

Facilitating Grief Support:

Grief Basics and Support Group Development

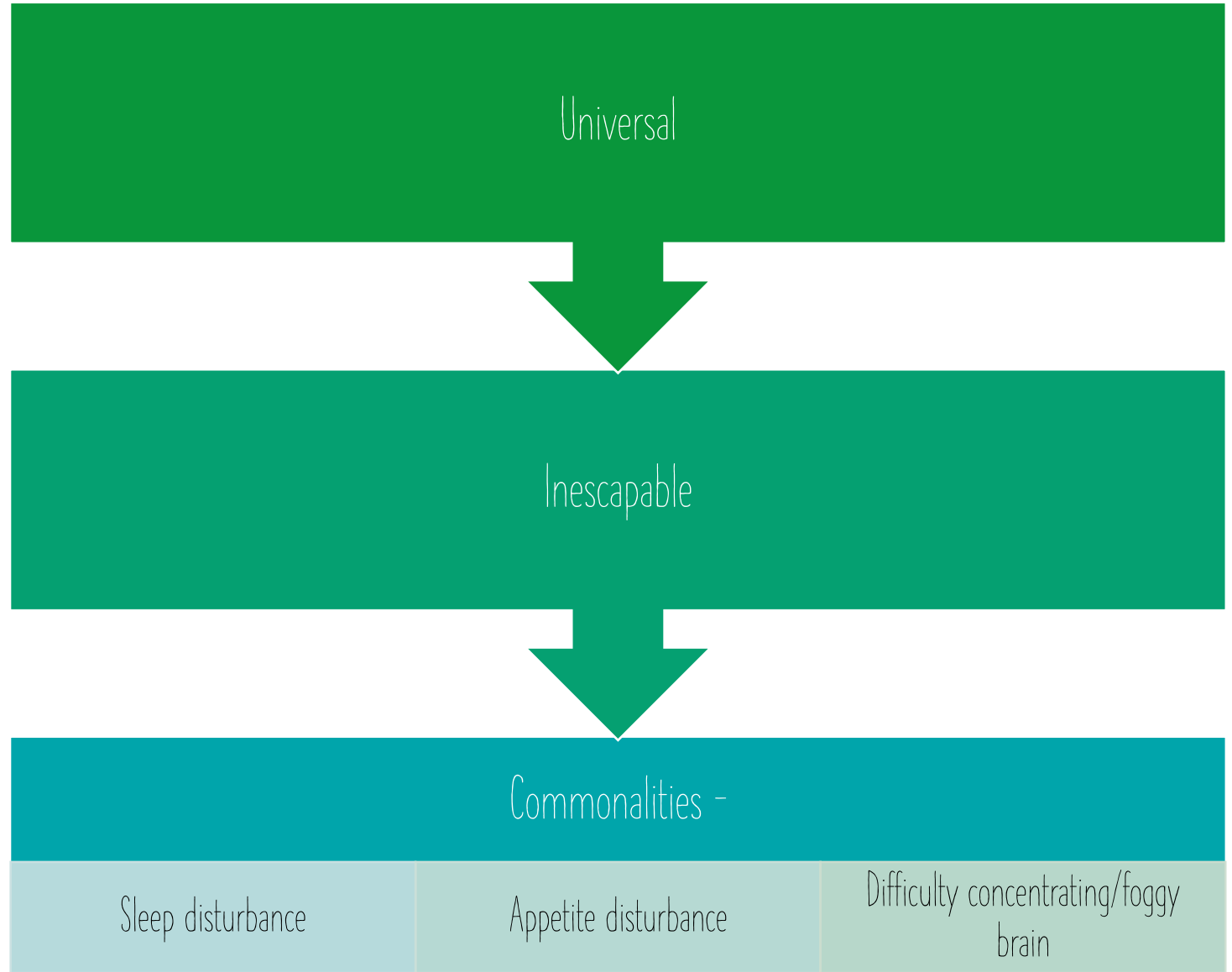
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Outcomes/Agenda

- Describe modern grief theory
- Describe the planning process for group formation
- Establish a means of working with grieving adults
- Begin a practice of facilitator self-care



What do
we know
about
grief?



