

Grief Coach Training

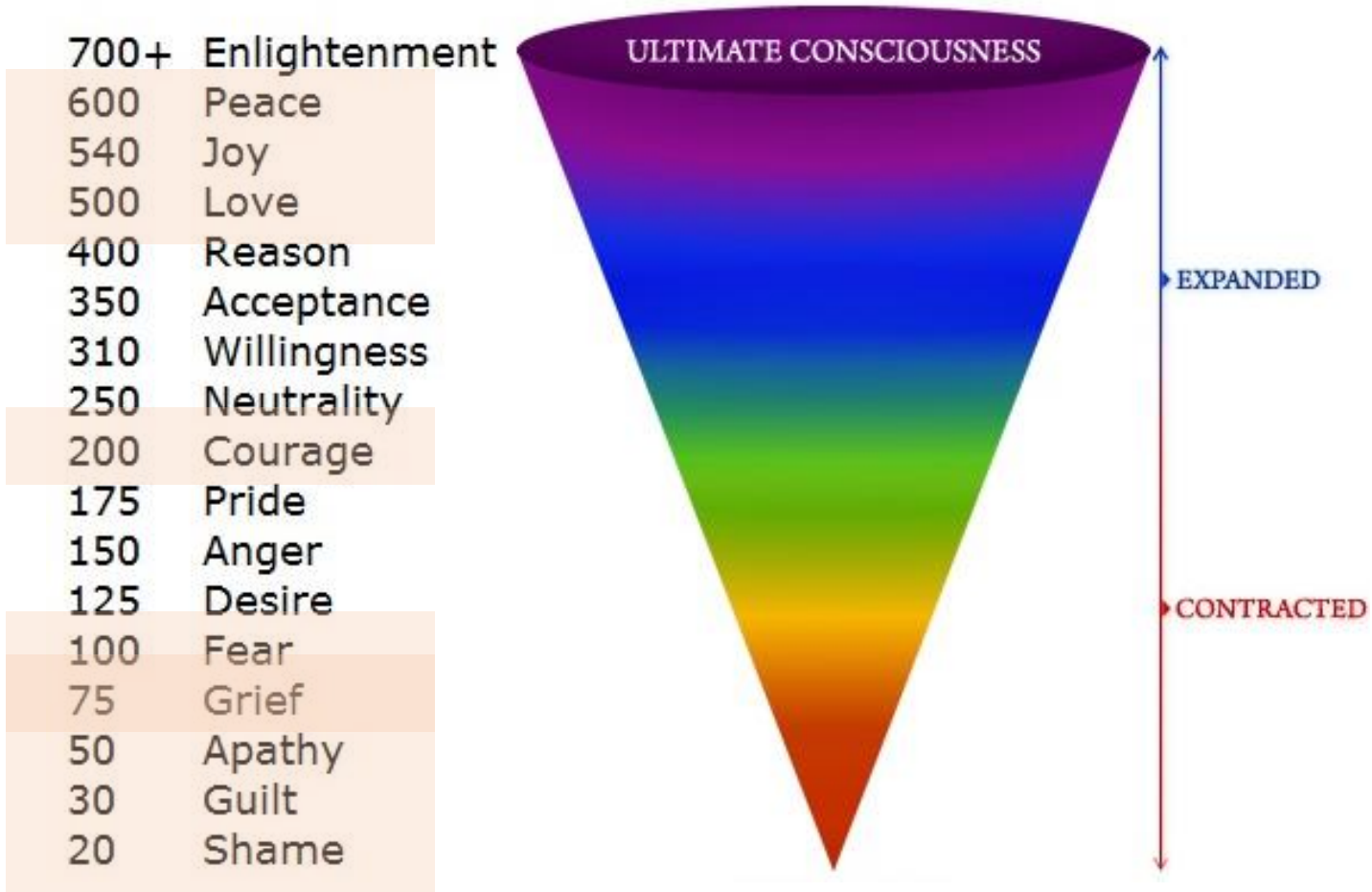
Week 3 February 22, 2022



Build a Life
AFTER LOSS

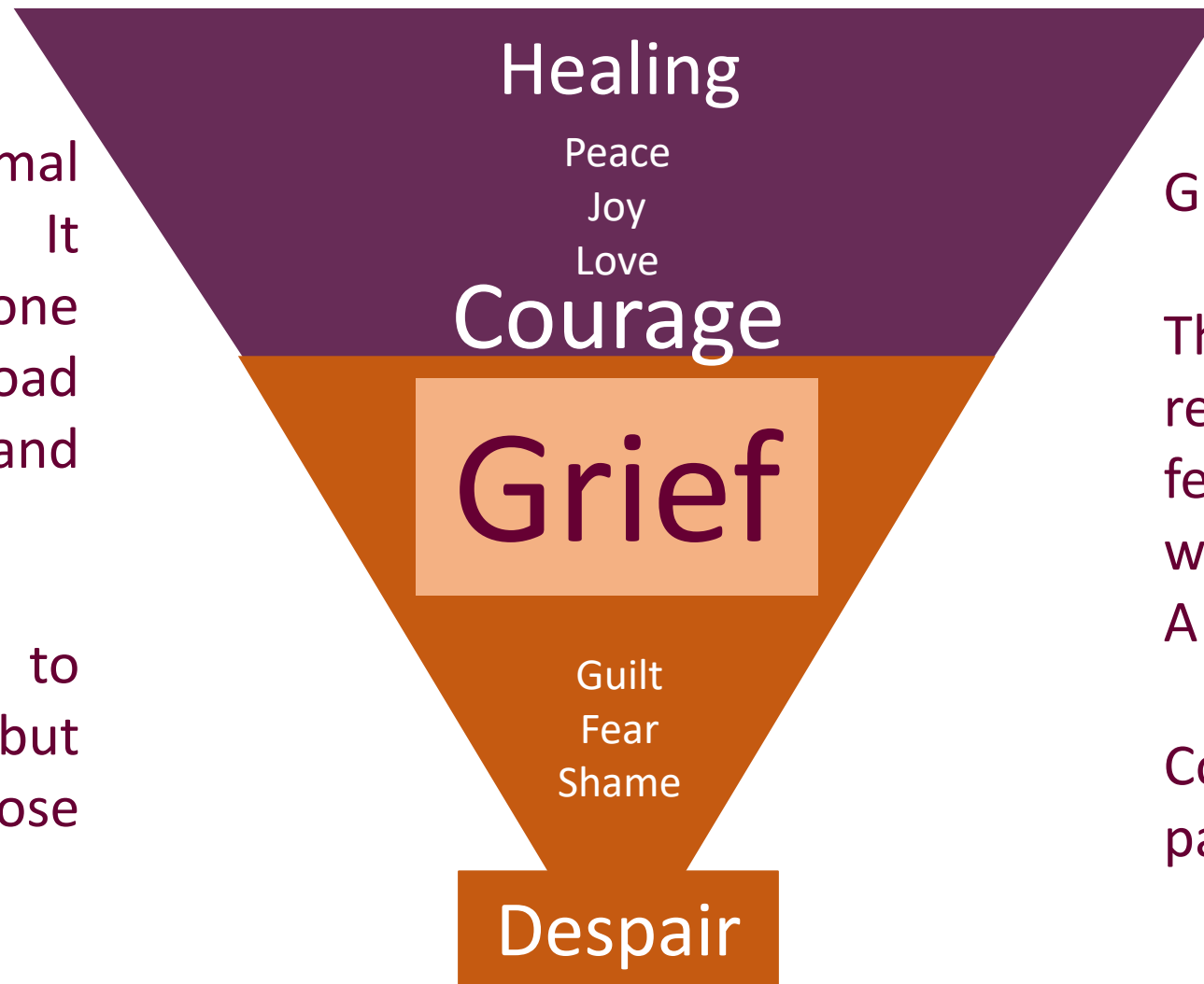
Agenda:

1. Healing vs. Despair
2. Levels of Grief
3. Grief/Trauma Response
4. Capacity during Grief
5. Restorative Self Care



Grief is a normal response to loss. It also places someone at the crossroad between despair and healing.

Grief is intended to support healing but it's dangerously close to despair.

