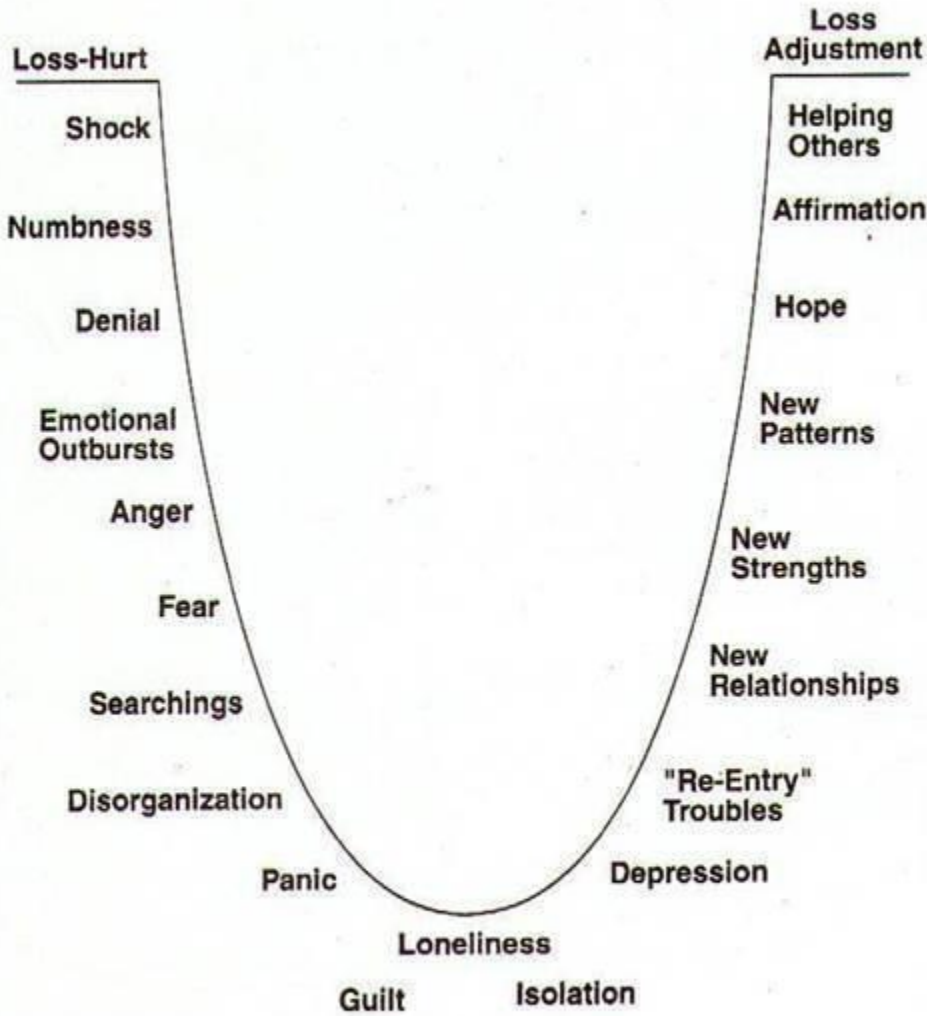
Sadness
Fear/Worry
Anxiety
Anger
Shame
Guilt
Depression
Withdrawal
Indifference/Numbness
Shock
Despair
“Going through the motions”
Not being able to talk about the person/death
Feeling helpless and powerless
Afraid to be alone
Withdrawal from others
Difficulty concentrating
Sleeping issues, nightmares
“Who is going to die next?”
Physical symptoms/changes
Disorganization
Racing thoughts
Wanting to share/talk about story/memories

