

What Is Grief?

- ◆ Grief is a normal reaction to a loss.
- ◆ A person may suffer from emotional pain in response to a loss of anything important to them: loss of a pet, job, friend, home, etc.
- ◆ Grief is usually associated with the loss of a loved one.



Smith, MD, M. W. (Ed.). (2007, November 27). Psychotherapy To Treat Depression. In *WebMD*. Retrieved May 28, 2009, from ? <http://www.webmd.com/depression/guide/what-is-depression>

Physical Symptoms Of Grief:

- ◆ Low energy or exhaustion
- ◆ Headaches or upset stomach
- ◆ Excessive sleep

Behavioral Symptoms Of Grief:

- ◆ Pushing to extremes at work
- ◆ Activity changes may make an individual more prone to illness.

Emotional Symptoms Of Grief:

- ◆ Memory gaps
- ◆ Distraction or preoccupation
- ◆ Irritability, depression, euphoria, wailing rages, and passive resignation
- ◆ Some people identify strongly with the person who died and his/her feelings.

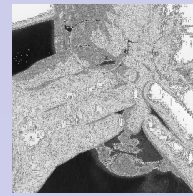
Spirituality Challenges:

- ◆ Grief allows some people to feel closer to a higher power and more open to religious experiences.
- ◆ Others feel outrage and anger against their higher power, cut off from their own soul and/or spirituality/faith.
- ◆ Spiritual people may question their faith in a higher power, in others, and in themselves.
- ◆ Speaking with a spiritual advisor may help

Fact Sheet: Grief and Loss." *Family Caregiver Alliance*. Ed. Patrick Arbore, Ed.D. Dec. 1996. National Center on Caregiving. 20 May 2009 <C:Documents and Settings\brcc0003\Desktop\FCA Print Grief and Loss.mht>.

Stages Of Grief:

- ◆ D = Denial
- ◆ A = Anger
- ◆ B = Bargaining
- ◆ D = Depression
- ◆ A = Acceptance



Kubler-Ross, E. (1969). *On Death And Dying*. New York, NY: MacMillan Company.

Factors That Can Get In The Way Of The Healing Process:

- ◆ Avoiding emotions
- ◆ Compulsive behaviors
- ◆ Minimizing feelings
- ◆ Overworking on the job
- ◆ Self-medicating with drugs, alcohol, or other substances

Smith, MD, M. W. (Ed.). (2007, November 27). Psychotherapy To Treat Depression. In *WebMD*. Retrieved May 28, 2009, from ? <http://www.webmd.com/depression/guide/what-is-depression>

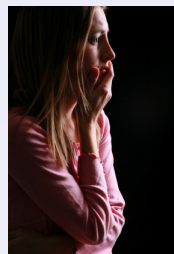
Physical & Behavioral Self-Care:

- ◆ It is important to take care of yourself during this period of bereavement by maintaining a proper diet, exercise, and rest.
- ◆ Taking care of your body can help heal the rest of you, even if you do not feel inclined to do so.

Emotional Self-Care:

- ◆ If you have experienced a loss and are hurting it is reasonable that your responses may seem "unreasonable".
- ◆ It is important not to judge yourself too harshly as you experience conflicting and overwhelming emotions.

Fact Sheet: Grief and Loss." *Family Caregiver Alliance*. Ed. Patrick Arbore, Ed.D. Dec. 1996. National Center on Caregiving. 20 May 2009 <C:Documents and Settings\brcc0003\Desktop\FCA Print Grief and Loss.mht>.



There are no rules or time limits to the grieving process, each individual's healing process is different.