Review of current grief theory:

Historical and Current



Early Contributions

Elizabeth Kubler-Ross

On Death and Dying (1969)

Stage Theory



Dual Process Model – Stroebe and Schut –

- ▶ Loss-oriented
- ▶ Restoration-oriented
- ▶ Oscillation



Four Tasks of Grieving – J. W. Worden

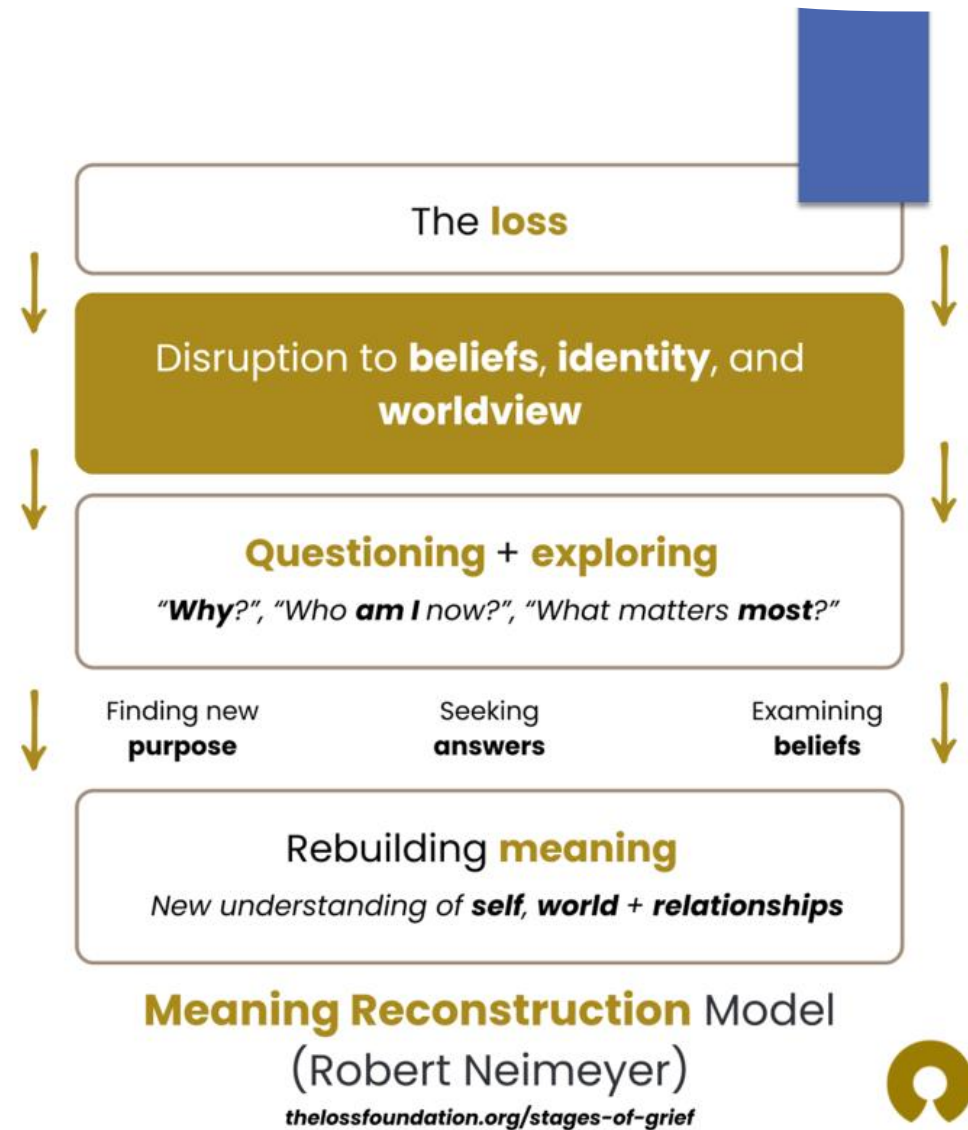
- ▶ 1. Accept the reality of the loss.
- ▶ 2. Process the pain of grief.
- ▶ 3. Adjust to an environment in which the deceased is missing.
- ▶ 4. Establish a lasting connection while embarking on a new life.

Grief Models – contd.

- ▶ The Six 'R's of Mourning – Rando
- ▶ 1. Avoidance
 - ▶ A. Recognize the loss.
- ▶ 2. Confrontation
 - ▶ A. React to the separation.
 - ▶ B. Recollect and re-experience.
 - ▶ C. Relinquish old attachments.
- ▶ 3. Accommodation
 - ▶ Readjust to the new world without forgetting the old world.
 - ▶ Reinvest emotional energy.

Constructivist Theories – Neimeyer

- ▶ 1. Constructivism and grief.
- ▶ 2. Assimilating the loss.
- ▶ Accommodating the loss.



