

Grief Coach Training

Week 1 February 8, 2022



Build a Life
AFTER LOSS

Grief is uncomfortable

- Fear because you don't know what to do
 - Feel helpless
 - Feel like you must fix it
- Panic because you don't understand grief
- Anxious to talk people out of it

Goal: to become **comfortable, confident and effective** in supporting a client in their grief and assisting them in incremental steps and shifts.

“Nothing good has come from the death of my daughter, but good has come from my response to it.”

-Sandy



Why I'm Able to Do This Work

- Because I know in my bones that healing is possible
- Because I have felt the affects of grief healing and I'm encouraged to share that with others
- Because if a person is willing to put in the effort, learn and grow they will experience healing

“The pain that you create now is always some form of **nonacceptance**, some form of **unconscious resistance** to what is.

“On the level of thought, the resistance is some form of **judgment**.

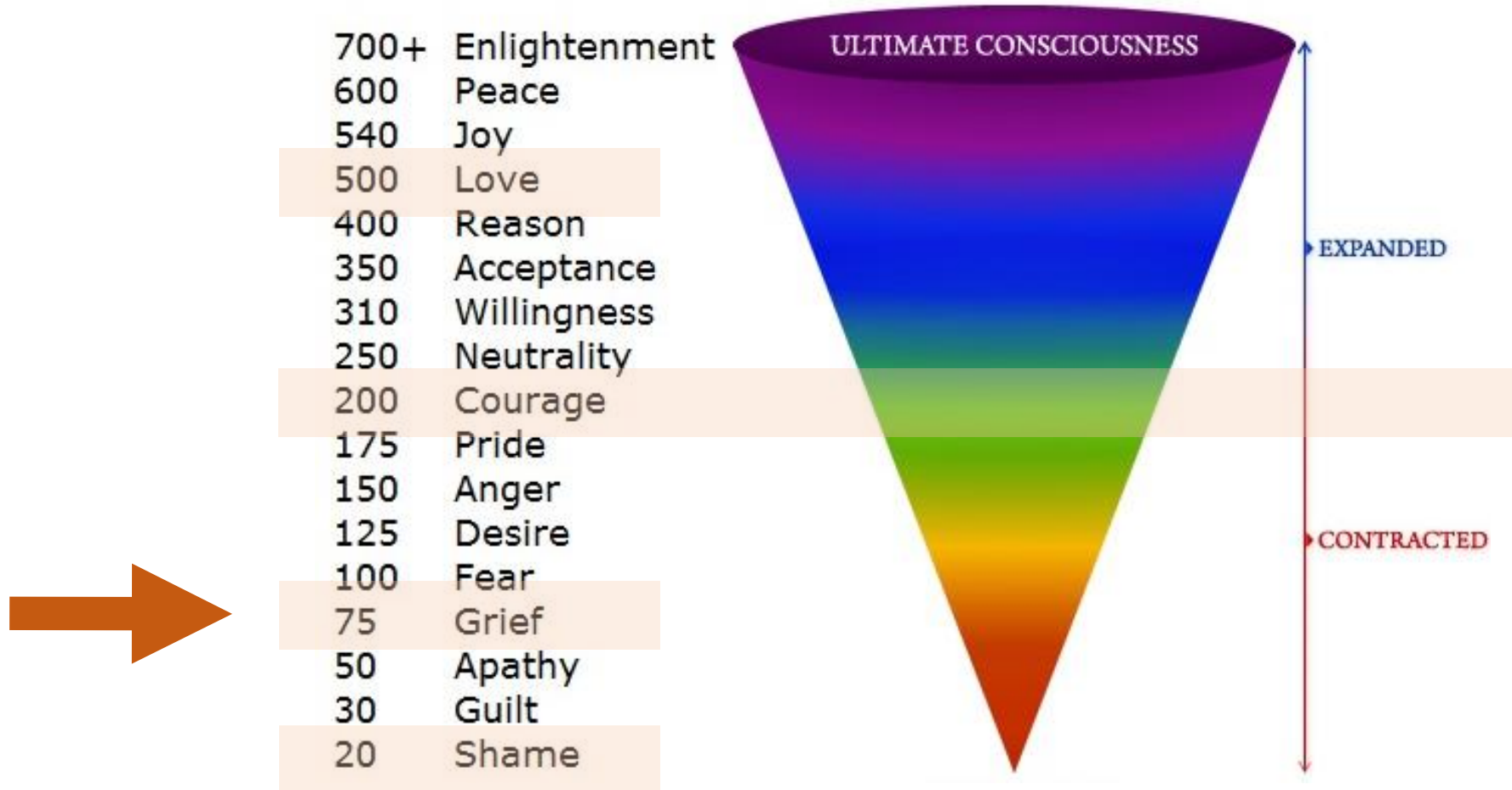
“On the emotional level, it is some form of **negativity**.

“The intensity of the pain depends on the degree of resistance to the **present moment**, and this in turn depends on how strongly you are identified with your mind.”

–Eckhart Tolle, *The Power of Now*, pg. 33



Levels of Consciousness



Common physical, physical and social grief symptoms:

Crying

Headaches

Interruption in Sleep Patterns

Questioning the Purpose of Life

Questioning Your Spiritual/Religious Beliefs

Feelings of Detachment

Isolation from Friends and Family

Abnormal Behavior

Abnormal Thoughts

Worry

Anxiety

Frustration

Guilt

Fatigue

Anger

Change in Appetite

Aches and Pains

Stress



Common treatments:

Counseling

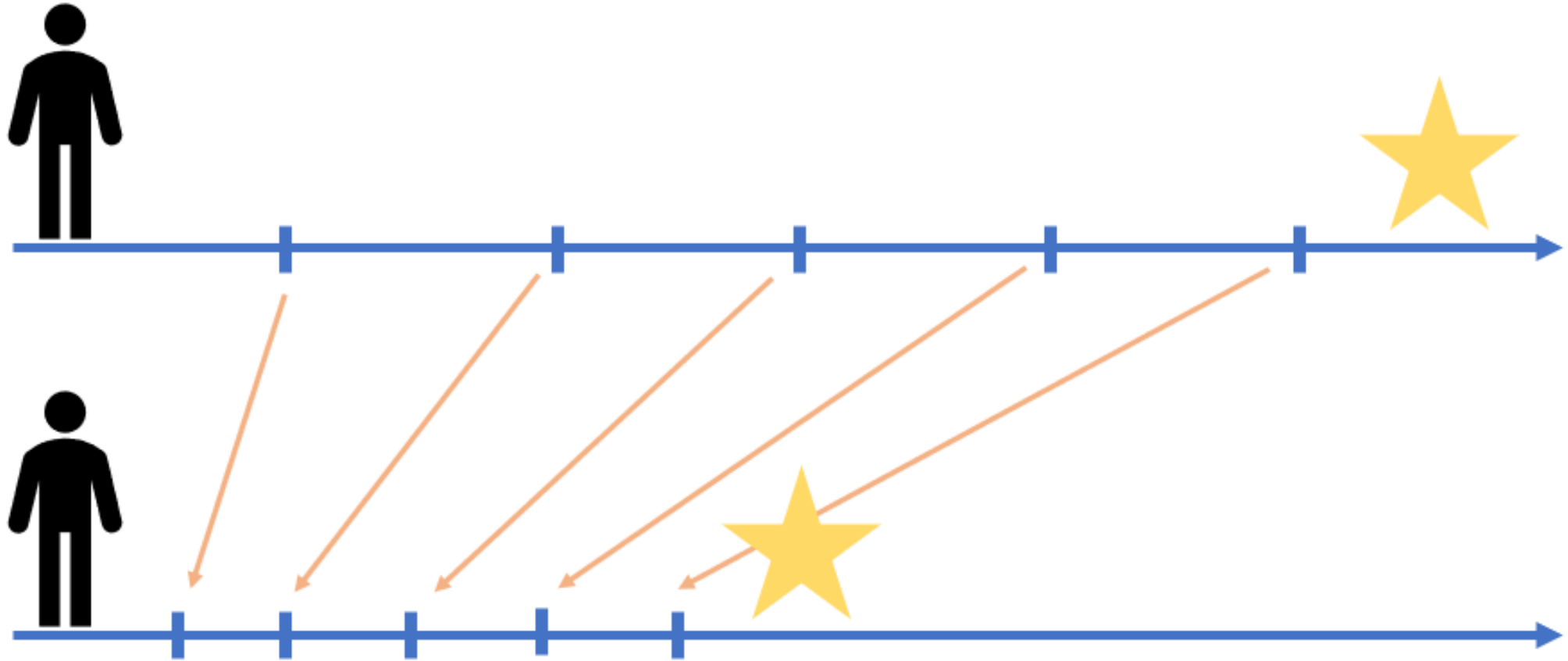
Medication

Support groups

Common attitudes:

Time Heals

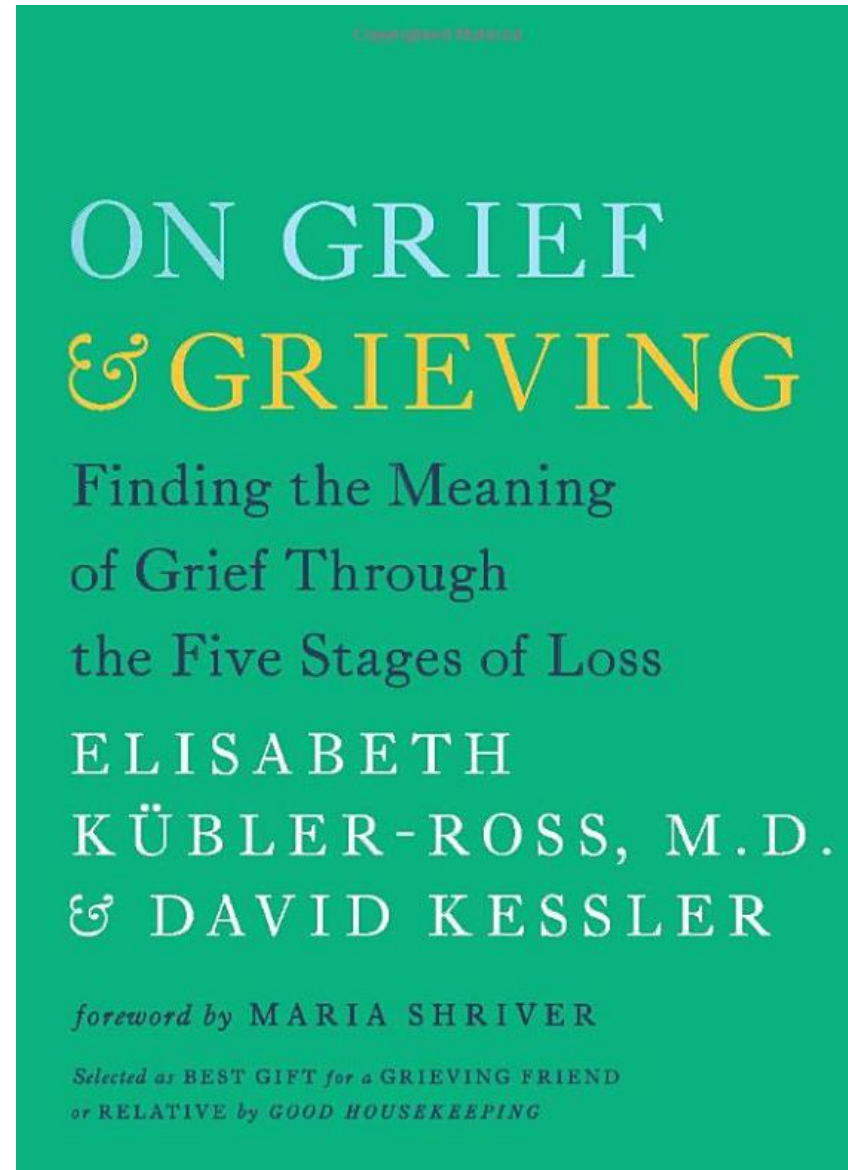
Learn to Live With It



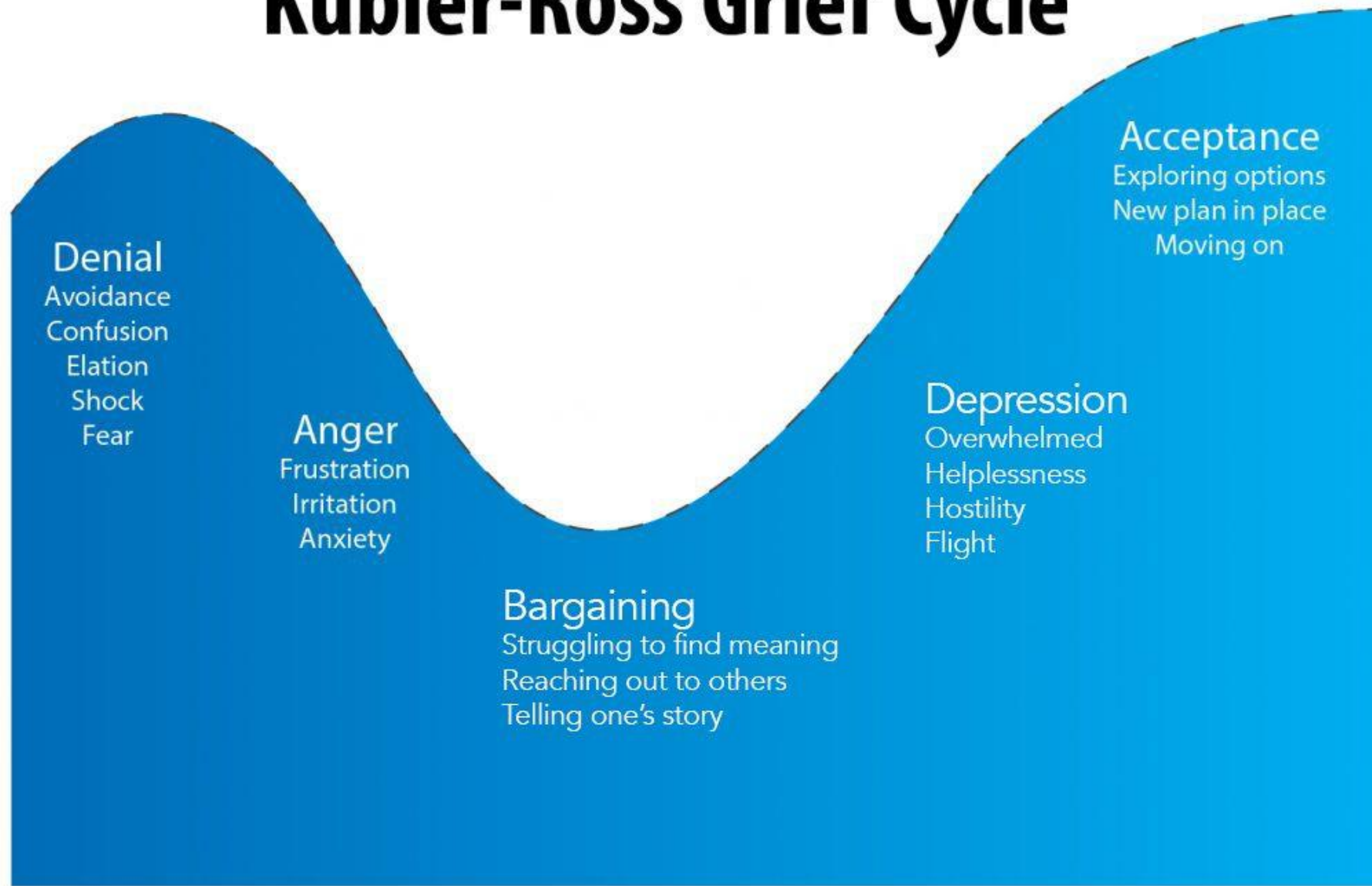
We can shorten the time to our desired destination with the correct road map and guidance.

The History of Grief Education

- 1969 Dr. Elisabeth Kubler-Ross – 5 Stages of Grief, *On Death and Dying*
- 2005 Dr. Kubler-Ross with David Kessler, *On Grief and Grieving*
- 1996 Dr. Lois Tonkin *Model of Grief*
- “*Limited literature on grief*”
- “*I’ve never heard this before and I’m a social worker. I am filled with so much hope. People need to know about this.*”



