

# Grief Coach Training

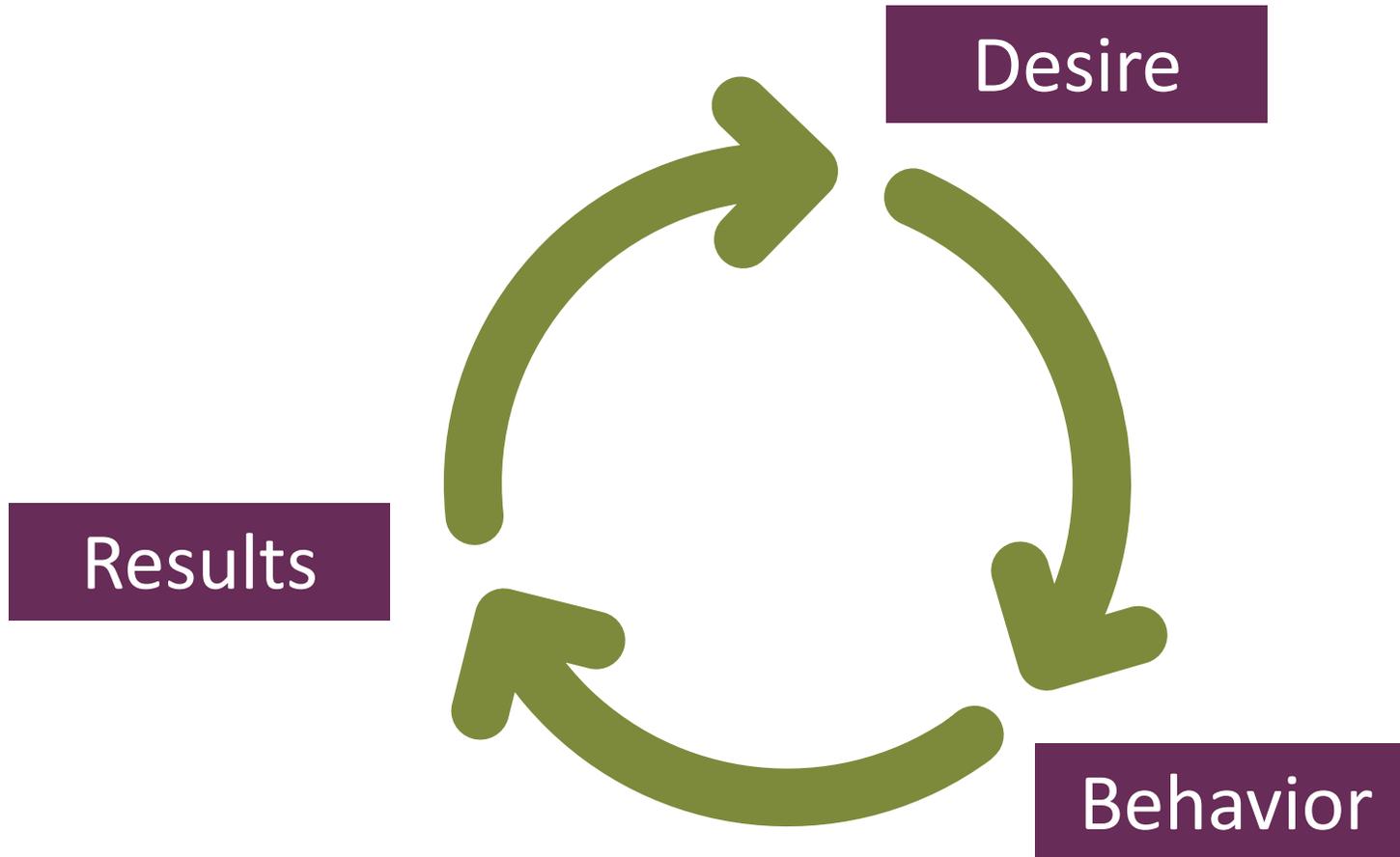
Week 4 March 8, 2022



*Build a Life*  
AFTER LOSS

# Agenda

- 3 prerequisites: Desire, Hope and Effort
- The Hope Model of Healing
- Transcending the Levels of Consciousness
- Post-traumatic growth
- Understanding relationship challenges