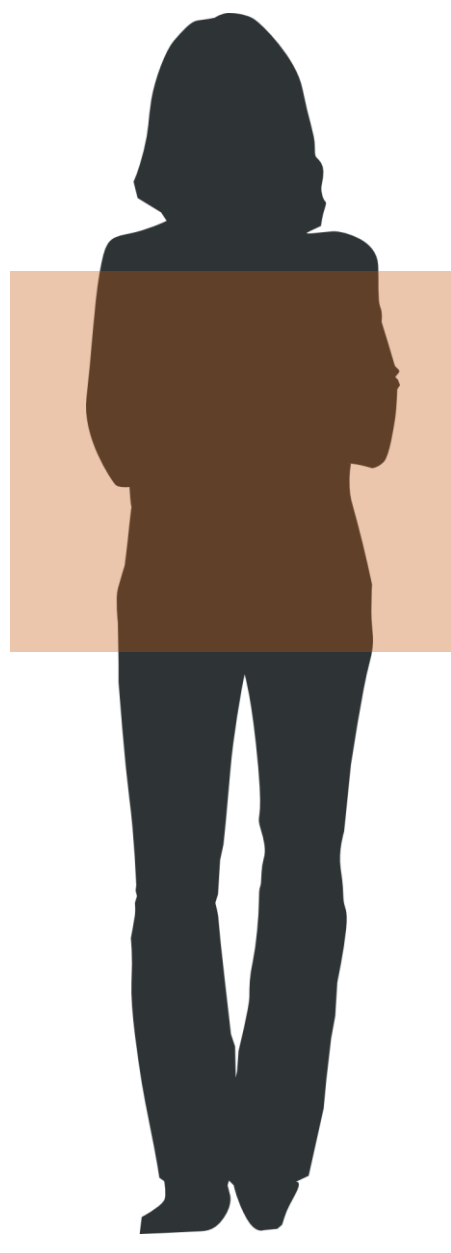
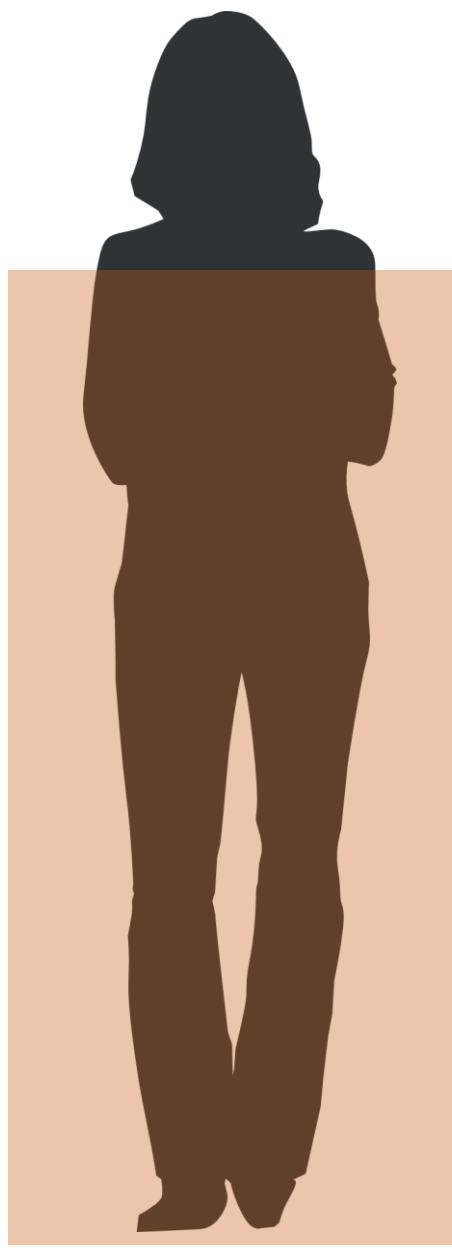


Grief is a season.

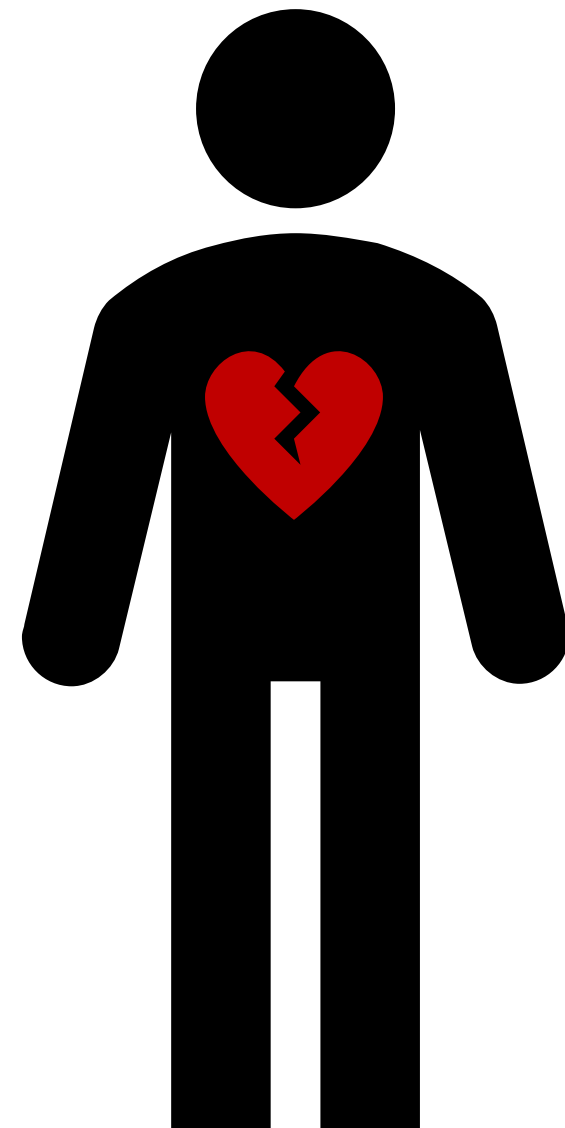
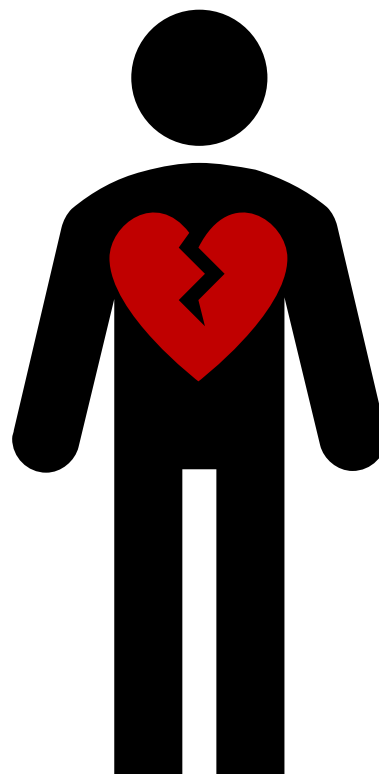
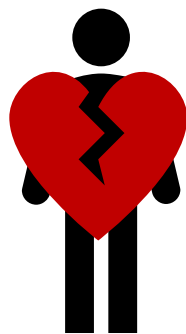
The choices made regarding thoughts, feelings and actions, while in grief, matter. A lot!

Courage is on the path to healing.