Kübler-Ross Grief Cycle



Information and
Communication

Emotional
Support

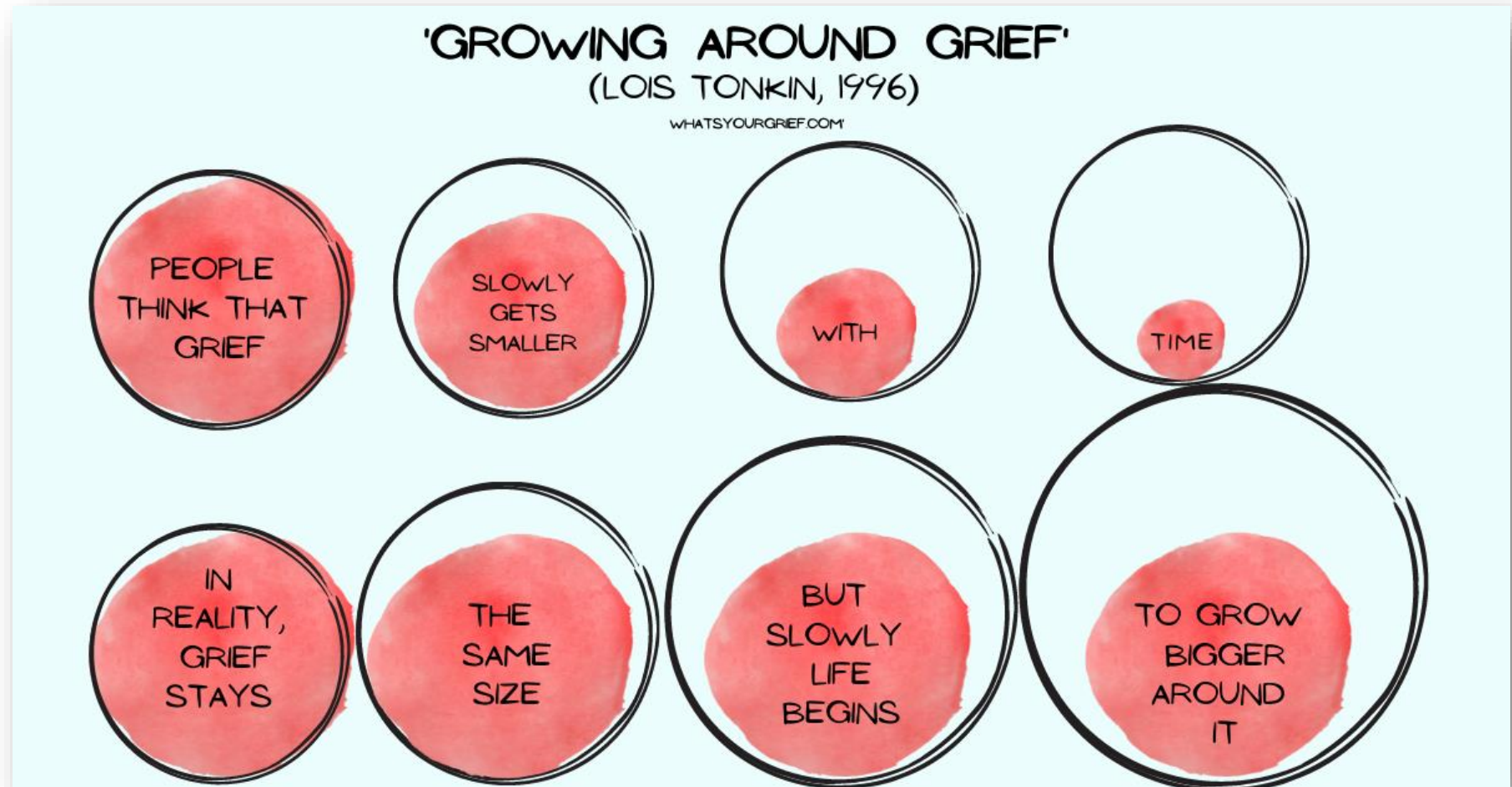
Guidance and
Direction

5 Stages of Grief

- Denial, Anger, Bargaining, Depression and Acceptance
- Developed by Dr. Elisabeth Kübler-Ross
- Explains common emotional responses
- Not linear as 'stages' suggest
- Incomplete and doesn't offer a pathway

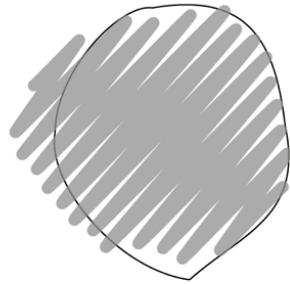


Model of Grief

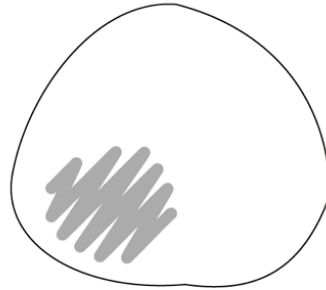


Model of Grief

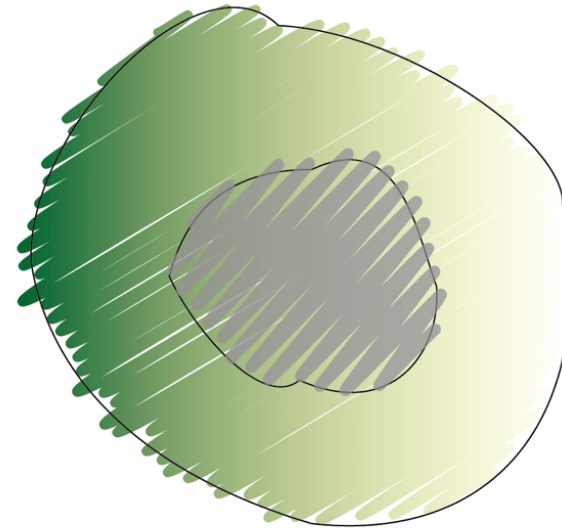
Color a circle to represent
you life, and shade it to
represent your grief