Tonkin's Model of Grief – Growing Around Grief



People tend to believe that grief shrinks over time



What really happens is that we grow around our grief



*Let's Form A
Group!*

• Why group?

- Safe-haven for expression of grief
- Shared experience of group
- Hope that healing can take place.



*Needs
Assessment*

• Preliminary Phase

- Goal/Purpose
- Type
- Structure
- Composition
- Expectations for member participation
- Leadership
- Creating a group culture and climate that are sensitive to diversity



• Group Structure

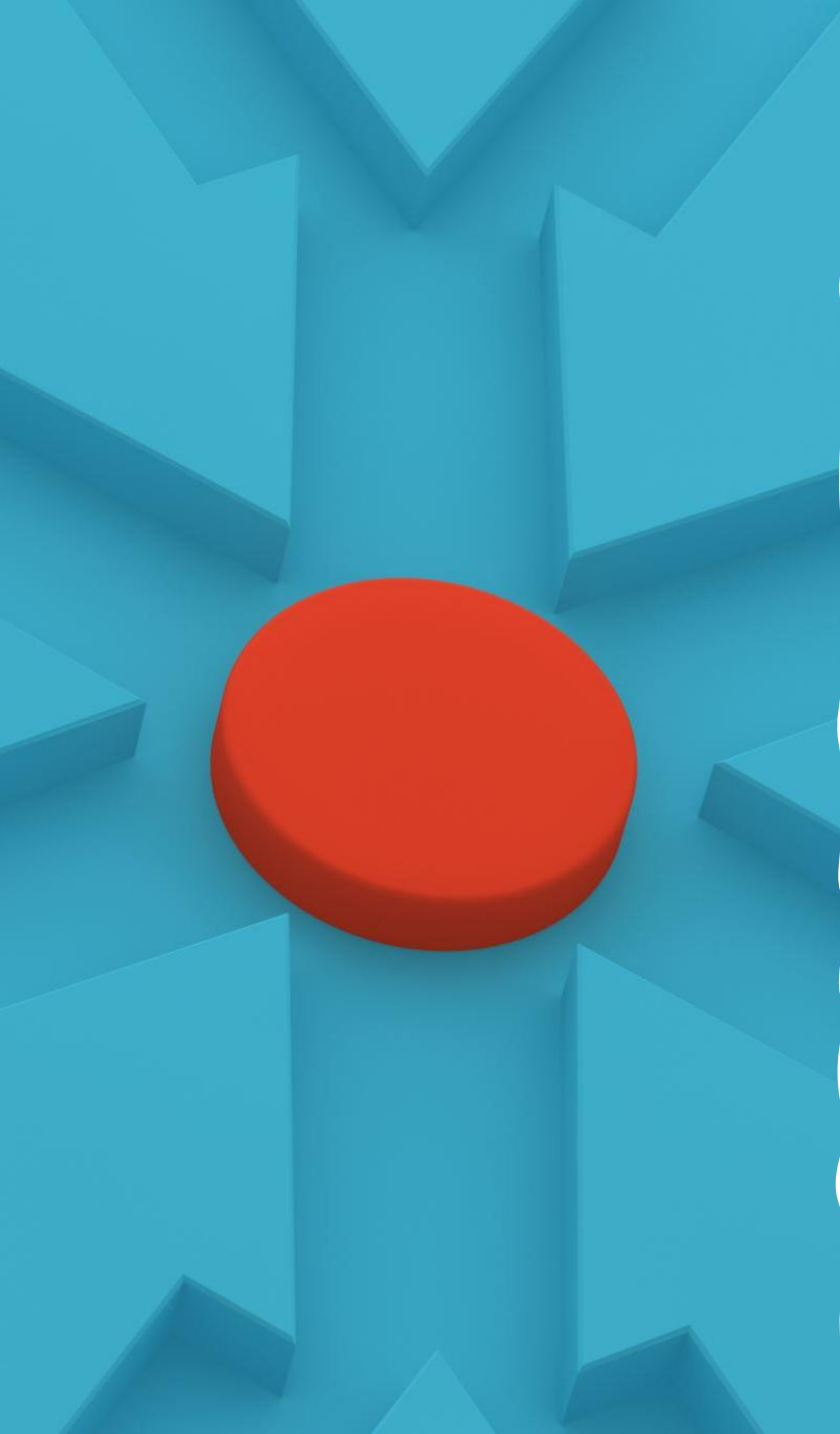
- Open or closed
- Number of sessions
- Length of sessions
- Number of members
- Leadership
- Use of pre-existing curriculum