# *Blocks to Desire*

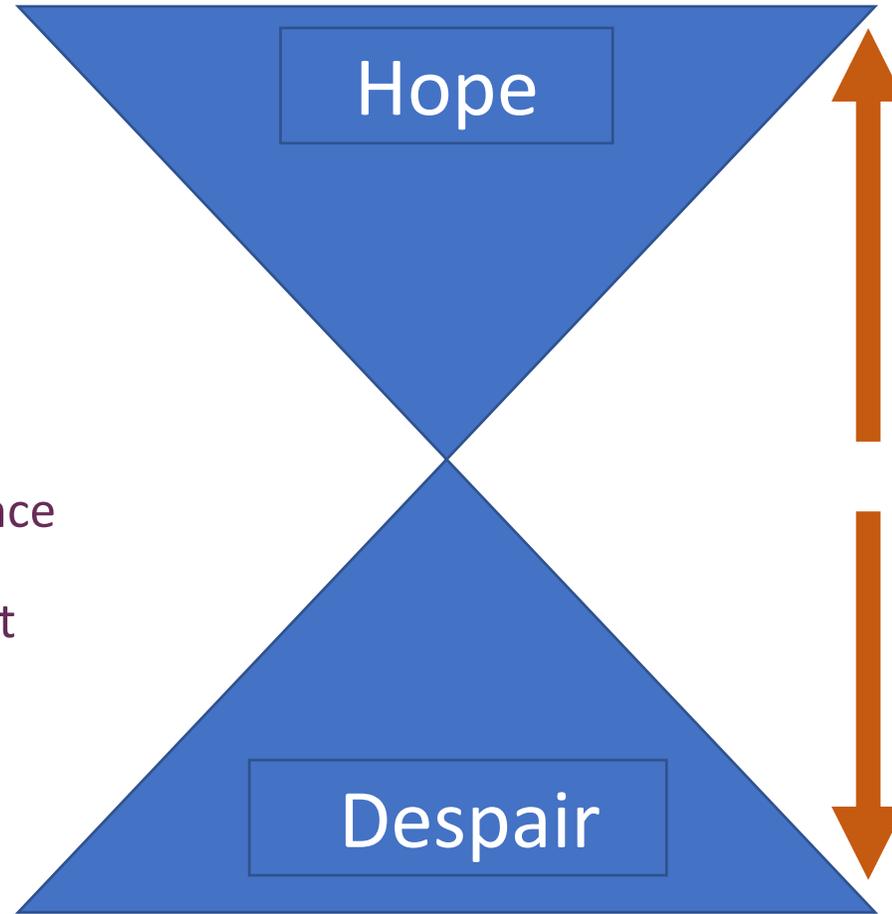
- Lack of Hope; Despair
- Rewards of Grieving
- Learned Hopelessness

## *3 Aspects of Motivation*

- Clear and compelling goal
- A path to get there
- Confidence that they can actually do it

## Hope

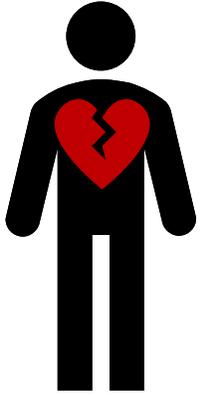
- Influenced by their thoughts
- Influenced by what they consume
- Influenced by what others are saying
  
- Help them see how their choices influence their results
- Help them choose what they think, what they consume and what they believe



## *Effort*

"If time actually healed people, no one in the world would be hurting. Time is simply space. What matters is how you use it. If you fill your time intentionally with self-love, letting go, and building the new habits your being needs, that would make a real difference" -Yung Pueblo

Understanding and applying the steps of healing gives people their power back. Then they experience fruitful effort.