many people's intuition is
that their grief will shrink
with time



But actually, over time your
life grows around your grief



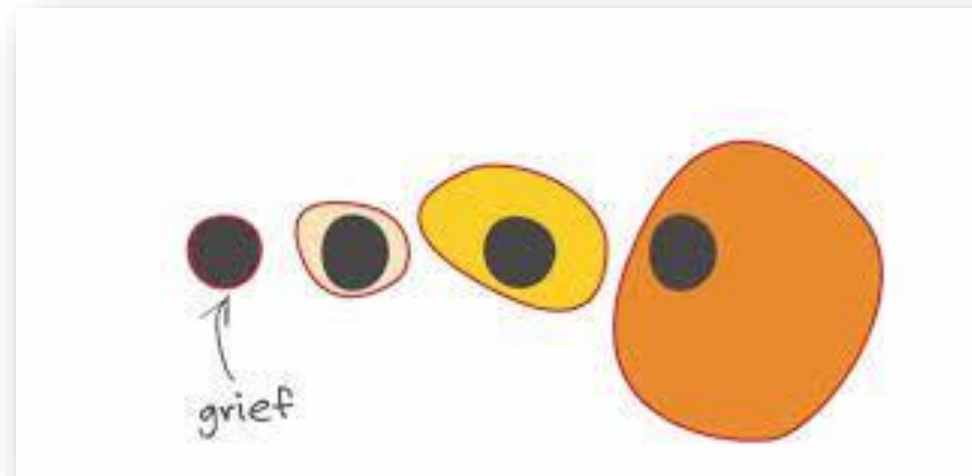
Model of Grief



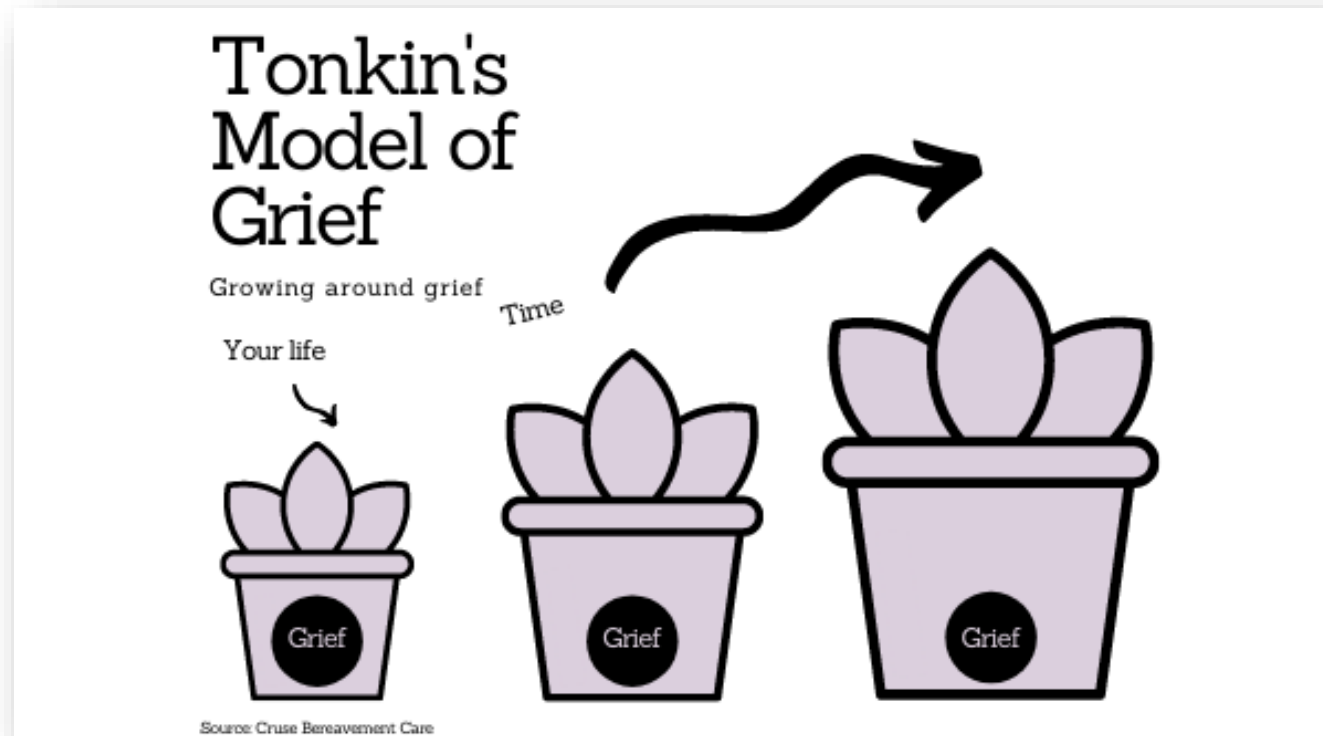
People tend to believe that grief shrinks over time