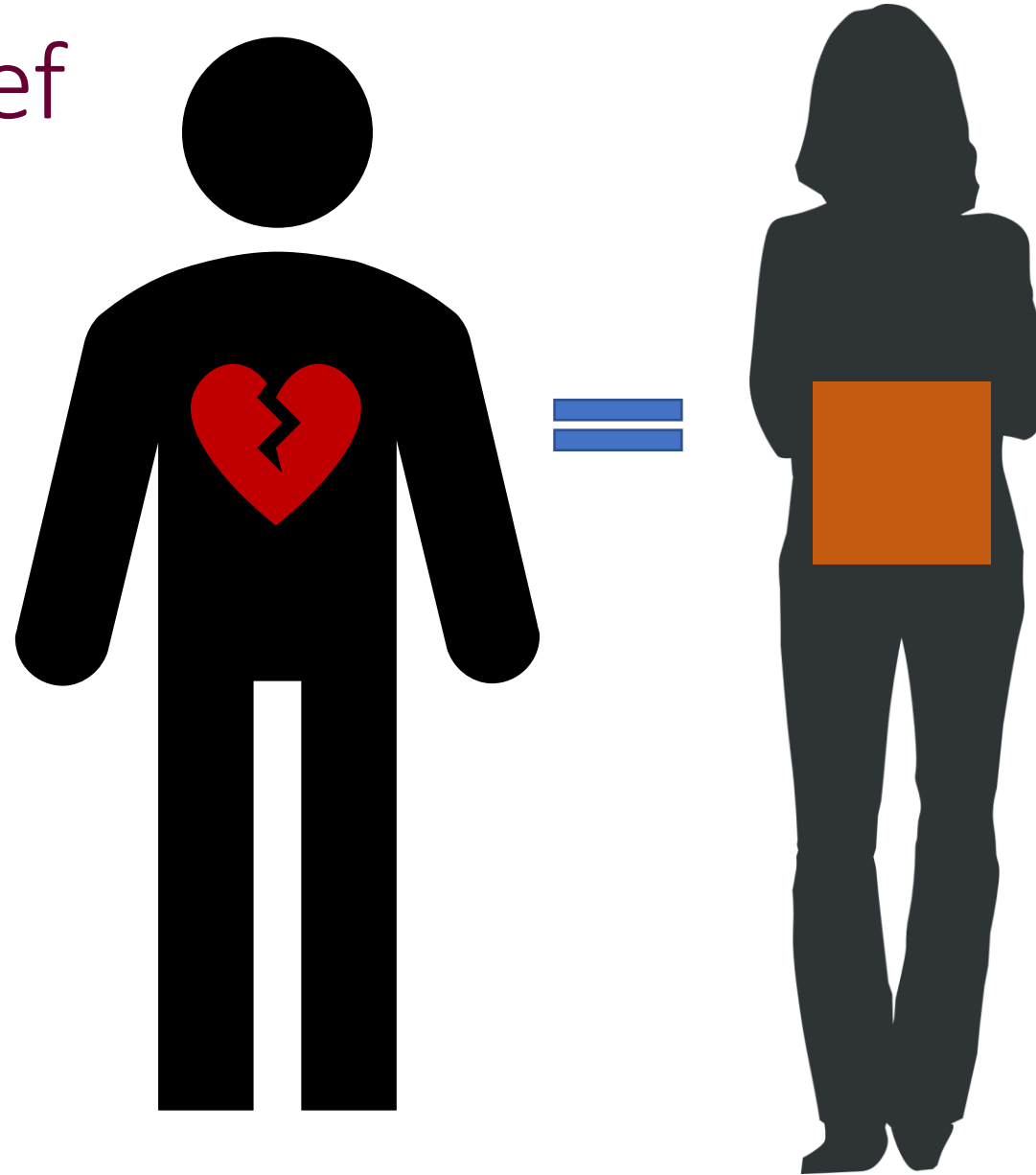
Your Grief



Model of Grief



Model of Grief



Hidden Grief

- Prolonged Anger
- Victim Mentality
- Hopelessness



Hidden or
Unresolved
Grief



Level 1: Resolved Grief

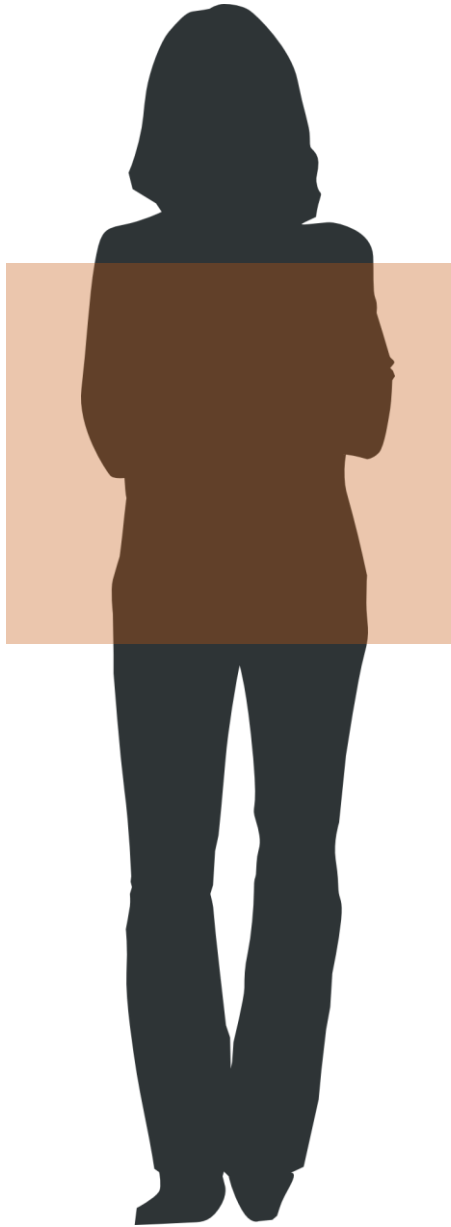
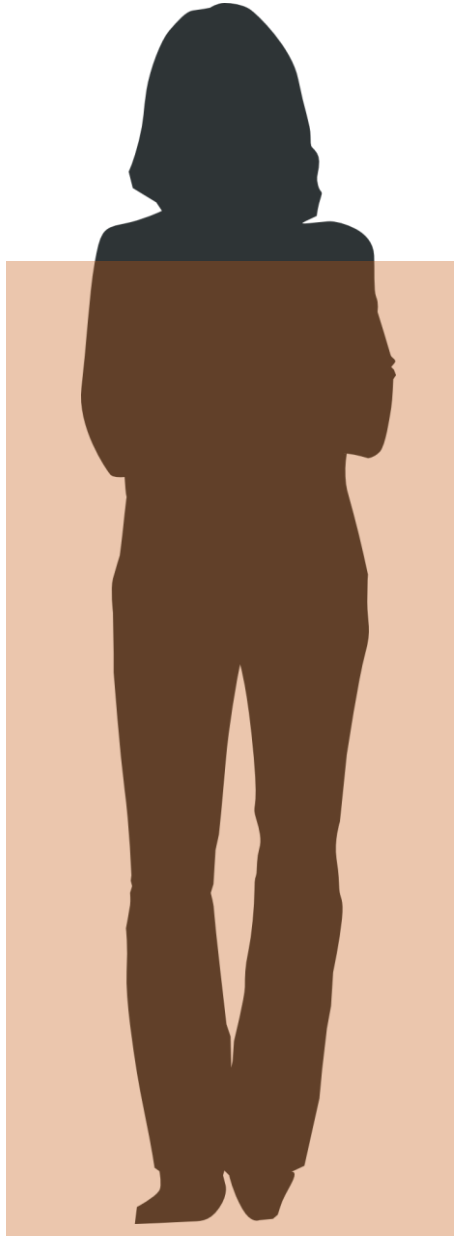
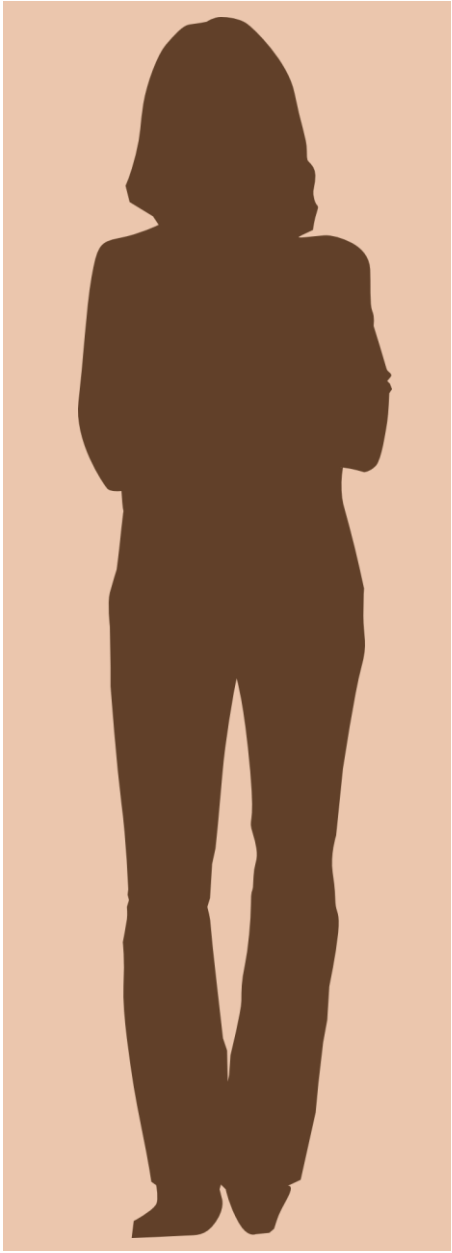
Common Emotions:

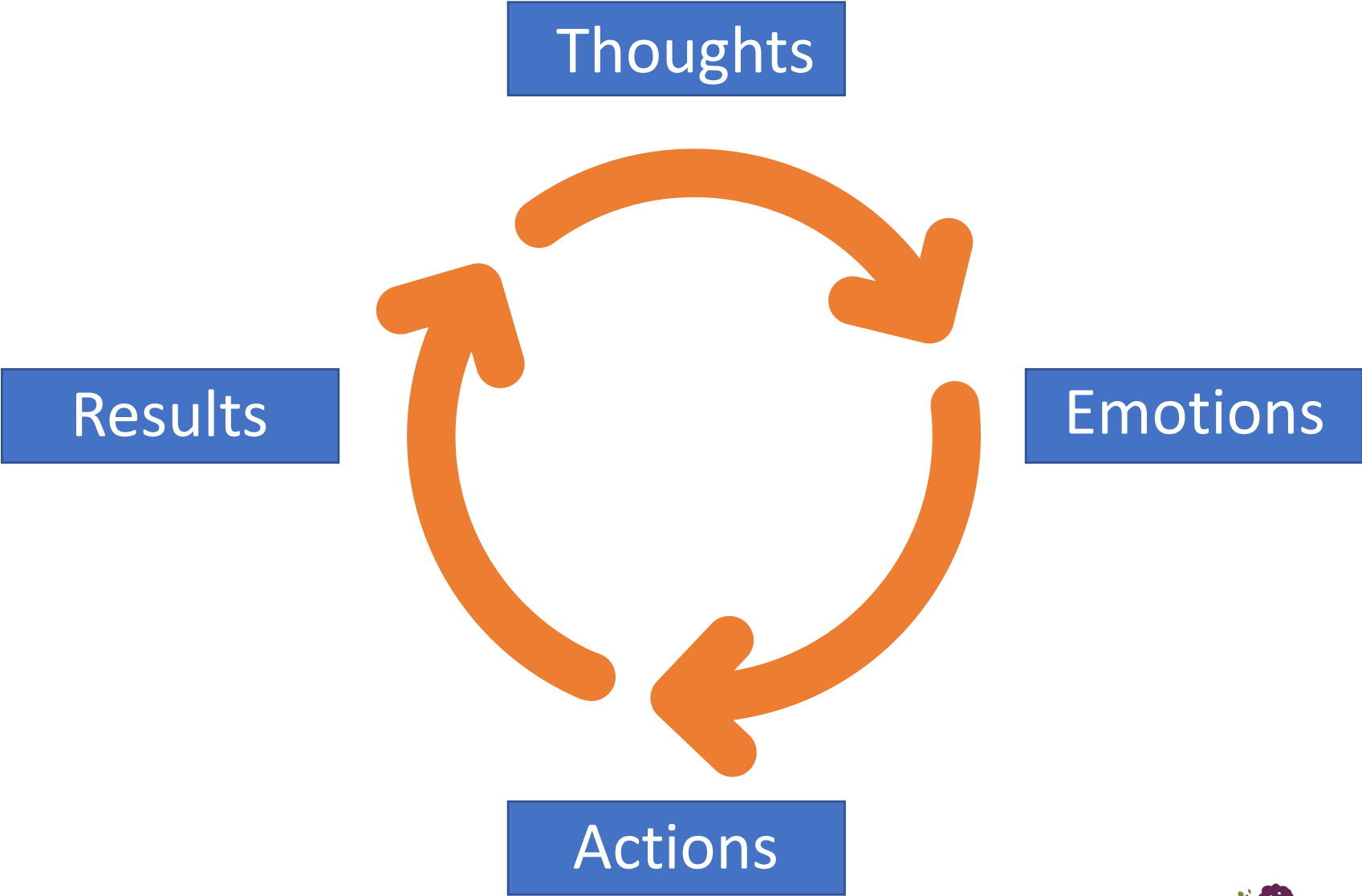
- Happiness
- Purpose
- Occasional sadness



Behaviors:

- Hobbies/Interests
- Self Care
- Comfortable Talking about Your Loss
- Social
- Build Relationships
- Live a Full Life with a Full Range of Emotions