• Group Expectations/Rules

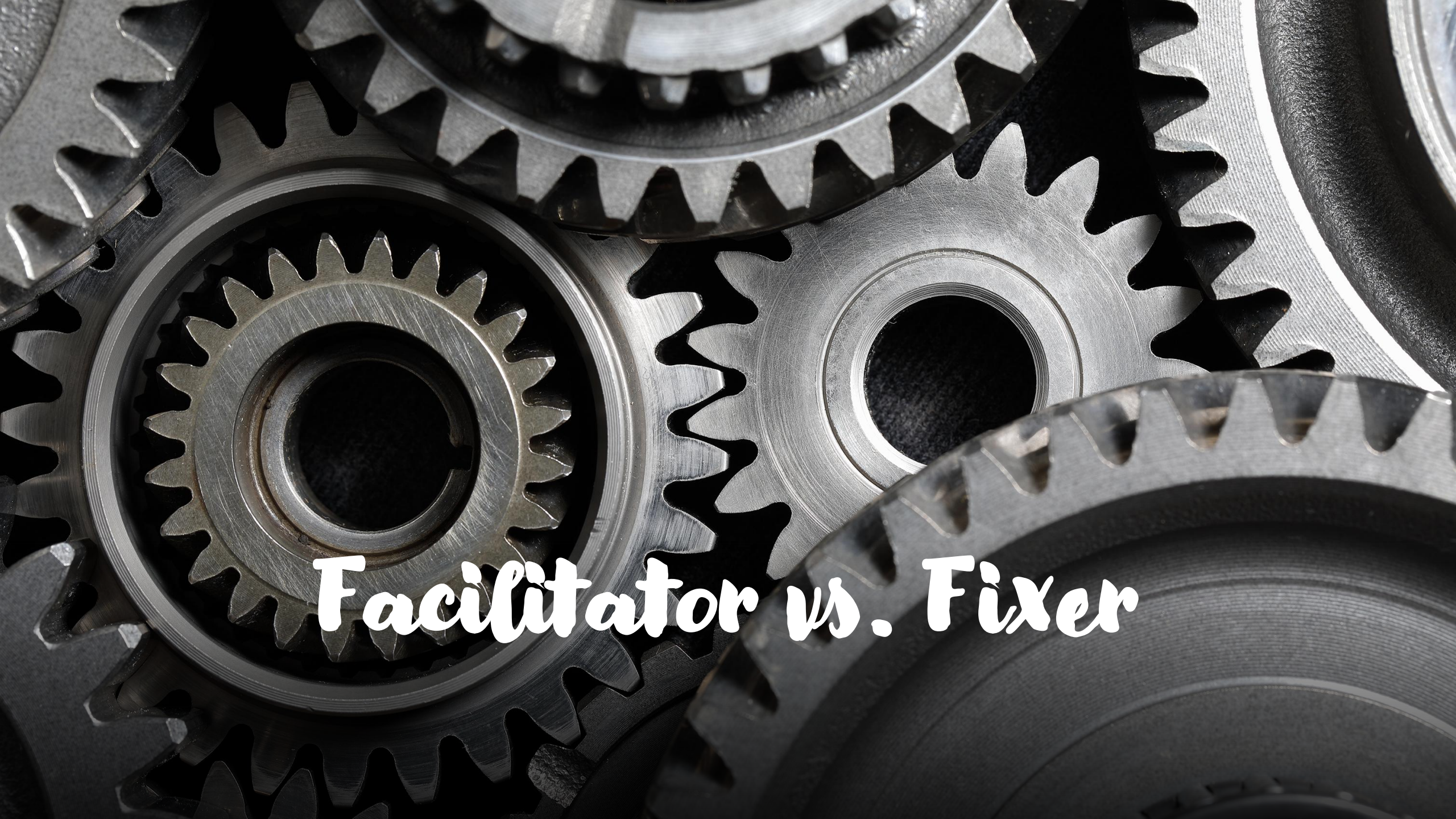
- Expectations - Guide interactions and address safety within the group.
- Provide opportunity for members to contribute to group expectations
- Be aware group norms will rule over expectations



A 3D blue gear with a red center, positioned on the left side of the slide.

• Group Processes

- Beginning
- Middle
- End



Facilitator vs. Fixer

Musts for group facilitators

- Prepare and understand how you feel about being direct when facilitating.
- Understand your comfort level working with different people from different populations
- Level of comfort with sensitive topics
- Self-disclosure
- Benefits stem from mutual aid and working together on shared goals.
- Understand phases of group work

Musts for leaders – continued . . .