What really happens is that we grow around our grief

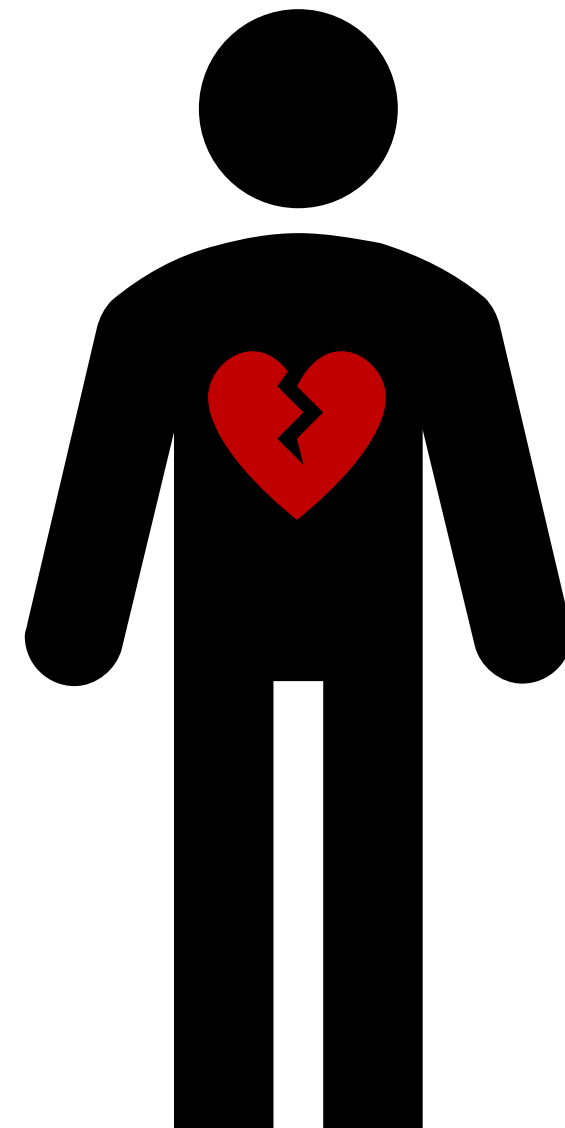
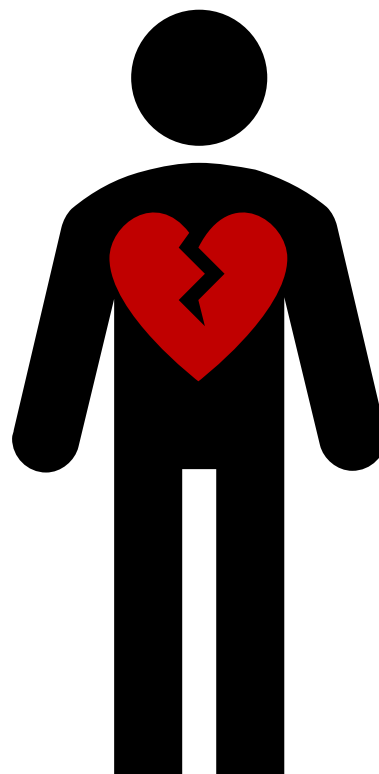
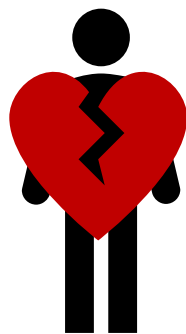


