

Slide 1

Grief Coach Training
Week 2 February 15, 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

Goal:
to become...

- Comfortable
- Confident
- Effective

in supporting a client in their grief and assisting them in incremental healing steps and shifts.




The logo is a smaller version of the one on Slide 1.

Slide 3


What is loss?

death, divorce, ill health, relationship difficulty, break up, miscarriage, still birth, pet loss, financial loss, estrangement, abuse, etc.

All loss causes feelings of grief.




The image shows a person's silhouette sitting at a desk, possibly in a dimly lit room, with a light source behind them.




The logo is a smaller version of the one on Slide 1.

Slide 4



What is Grief?



Traditional definition: deep sorrow, especially that caused by someone's death.



Slide 5

What is Grief?

Expanded definition: The unremitting painful feelings caused by emotional injury or loss of any kind. The painful feelings of loss of a desired future or outcome.



Slide 6



What is Healing?


The release of unremitting painful feelings.
Experiencing feelings of purpose, happiness and enthusiasm for life.
Feeling occasional sadness about your loss.
Being comfortable talking about your loss.
Living a full life with a full range of emotions.



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The Power of a Good Question


- What?
 - What happened?
 - What did you think? Feel? Do?
- When?
- Where?
- How?
 - How did you feel?
 - How did you respond?



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The Power of a Good Question

- Why?
 - Use sparingly
 - Why did you choose to think/feel that? Why do you think/feel this happened/ she did this?
- What if?
 - What if it's ok to be sad?
 - What if it's possible to allow this?
 - What if you could let go of carrying this heavy burden?

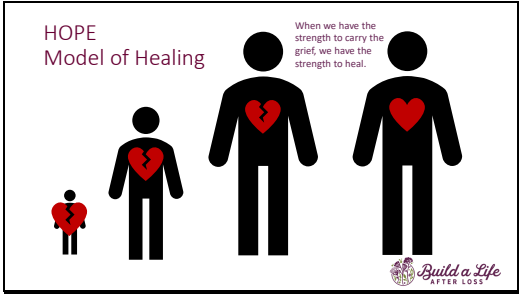


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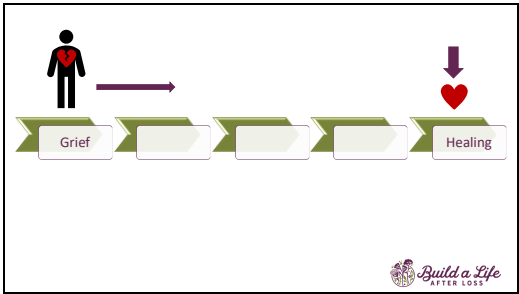
Growing Around Grief



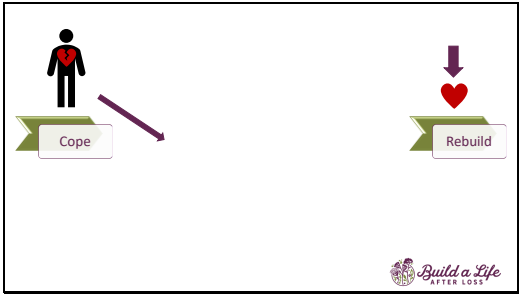
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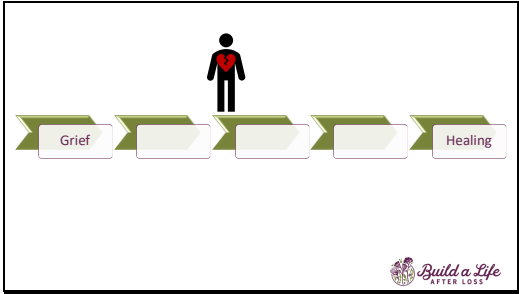
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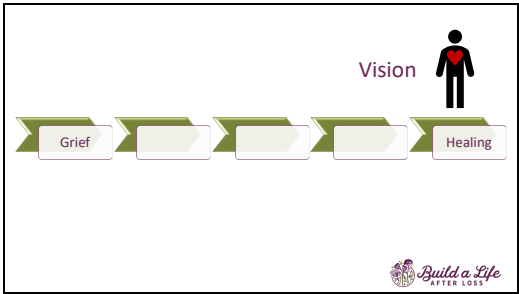
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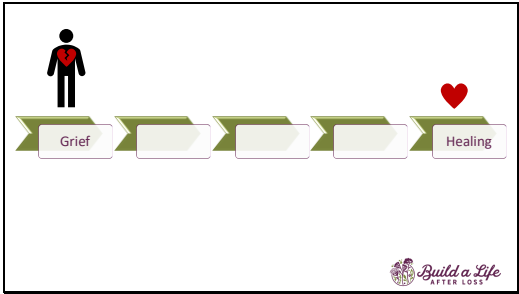
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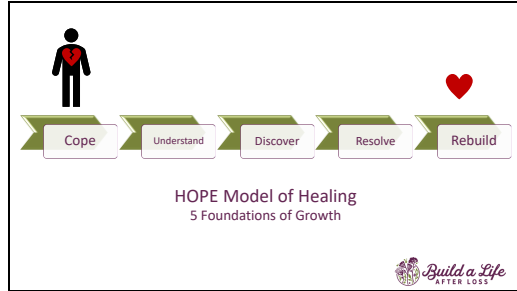
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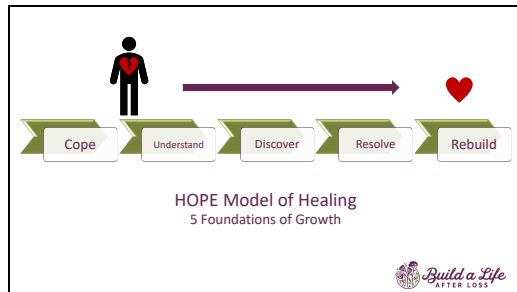
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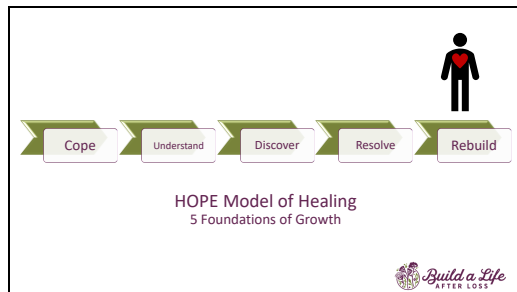
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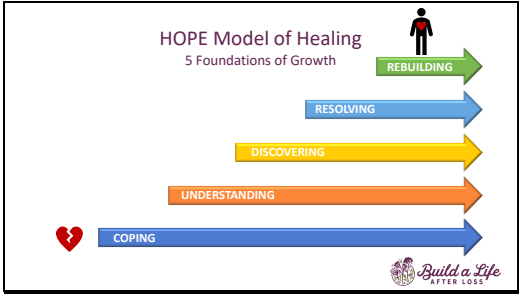
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Slide 21




Slide 22



Slide 23

The problem isn't grief.
 Grief is the solution.
 The problem is the misunderstanding
 and judgment of grief.



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Week 2 Assignments:

- Read, study chapter 2
- Answer the questions in the workbook