Manifestations of Grief

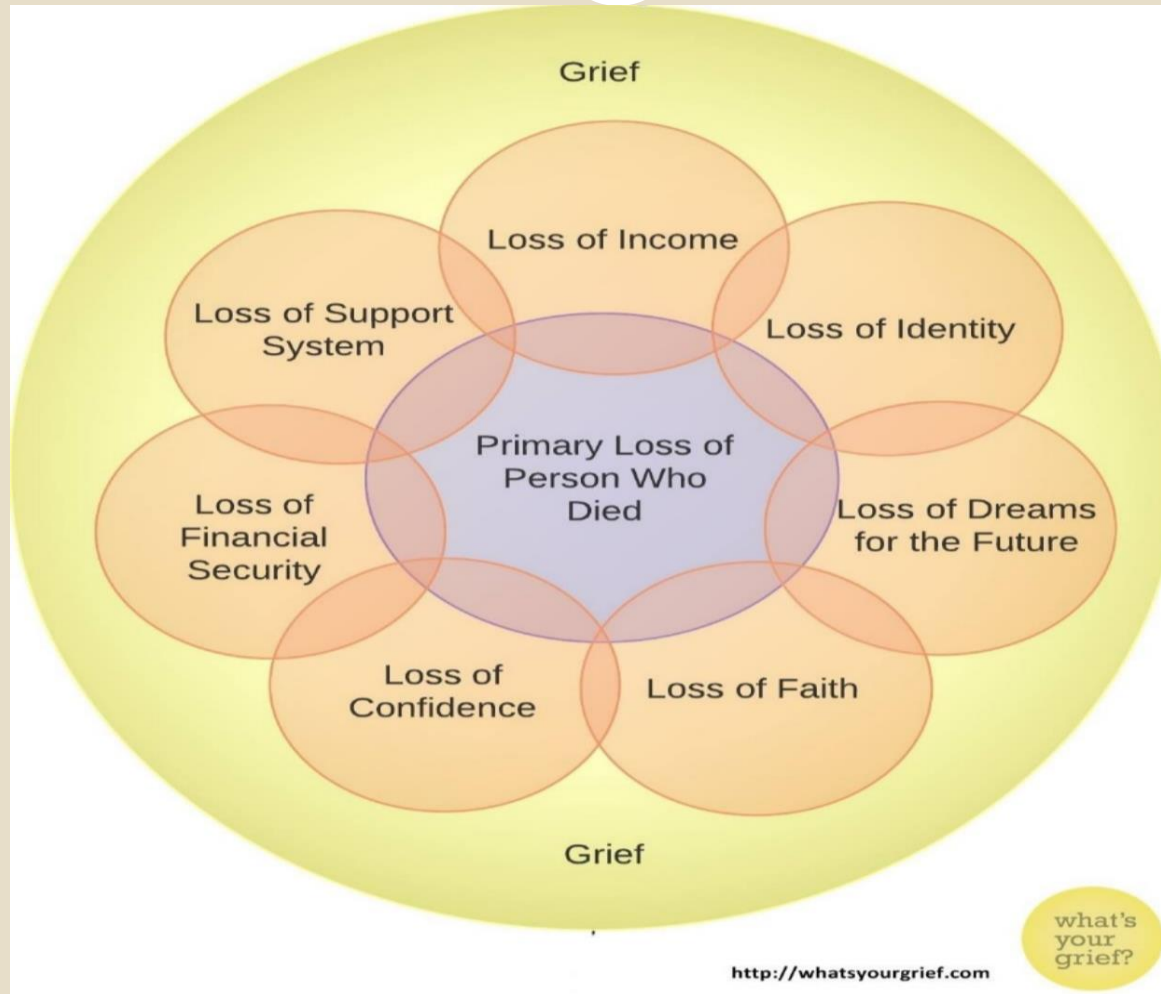
Physical	Cognitive	Emotional	Behavioral
<ul style="list-style-type: none">-Headaches-Dizziness-Exhaustion-Muscular aches-Sexual impotency-Loss of appetite-Insomnia-Feelings of hollowness-Breathlessness-Tremors-Shakes-Oversensitivity to noise	<ul style="list-style-type: none">- Sense of depersonalization- sense of disbelief-confusion-idealization of the deceased-search for meaning of life and death-dreams of the deceasedpreoccupation with image of deceased-fleeting visual, tactile, olfactory, auditory, hallucinatory experiences	<ul style="list-style-type: none">-anger-guilt-anxiety-sense of helplessness-sadness-shock-yearning-numbness-self-blame-relief	<ul style="list-style-type: none">-impaired work performance-crying-withdrawal-avoiding reminders of the deceased-seeking or carrying reminders of the deceased-over reacting-changed relationships