Thoughts

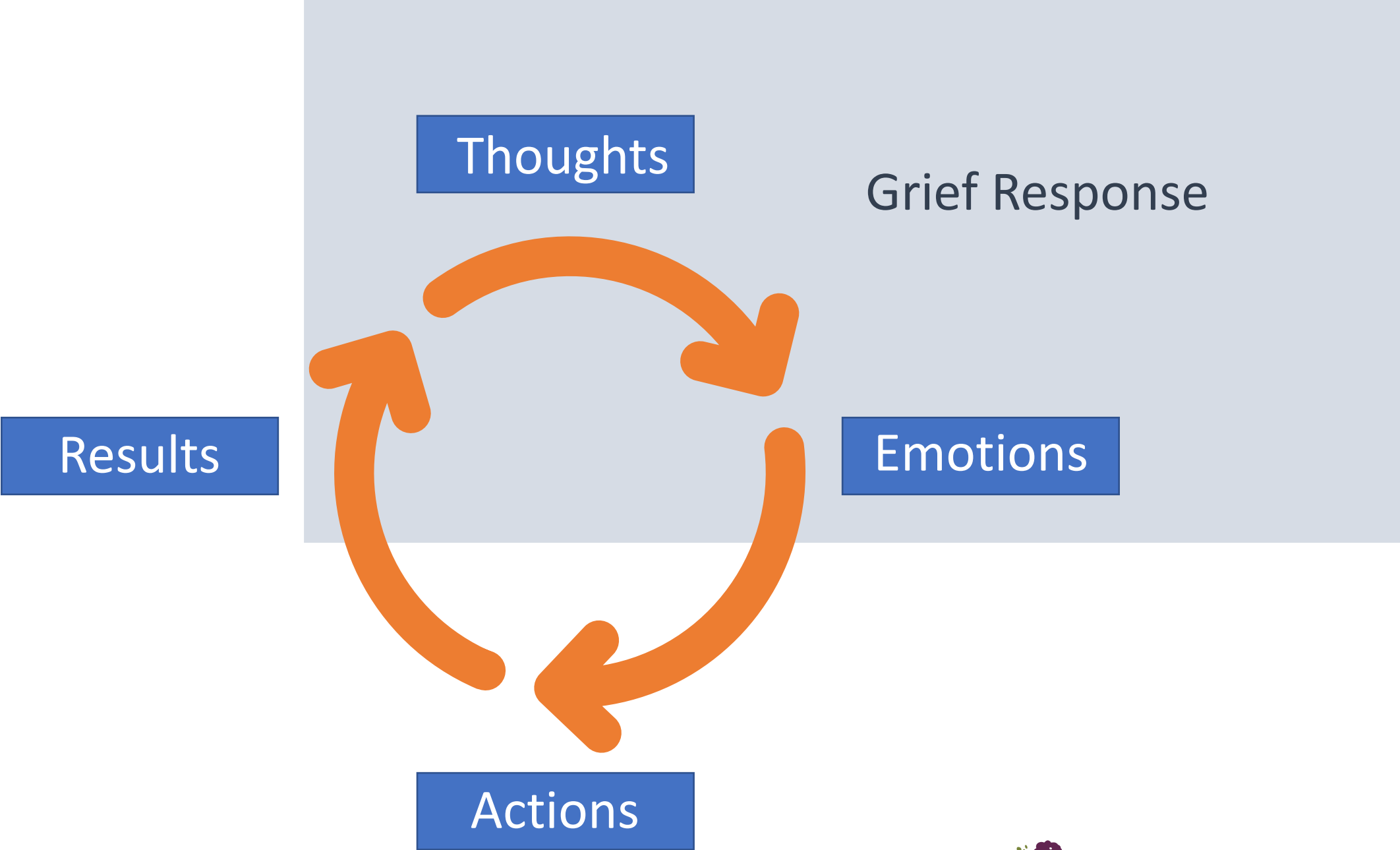
Grief Response

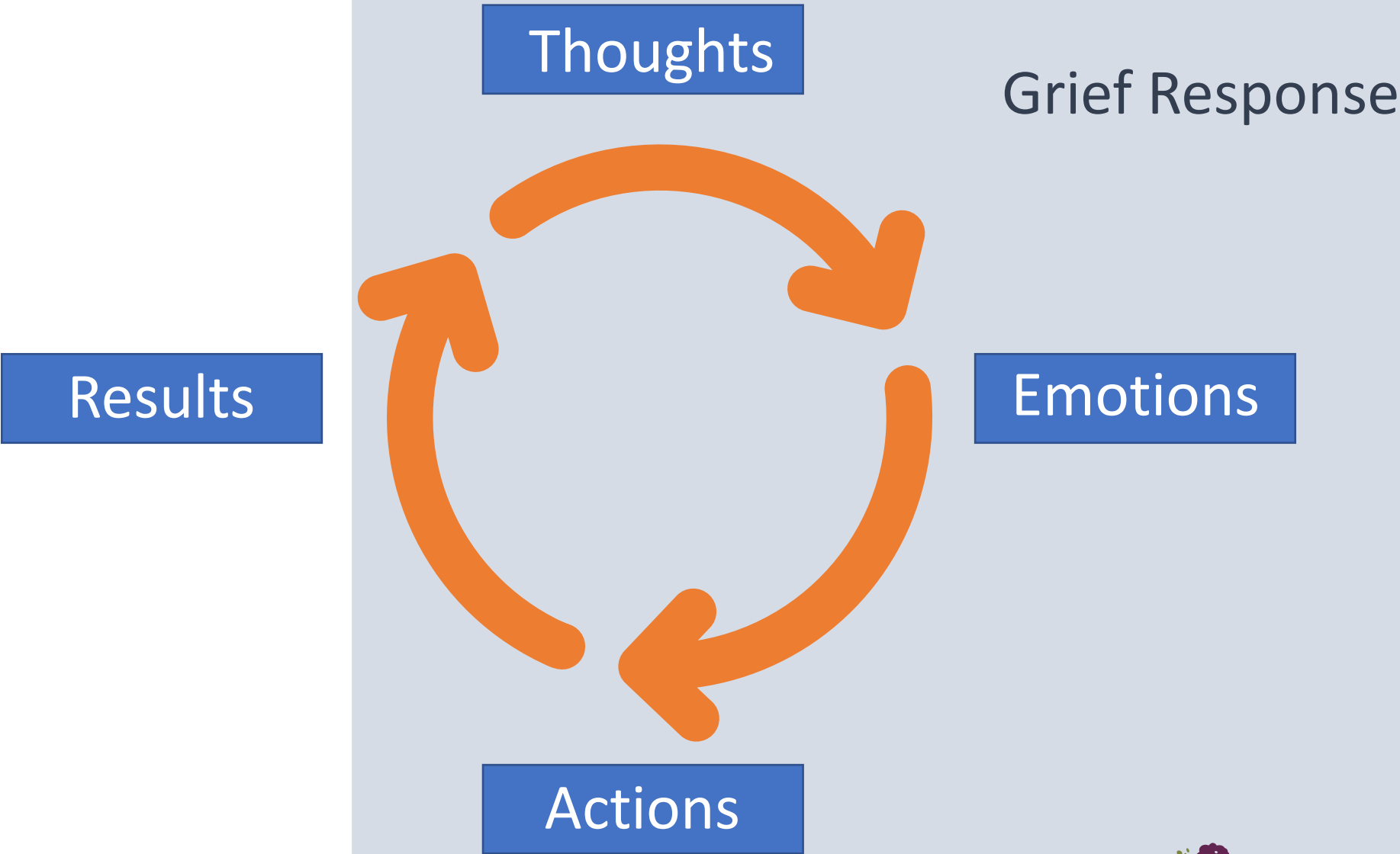
Results

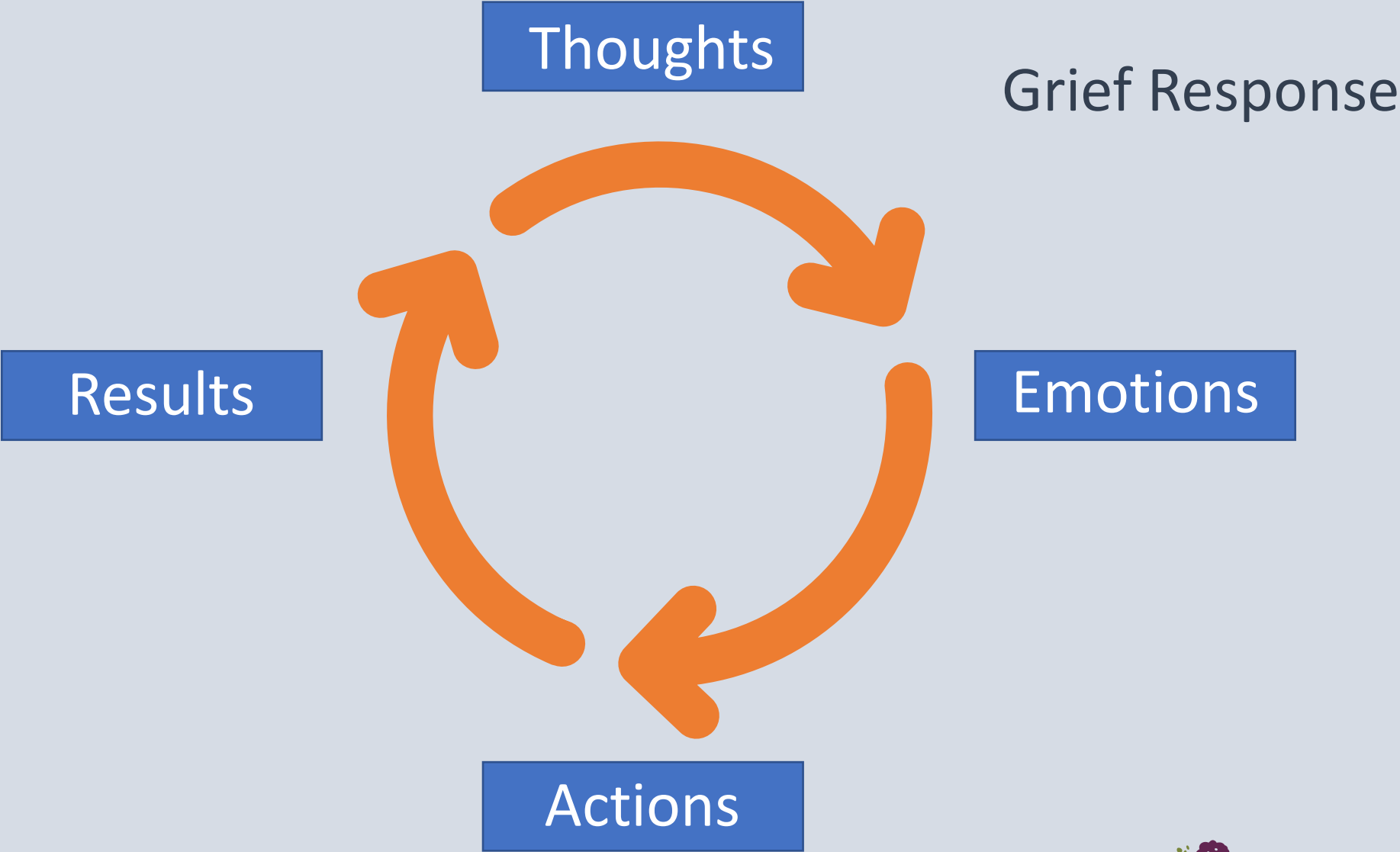
Emotions

Actions









Trauma:

1. A deeply distressing or disturbing experience
2. physical injury.



Expanded definition:
Trauma is anything that causes
someone to feel less than,
small, unworthy or unlovable.



