

Slide 1

Grief Coach Training  
Week 1 February 8, 2022



The logo for 'Build a Life AFTER LOSS' features a circular emblem on the left containing stylized flowers and leaves. To the right of the emblem, the words 'Build a Life' are written in a large, elegant, cursive script, and 'AFTER LOSS' is written in a smaller, all-caps, sans-serif font below it.

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Slide 2

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.



The logo for 'Build a Life AFTER LOSS' is identical to the one on Slide 1.

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Slide 3

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

-Sandy



The logo for 'Build a Life AFTER LOSS' is identical to the ones on the previous slides.

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Slide 4

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



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Slide 5

"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



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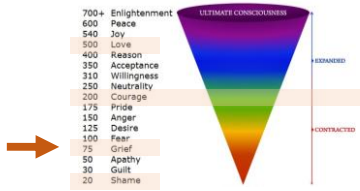
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Slide 6

Levels of Consciousness



700+	Enlightenment
600	Peace
540	Joy
500	Love
400	Reason
350	Acceptance
310	Willingness
250	Neutrality
200	Courage
175	Pride
150	Anger
125	Desire
100	Fear
75	Grief
50	Apathy
30	Guilt
20	Shame



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Slide 7

Common physical, emotional 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



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Slide 8

Common treatments:

- Counseling
- Medication
- Support groups

Common attitudes:

- Time Heals
- Learn to Live With It



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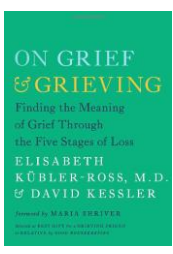
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Slide 9

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*



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Slide 10

### The History of Grief Education

- "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."

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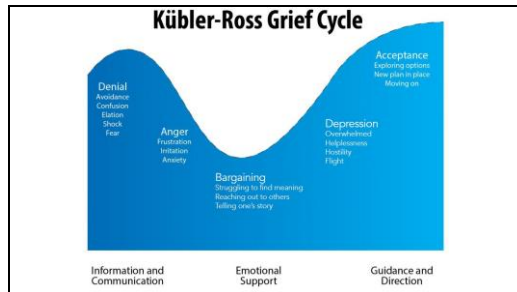
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Slide 11



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Slide 12

### 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



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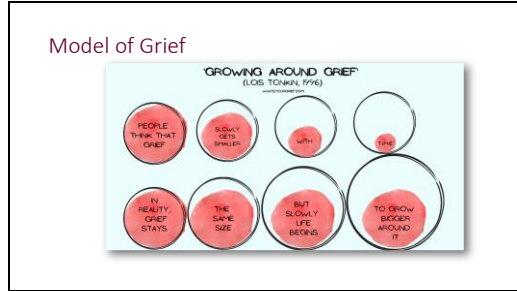
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Slide 13



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Slide 14



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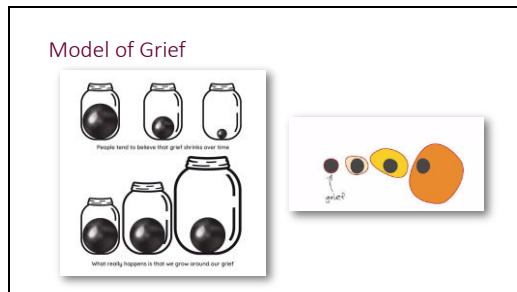
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Slide 15



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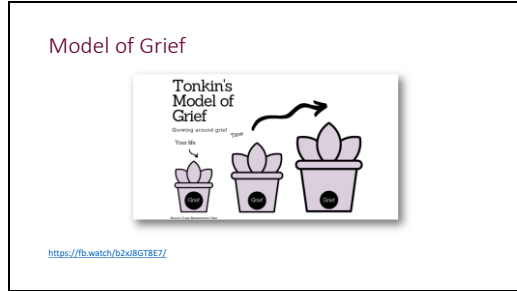
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Slide 16



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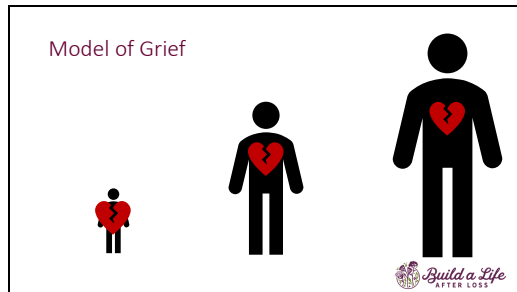
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Slide 17



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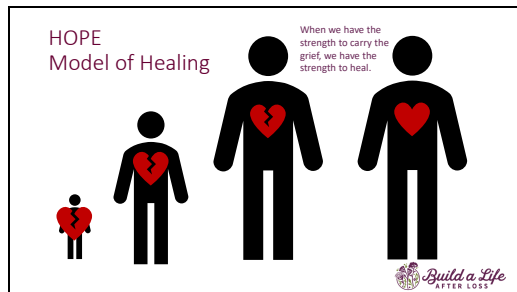
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Slide 18



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Slide 19



### 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



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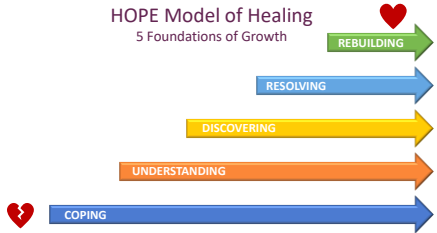
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Slide 20

### HOPE Model of Healing

5 Foundations of Growth



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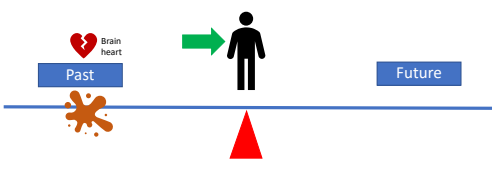
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Slide 21



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Slide 22

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

Past Future

Build a Life AFTER LOSS

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Slide 23

Past Future

Build a Life AFTER LOSS

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Slide 24

Past Future

Build a Life AFTER LOSS

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Slide 25

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.

*Build a Life*  
AFTER LOSS

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Slide 26

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

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AFTER LOSS

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Slide 27

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.

*Build a Life*  
AFTER LOSS

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Slide 28

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



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AFTER LOSS

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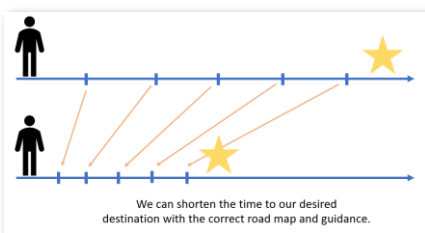
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Slide 29



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

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Slide 30

**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.*



*Build a Life*  
AFTER LOSS

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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

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