

Slide 1

Grief Coach Training
Week 3 February 22, 2022




The logo features a circular emblem with a stylized plant and the text "Build a Life AFTER LOSS" in a serif font.

Slide 2

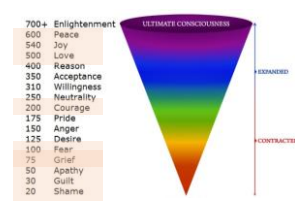
Agenda:

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




The logo for True Hope Club, featuring a heart shape and the text "True Hope Club".

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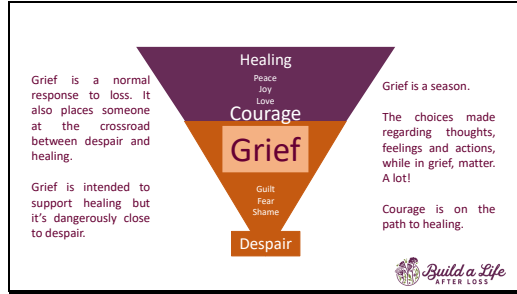
A diagram showing a spectrum of grief states from 20 to 700+. The top is labeled "ULTIMATE CONSCIOUSNESS". The spectrum is divided into "EXPANDED" (top) and "CONTRACTED" (bottom) states.

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

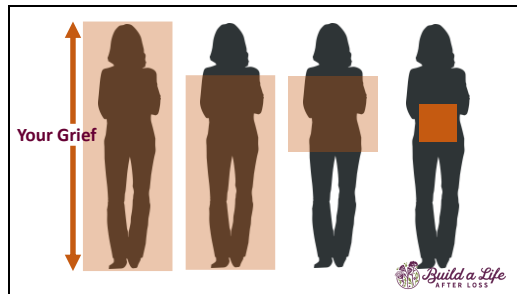


The logo for Build a Life After Loss, featuring a circular emblem and the text "Build a Life AFTER LOSS".

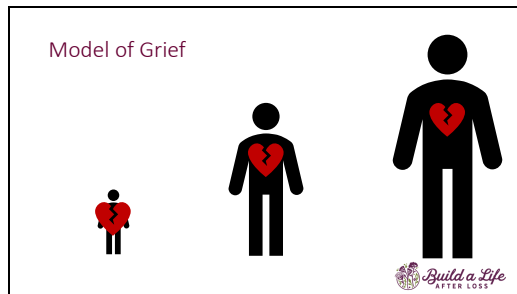
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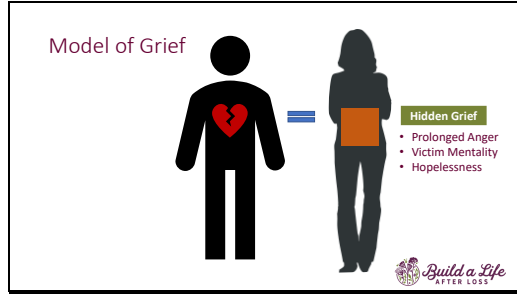
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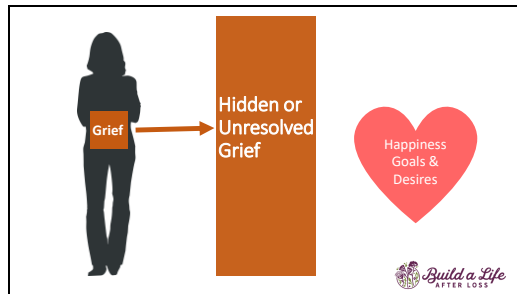
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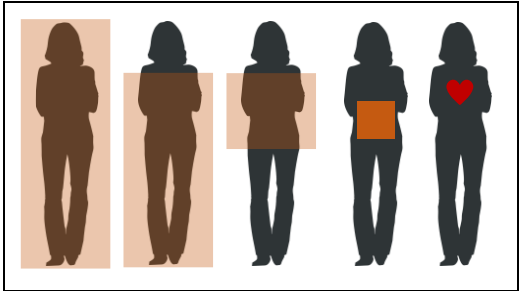
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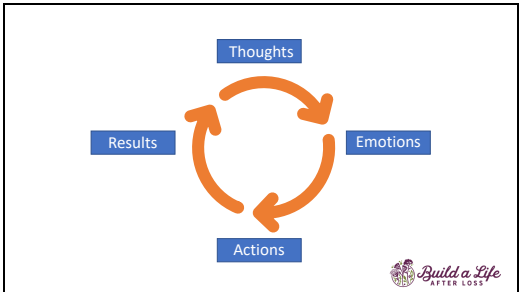
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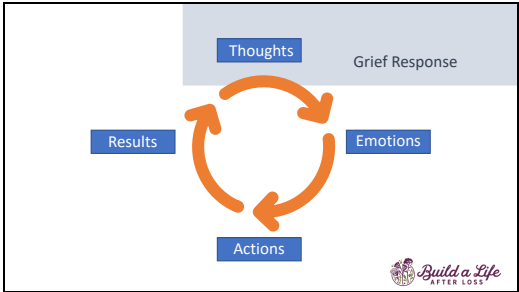
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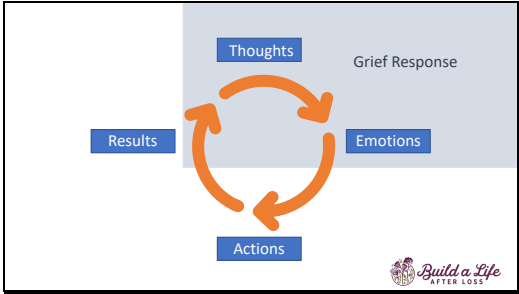
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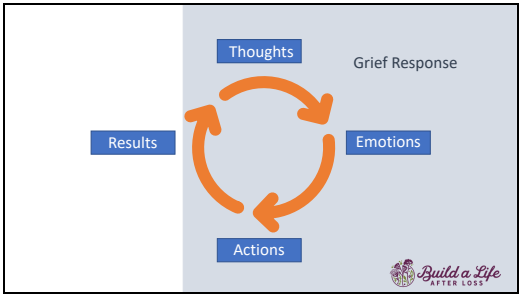
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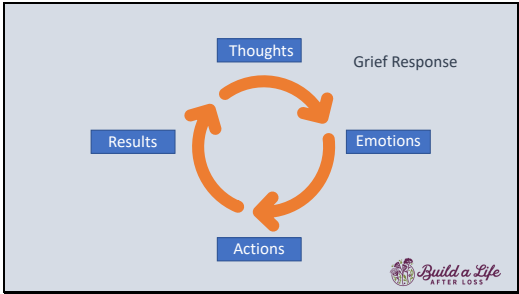
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Trauma:


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



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



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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.




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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.




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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.




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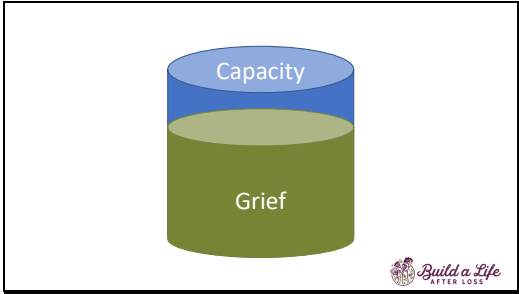
Identifying the loss so that it can be worked on moves them toward healing.

What is the loss?

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




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

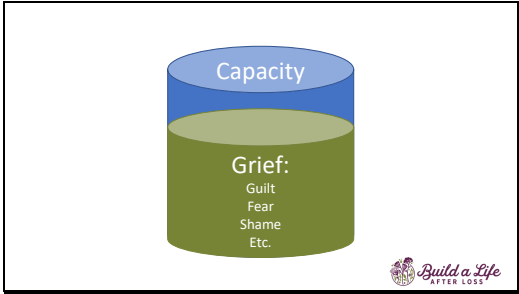
The problem is the
misunderstanding and
judgment of grief.



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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




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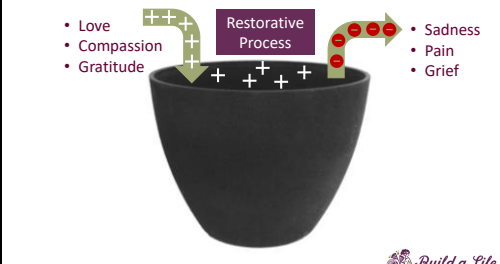


- Guilt
- Shame
- Fear

- Sadness
- Pain
- Grief




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- Love
- Compassion
- Gratitude

Restorative Process

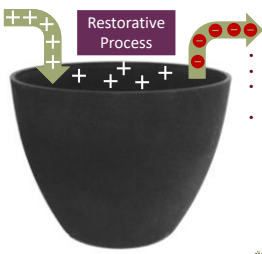
- Sadness
- Pain
- Grief



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Restorative Process

- 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

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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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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.

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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.

Capacity



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.



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Next meeting:

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