When someone practices thoughts that they're not good enough, less than or aren't lovable, they suppress their life force energy and their ability to heal.





Unhealed trauma/grief can cause someone to not live out the true expression of who they are.

Labels and statistics may be holding them back.

The Grief Recovery Handbook...

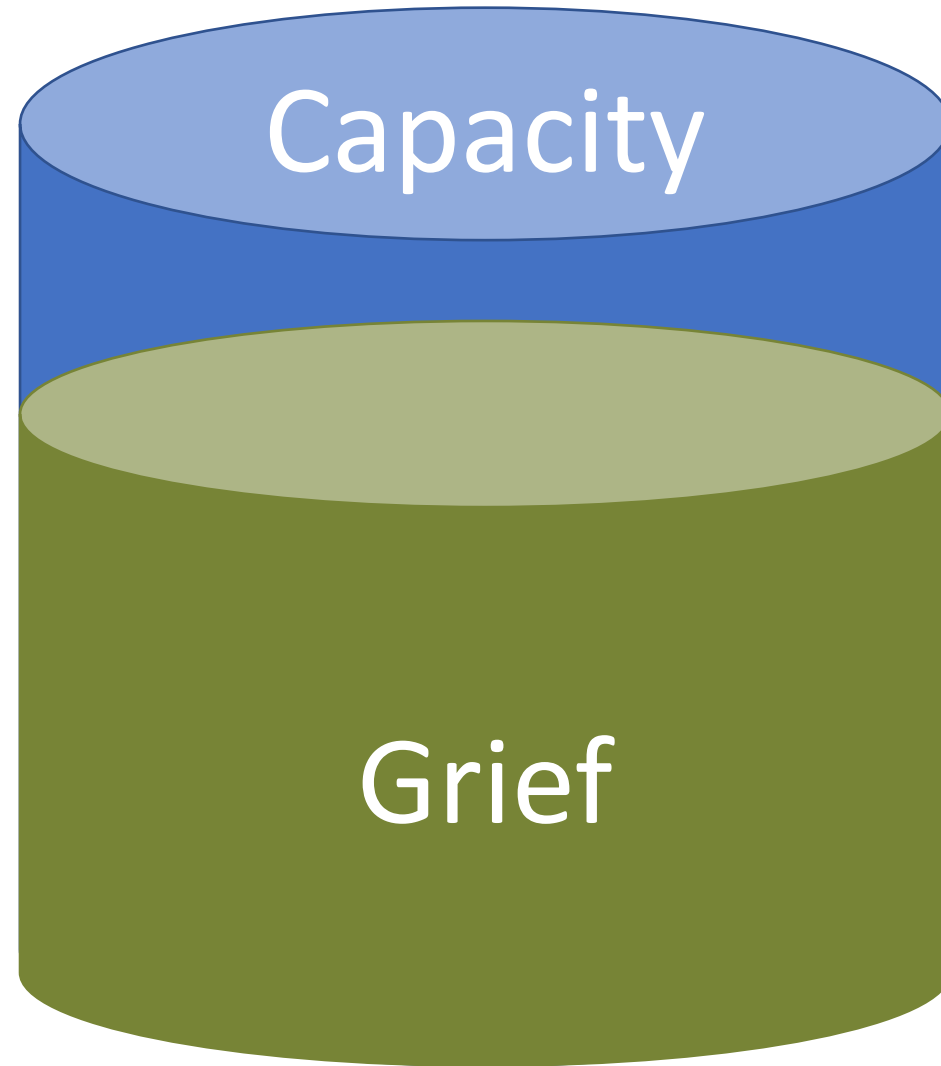
- defines trauma as ongoing mistreatment or abuse that a person may experience
- or the impact of a singular event
- suggests that labeling losses as Trauma and PTSD moves you away from recovery.



Identifying the loss so that it can be worked on moves them toward healing.

What is the loss?

- Loss of trust
- Loss of safety
- Loss of control
- Loss of value



The problem isn't grief.
Grief is the solution.

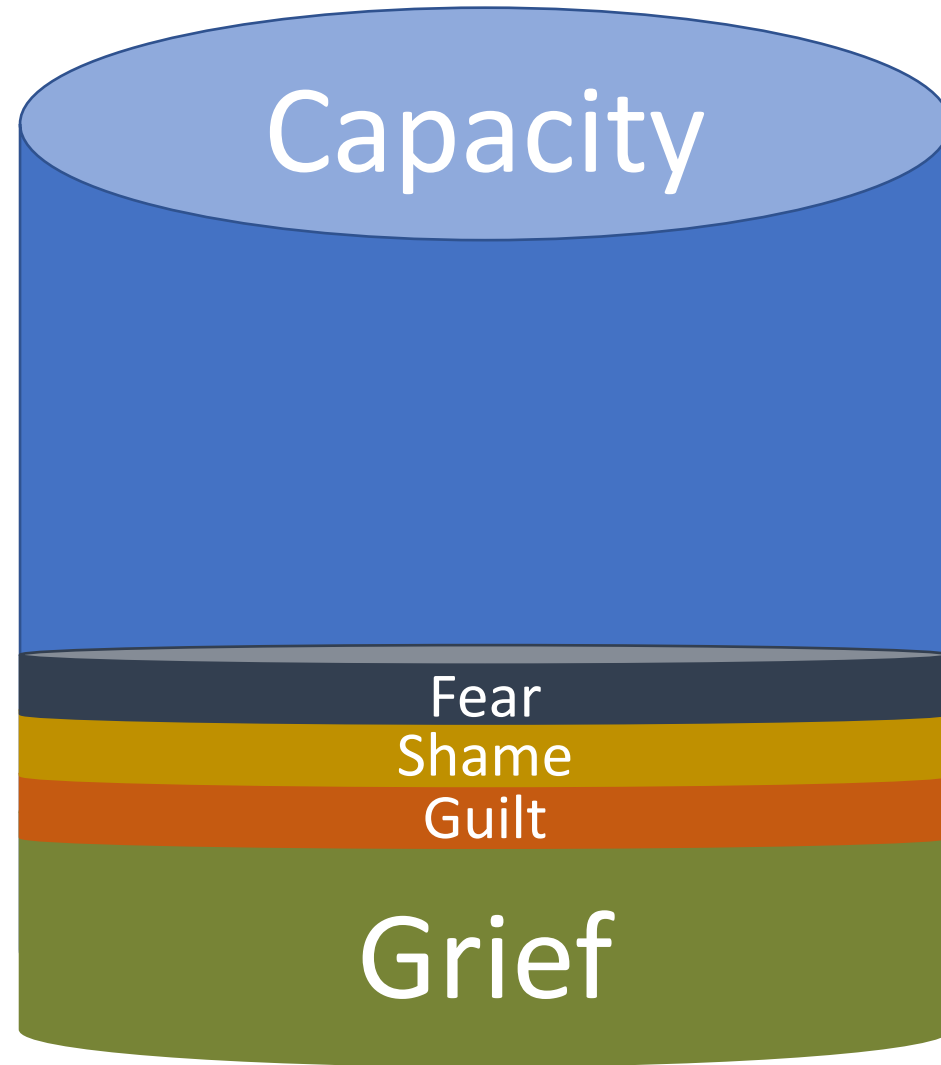
The problem is the
misunderstanding and
judgment of grief.