Model of Grief



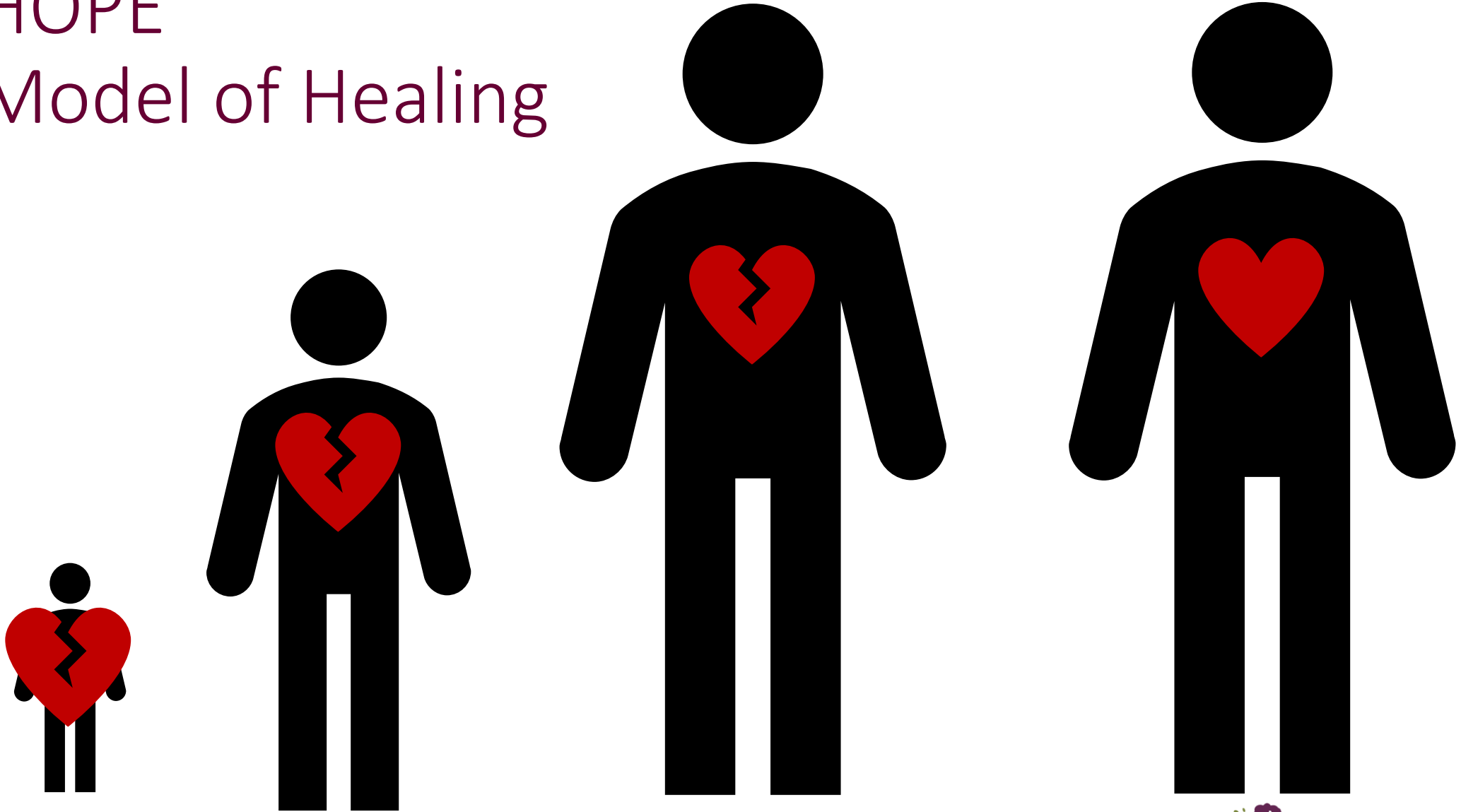
<https://fb.watch/b2xJ8GT8E7/>

Model of Grief



HOPE

Model of Healing





HOPE

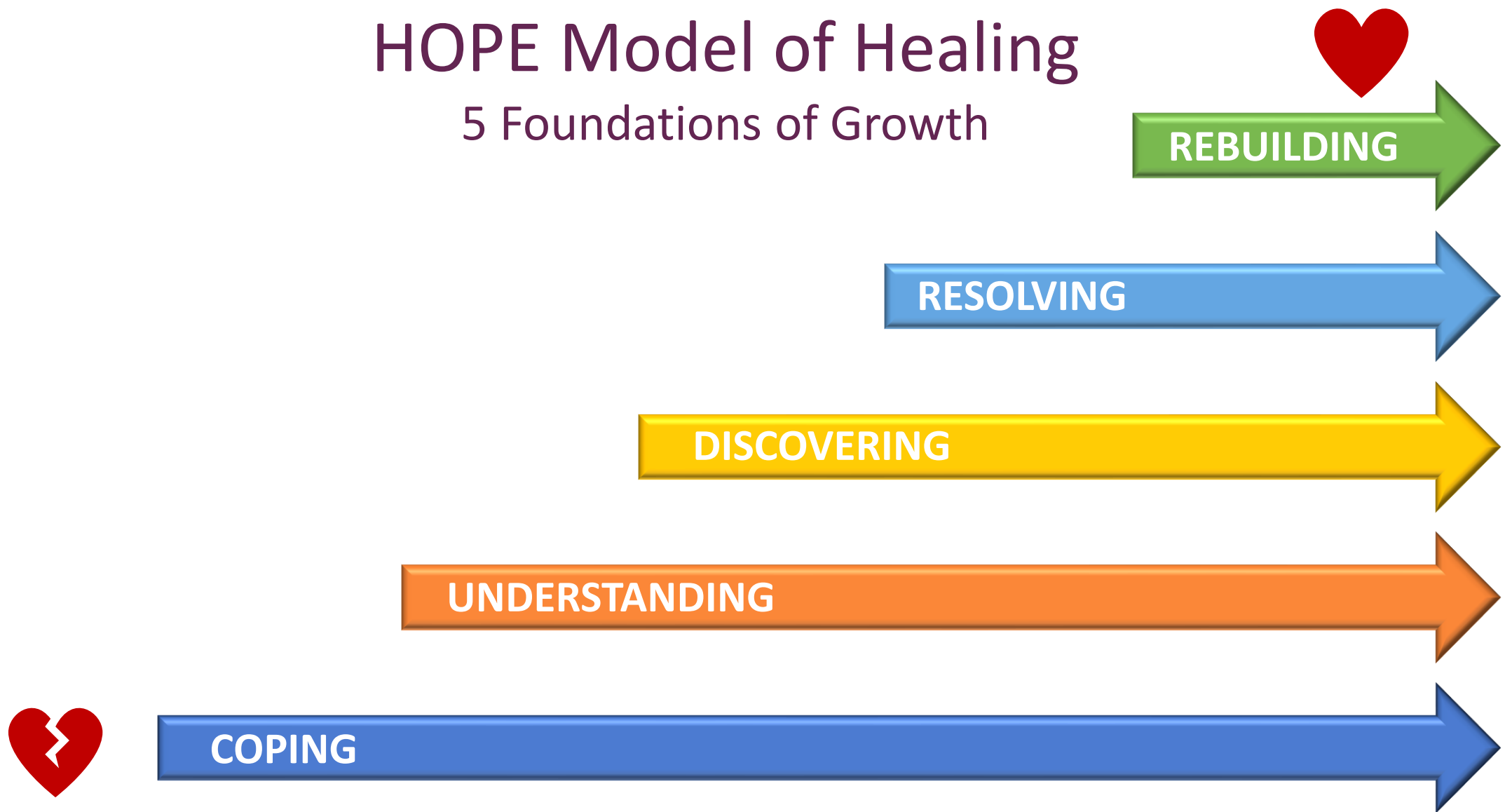
Model of Healing

- Honor Your Grief
- Open to Understanding
- Prepare through Discovery
- Embrace Resolution and Rebuilding

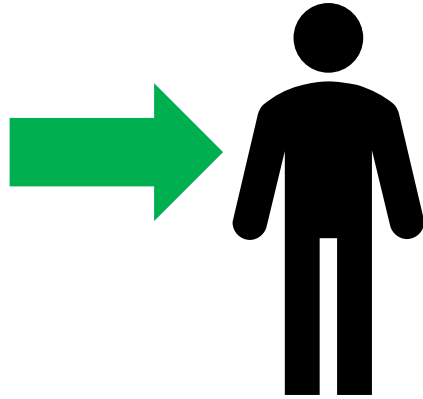
HOPE offers a pathway to healing
and leads to transformation