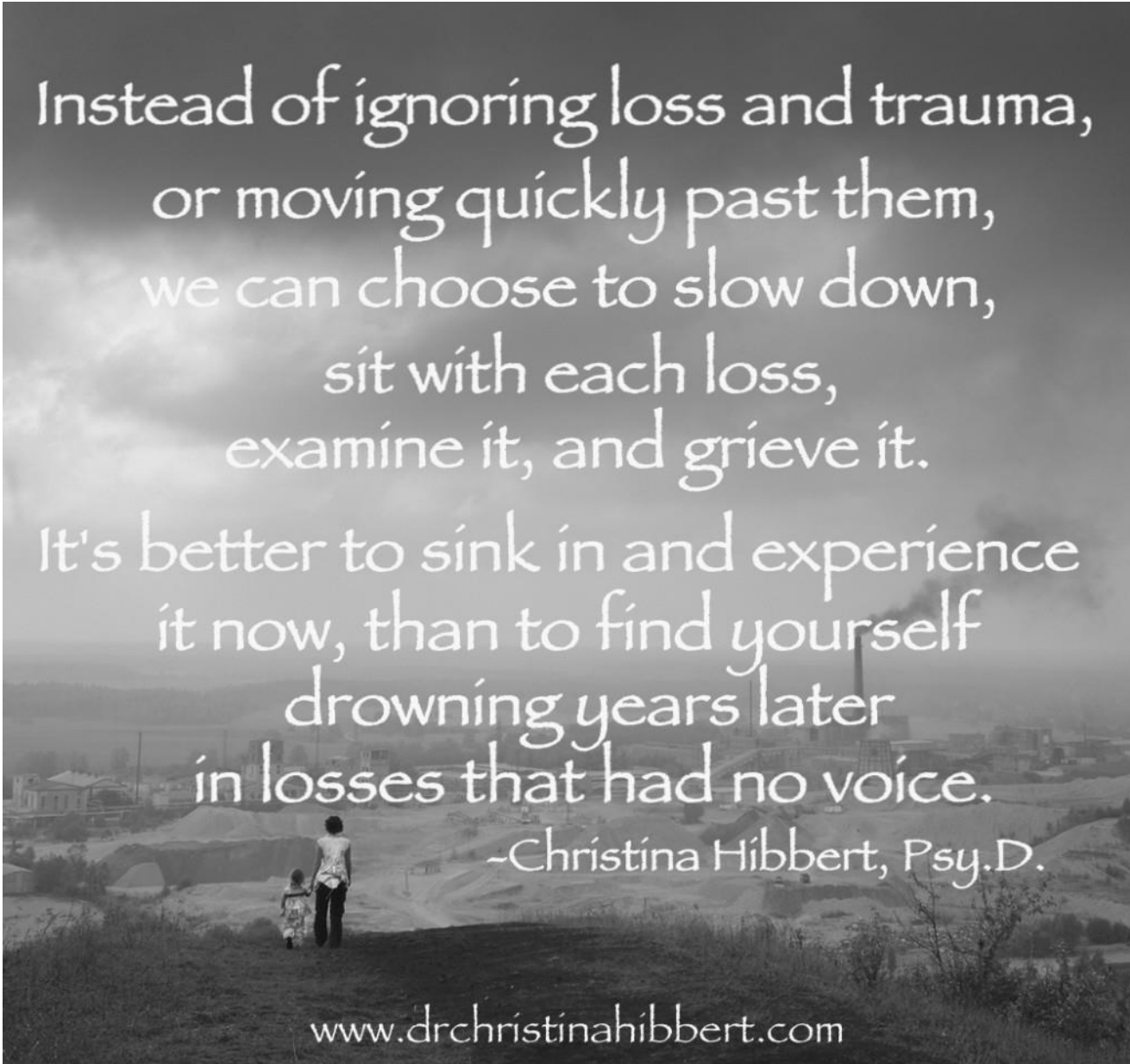
STAGES OF GRIEF

My experience



Secondary Losses





Instead of ignoring loss and trauma,
or moving quickly past them,
we can choose to slow down,
sit with each loss,
examine it, and grieve it.