Be clear on electronic communication



Be clear on structure/rules



Group is a client as is each member



Know best practice in the literature for working with the population



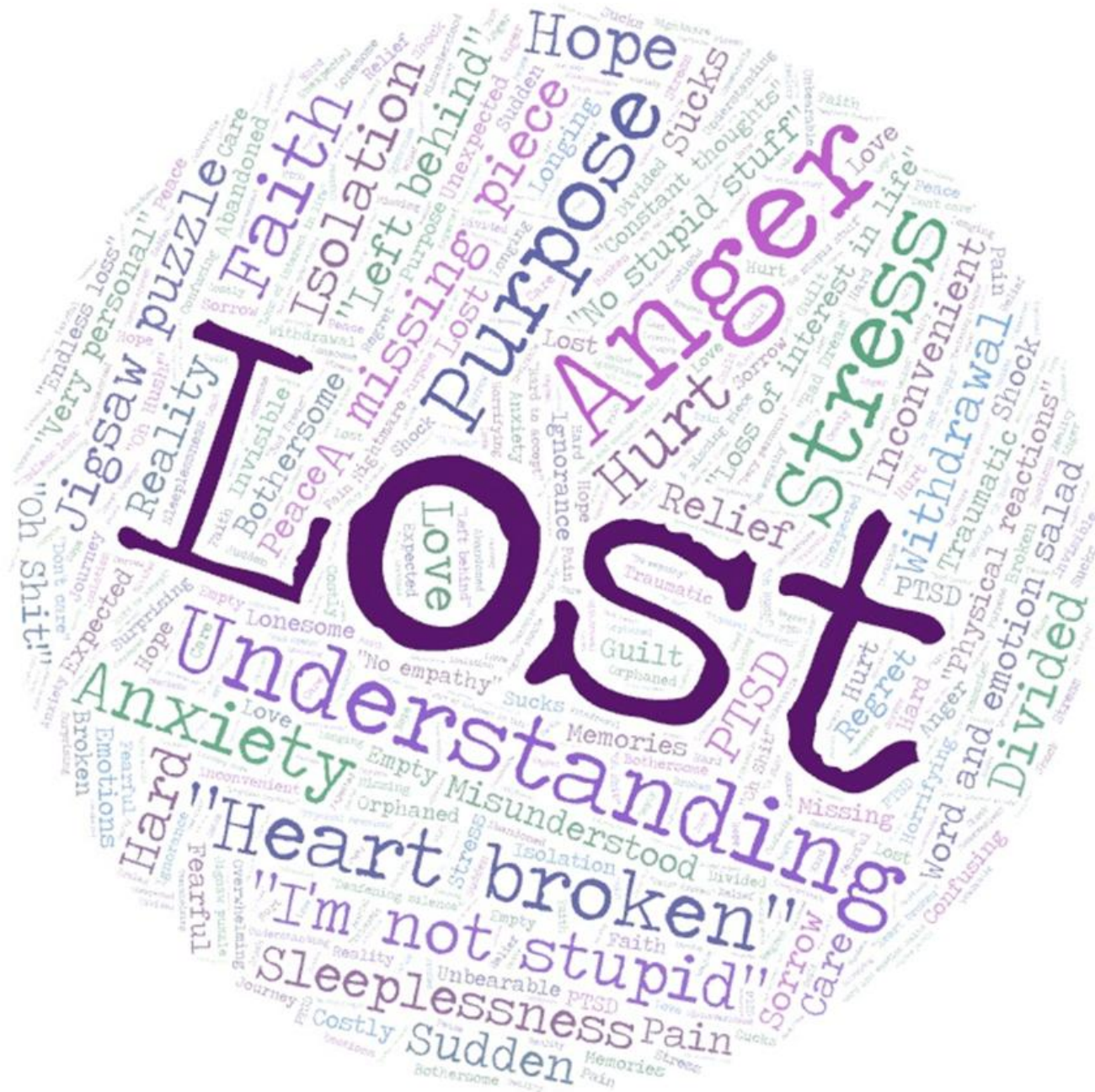
Make notes after each session



Look for metaphors

Group Activities





A photograph of a road that splits into two lanes, with a bright light source at the horizon creating a lens flare effect. The road is paved and has a yellow center line. The surrounding area is filled with dense green foliage.

*Stay in your
own lane . . .*



Practices for Centering and Calming Your Spirit

Resources

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