HOPE Model of Healing

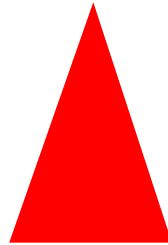
5 Foundations of Growth



Past

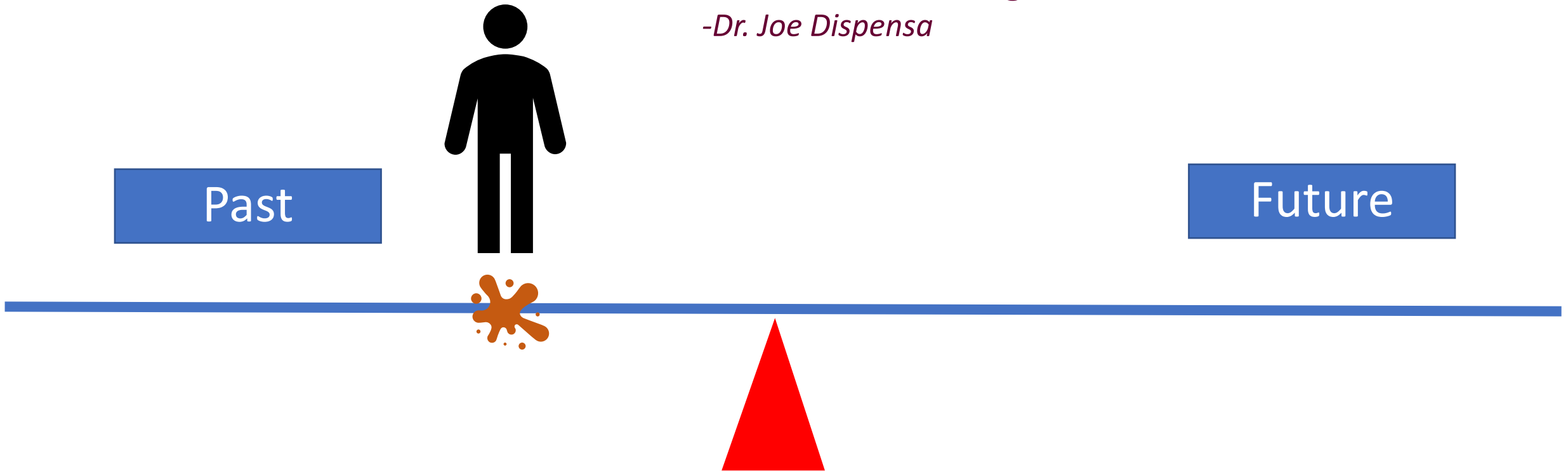


Future



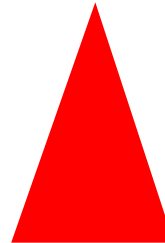
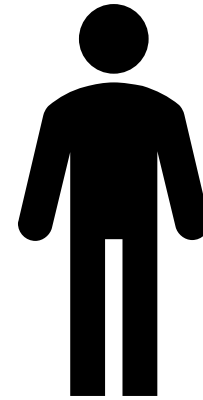
- feelings and emotions are a record of the past
- those feelings are driving your hardwired thoughts and behaviors...

-Dr. Joe Dispenza



Past

Future



Past



Future

Listen for shame.

"I should be doing better" is identity shame.

Shame says, "I am bad."

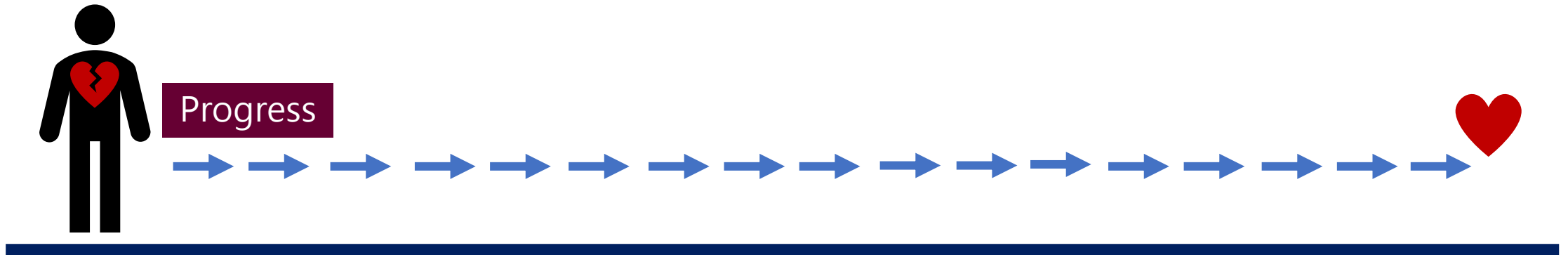
Shame is a lower vibration than grief and blocks healing.



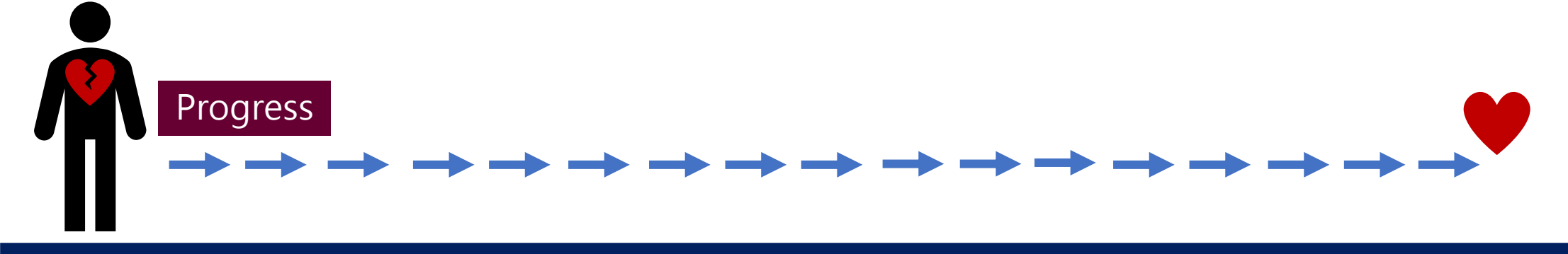
Lies make us weak.
The truth makes us stronger.
Gently direct client to truth.



Encourage empowering thoughts and gentle progress.
The truth is they are right where they are supposed to be.
The truth is they hurt and that's ok.
The truth is the power to do is the power to change.
The truth is they can make progress.
The truth is progress is progress.



Do not underestimate the power of new thoughts/knowledge.
Do not underestimate the power of expression.



Post-traumatic Growth

A positive psychological change experienced as a result of adversity and other challenges in order to rise to a higher level of functioning.

Posttraumatic growth involves "life-changing" psychological shifts in thinking and relating to the world, that contribute to a personal process of change, that is deeply meaningful.



Week 1 Assignments:

- Read intro and chapter 1
- Underline things that stand out to you. Make note of any questions
- Answer the questions in the workbook
- On page 4 underline or list what I had to learn/shift to heal
- Log into the True Hope Club
- Listen to any of the webinars or podcast episodes you're interested in