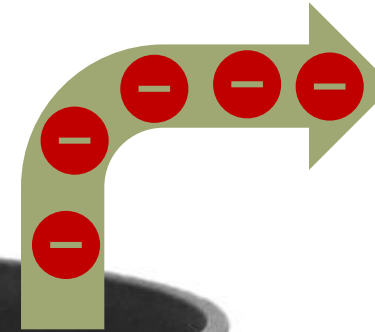
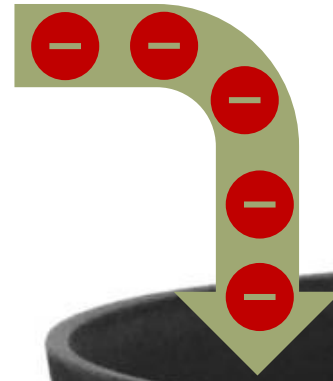
Restorative Self Care

Restorative - having the ability to restore health, strength, or a feeling of well-being

Restorative self care is care for the self that has the ability to restore (repair) health, strength and a feeling of well-being

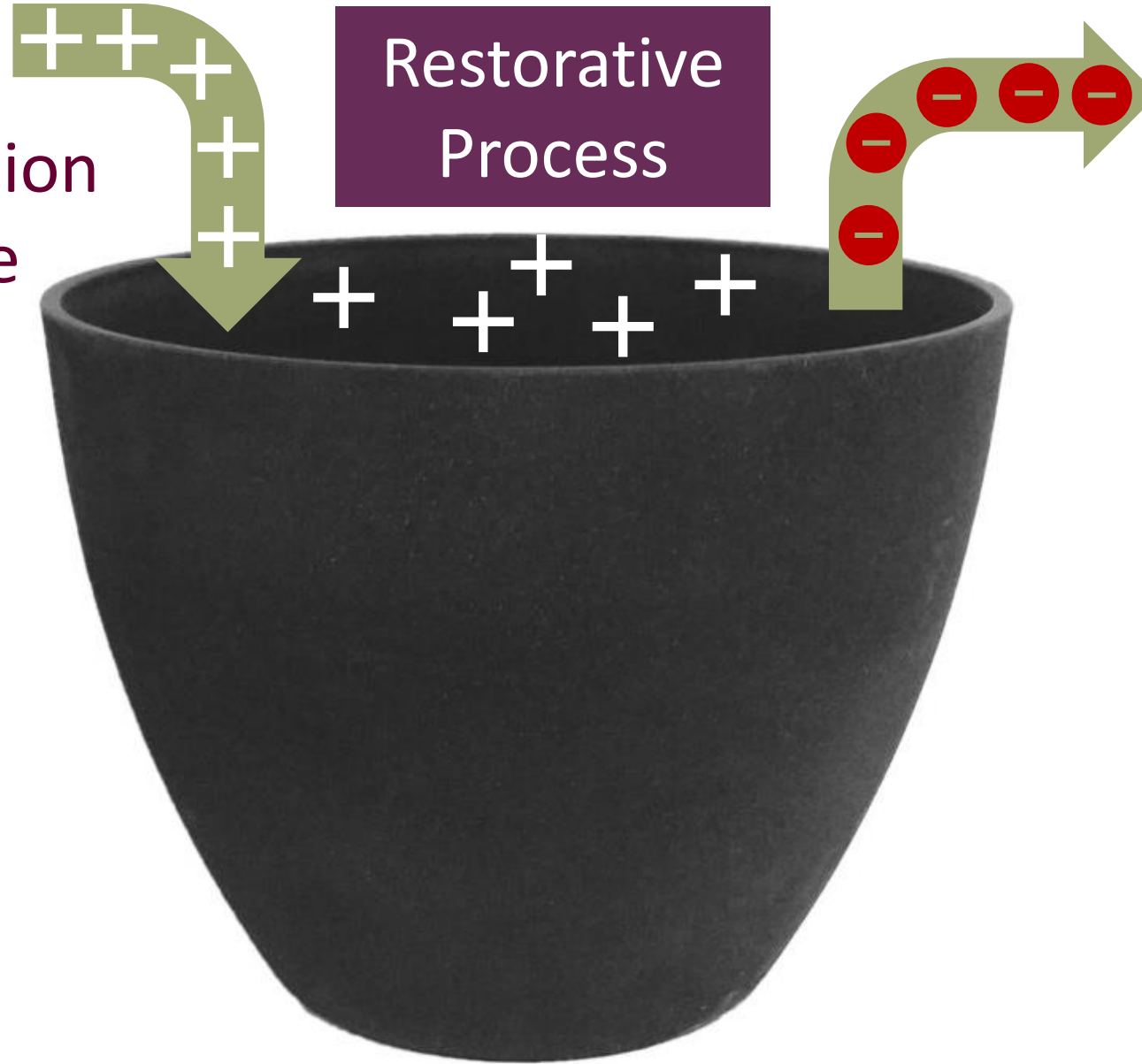


- Guilt
- Shame
- Fear



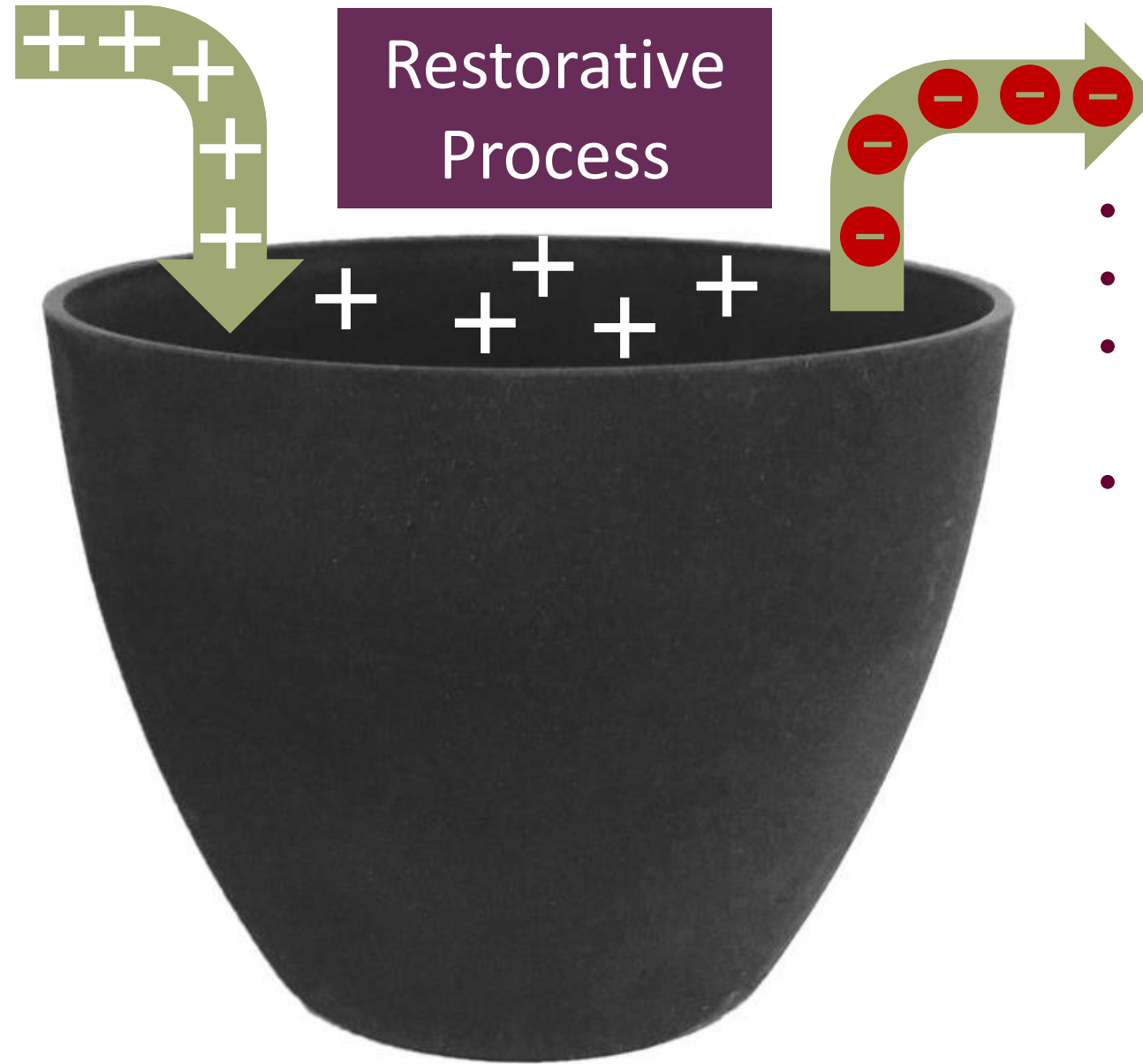
- Sadness
- Pain
- Grief

- Love
- Compassion
- Gratitude



- Sadness
- Pain
- Grief

- Accept your emotions/energy
- Do the things you enjoy
- Create a compassionate inner dialog



- Allow emotions
- Breathe
- Advocate for yourself
- Take breaks when you need to

Restorative Self Care

Through a regular practice of releasing heavy emotion and inputting the good, with time and effort, capacity can be restored and even expanded.