It's better to sink in and experience
it now, than to find yourself
drowning years later
in losses that had no voice.

-Christina Hibbert, Psy.D.

www.drchristinahibbert.com

Tasks of Grief

by Dr. William Worden



- **ACCEPT THE REALITY**
- **EXPERIENCE THE PAIN OF GRIEF**
- **ADJUST TO THE ENVIRONMENT WITH THE DECEASED MISSING**
- **FIND A WAY TO MAINTAIN A CONNECTION TO THE PERSON WHO DIED WHILE EMBARKING ON A NEW NORMAL.**

Protective Factors



- Strong Support System
- Healthy Coping Skills
- Meaning Making
- Remembrances/Rituals
- Spiritual Foundation, Meditation Practice, Mindfulness

Families and Grief



Death in the family = Multiple losses in:

Family relationships

Functional roles

The family unit

Hopes/dreams for all that might have been

A Child's Grief



- No two children grieve alike.
- Children often show, rather than speak about their grief.
- Children grieve in doses and spurts.
- Some adults don't think a child's grief is real or important.
- Children are quick to blame themselves.
- Children are sensitive about being different.
- Children may sacrifice their own needs.
- If a child experiences the death of one parent, then may be afraid that the other one will die as well.



Resilient Children

- Socially active
- High self-esteem
- Fewer daily changes
- Feel safer
- Consistent discipline
- Prepared for funeral
- Highly connected to loved one
- Parent is functioning well

Approaches to Dealing with Grief and Loss



- Support Groups/Retreats, Workshops
- Counseling
- Ritual/symbols
- Art and music
- Movement and dance
- Writing, poetry, journaling, letter writing
- Kindness, volunteering, meaningful work
- Breathing
- Animal therapy
- Quilting, memory boxes
- Integrative medicine
- Exercise
- Altars and sacred spaces
- Document review (medical records, articles, police reports, mementos)
- Gifting/remembering acts

Grieving During COVID-19 Pandemic



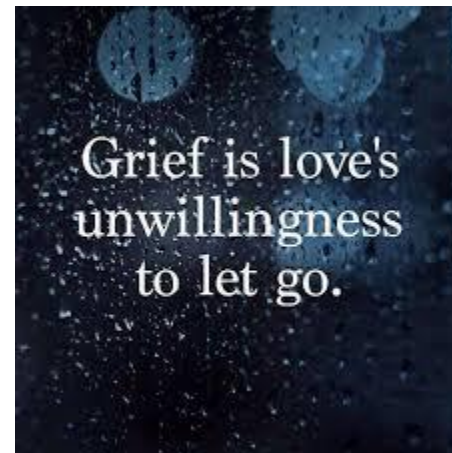
- Many Types of Loss/Grief Experiences
- Impact of Isolation
- Dying Alone
- Lack of Funeral/Rituals
- Media
- Stigma
- Coping with Death on the Frontlines
- Families Grieving Alone – no ability for others to support and witness their grief

Questions



“Grief is
the price
we pay for
love.”

Queen Elizabeth II



“Grief is **NOT** a disorder,
a disease or sign of weakness.

It is an emotional, physical and spiritual
necessity, the price you pay
for love 

The only cure for grief is to
grieve” -- Earl Grollman

 unspokengrief.com

Final Thought



**“WHEN YOUR FEAR TOUCHES SOMEONE’S
PAIN, IT BECOMES PITY.
WHEN YOUR LOVE TOUCHES SOMEONE’S
PAIN, IT BECOME COMPASSION.”**

– STEPHEN LEVINE

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