Factors That Might Help Resolve Grief:

- ◆ Acknowledge and accept both positive and negative feelings.
- ◆ Allow plenty of time to experience thoughts and feelings.
- ◆ Confide in a trusted person about the loss.
- ◆ Express feelings openly or write journal entries about them.
- ◆ Find bereavement groups in which there are other people who have had similar losses.
- ◆ Remember that crying can provide a release.
- ◆ Seek professional help if feelings are overwhelming

Smith, MD, M. W. (Ed.). (2007, November 27). Psychotherapy To Treat Depression. In *WebMD*. Retrieved May 28, 2009, from ? <http://www.webmd.com/depression/guide/what-is-depression>

When Someone Is Grieving:

Do: express sympathy; acknowledge that you do not know "exactly what [the bereaved person is] going through"; talk about the deceased, saying his or her name; inquire about circumstances of death; encourage expression of feelings; and observe "3 Hs" (hush [do not say too much], hug, hang out [be around]).

Do Not: be casual or passive (instead of saying, "Call me when you want to talk," say, "I'll call you [at specific time on specific day]"); imply death was "for the best", acceptable, or God's will; suggest bereaved person "is strong and will or should get over it"; and do not avoid discussion of death or person who died.

Zisook, MD, S. (2008, November 21). Grief And Depression. In ? <http://www.cme-ce-summaries.com/psychiatry/ps3722.html>. Retrieved May 30, 2009, from Audio-Digest Foundation



Types Of Treatment:



- ♦ Medications for depression
- ♦ Psychotherapy ('talk therapy')
- ♦ Exercise
- ♦ Alternate Treatments (diet & nutrition, herbal supplements, therapy animals, etc.)
- ♦ ECT (electroconvulsive therapy)

Smith, MD, M. W. (Ed.). (2007, November 27). Psychotherapy To Treat Depression. In *WebMD*. Retrieved May 28, 2009, from ?
<http://www.webmd.com/depression/guide/what-is-depression>

Benefits Of A Grief And Loss Group:



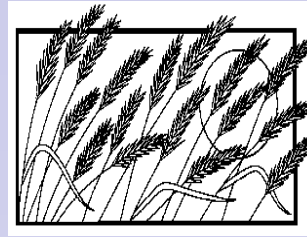
Increased Feedback: "getting different perspectives is often helpful in promoting growth and change".

Modeling: "seeing how others handle similar problems allows a participant to rapidly add new coping skills which gives the participant a variety of perspectives on what may work".

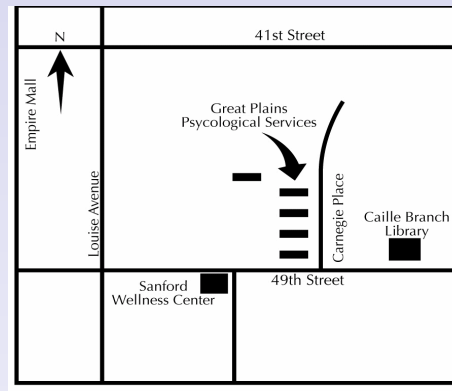
Less Expensive: group therapy may cost less than individual therapy.

Improve Social Skills: "many participants learn to improve their social skills in group therapy"

Herkov, PH D, M. (2006, December 10). About Group Therapy. In *Psych Central*. Retrieved May 7, 2009, from ?
<http://psychcentral.com/lib/2006/about-group-therapy/>

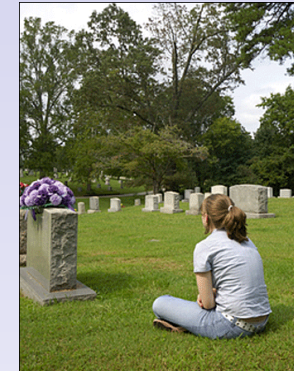


Great Plains Psychological Services is committed to providing quality mental health services to individuals at all life stages and levels of need, assisting them in improving their quality of life.



GREAT PLAINS PSYCHOLOGICAL SERVICES

GRIEF & LOSS



RECOVERY GROUP

*Death leaves a
heartache
no one can heal,
love leaves
a memory
no one can steal.*

**For Group Information
Call:**

323-2345

GREAT PLAINS PSYCHOLOGICAL SERVICES

4105 S. Carnegie Place
Sioux Falls, SD 57106
Phone: (605)323-2345
Fax: (605)323-2822
E-Mail: gppssf@aol.com