They can exercise their power of personal choice by choosing the daily practice of releasing emotion.

In this way they gently take responsibility for their experience.

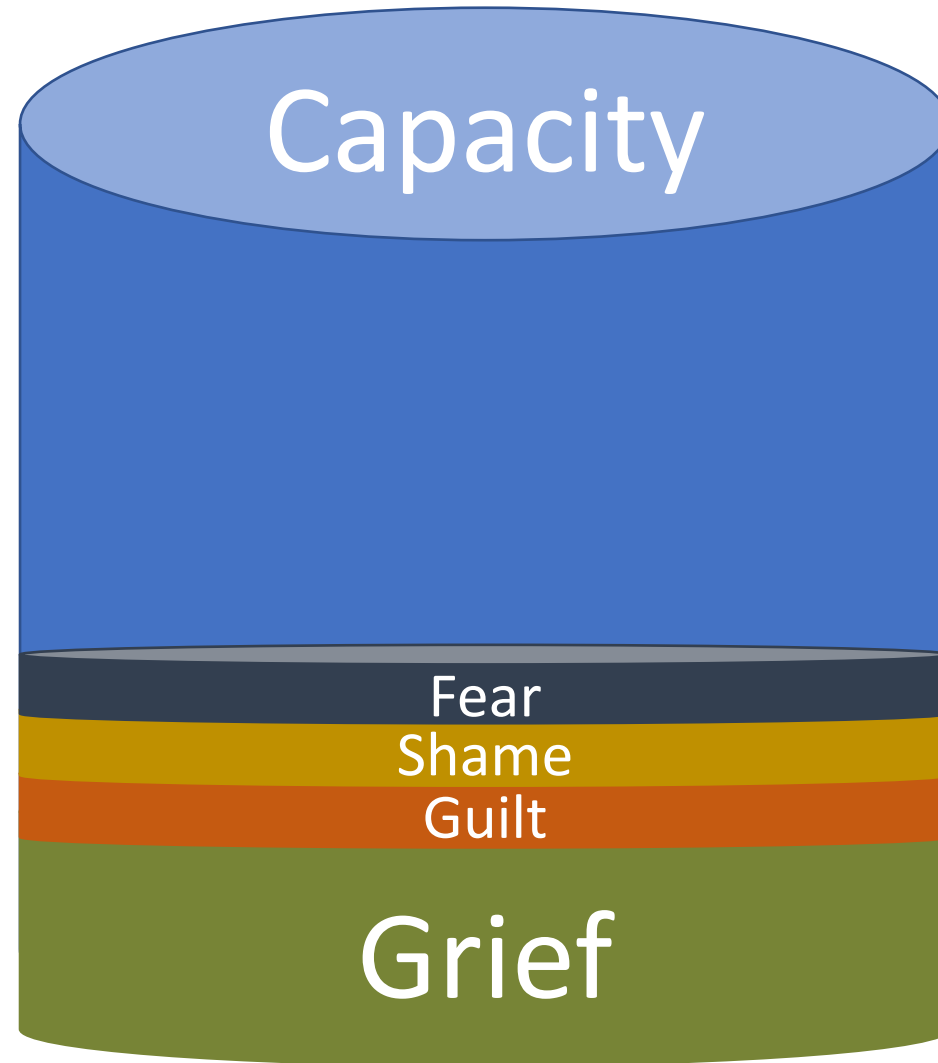


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Over time and as they work through the Hope Model of Healing, they'll start to feel relief from grief.

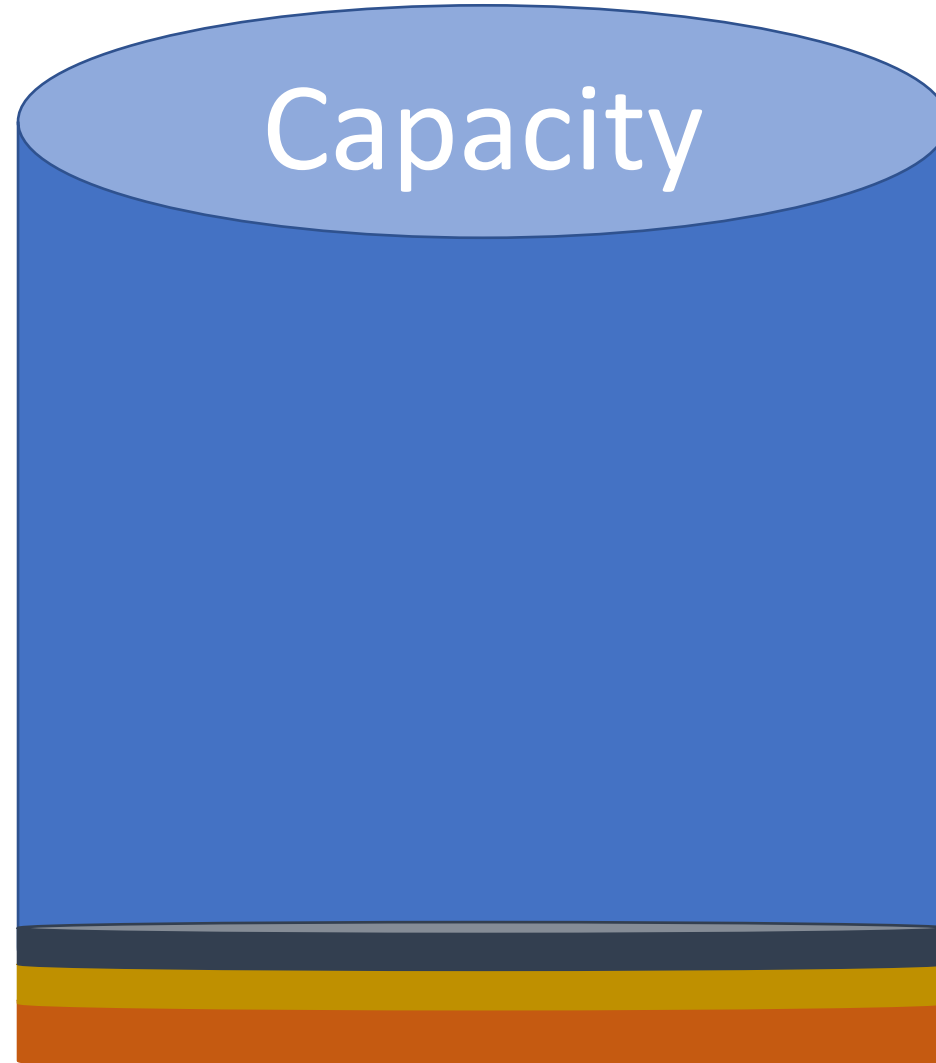
Because we're human we will always experience a range of emotions.

Restorative Self Care

Through a regular practice of releasing heavy emotion and inputting the good, with time and effort, capacity can be restored and even expanded.

They can exercise their power of personal choice by choosing the daily practice of releasing emotion.

In this way they gently take responsibility for their experience.



Over time and as they work through the Hope Model of Healing, they'll start to feel relief from grief.

Because we're human we will always experience a range of emotions.

Yet having released heavy grief they can restore their capacity again.

Regardless of their capacity they are always whole and worthy.

Next meeting:

1. Tuesday, March 8th
2. Chapters 3 & 4