Cope

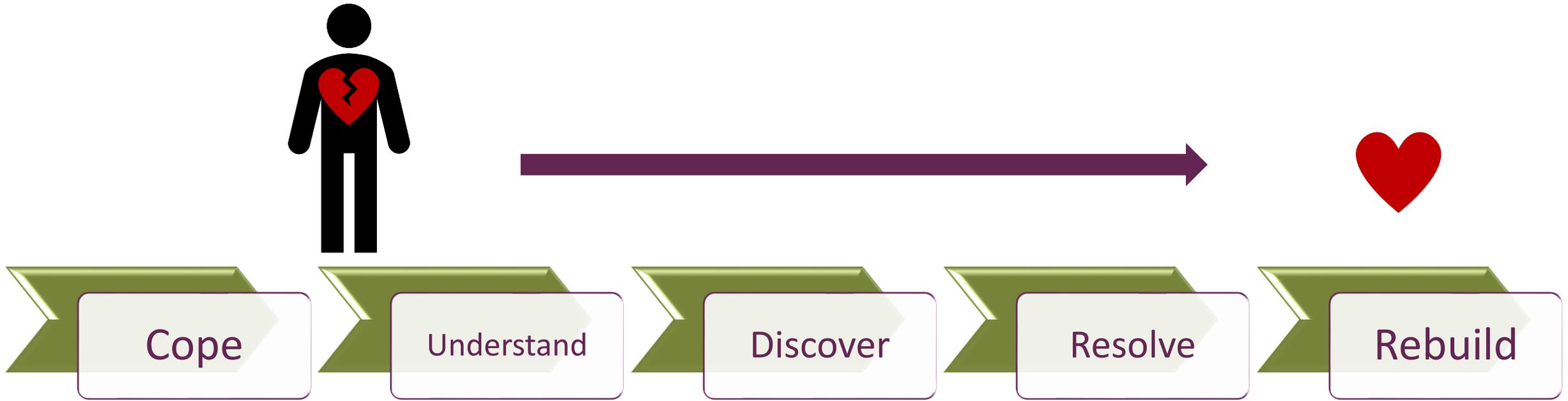
Understand

Discover

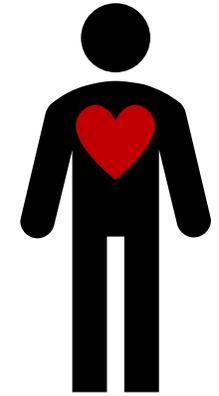
Resolve

Rebuild

## HOPE Model of Healing 5 Foundations of Growth



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Cope

Understand

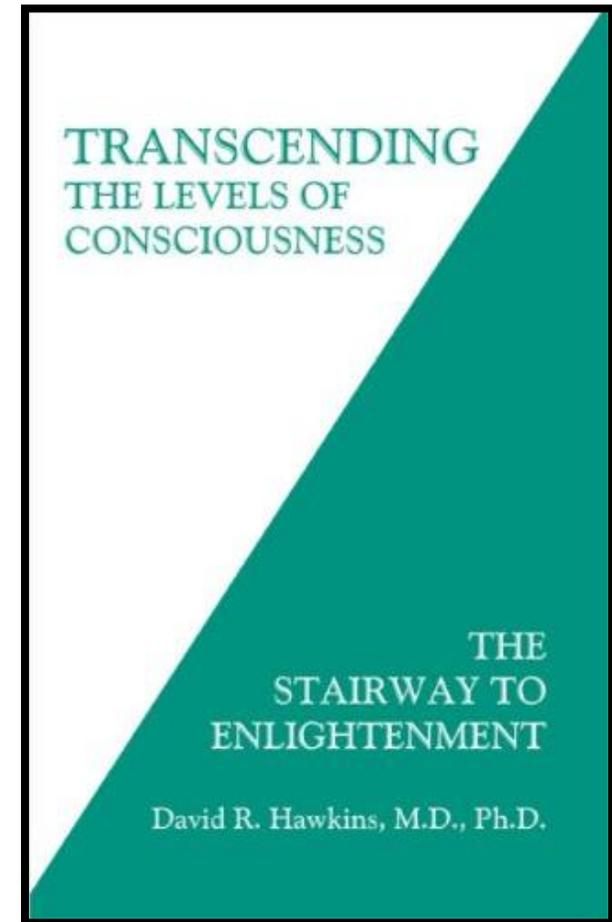
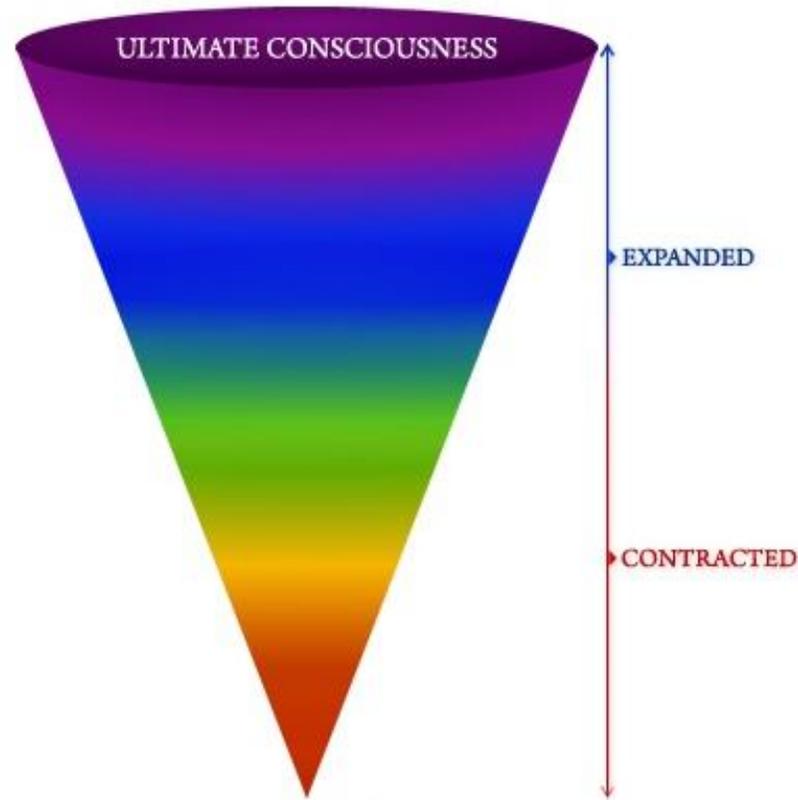
Discover

Resolve

Rebuild

## HOPE Model of Healing 5 Foundations of Growth

- 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



# Grief

- This is the level of sadness, loss and despondency. Most people have experienced it for periods of time, but those who remain at this level live a life of constant regret and depression.
- This is the level of mourning, bereavement and remorse about the past.
- Major losses in early life make one later vulnerable to passive acceptance of grief, as though sorrow were the price of life.
- This level colors one's entire vision of existence. Part of the syndrome of loss is the sense of inability to replace what is lost or what is symbolized.

## *Clinical*

- The universality of the experience is due to the structure and nature of the ego, which misperceives the source of happiness as external or emotional and imbues it with specialness. In reality, the only source of happiness is from within.
- The spiritually evolved person who has few wants or attachments is relatively immune to grief, as the experience of the source of happiness originates from within and is not dependent on externals.
- Happiness is the inner psychological reward for achievement of externalized goals as a self-reward system, and the error is to think that the source of happiness is due to the 'out there' instead of originating from within.
- The externalization of perceived sources of happiness leads to attachments and the emergence of control as a major survival mechanism, along with the desire for status and its symbols of security, and therefore, materialism.

## *Spiritual Orientation*

- Not uncommonly, major loss results in turning to religion or spirituality for help and answers. Loss therefore provides an opportunity for increased intention to reevaluate spiritual principles and put them into actual practice rather than just intellectual appreciation.
- It is well to know that spiritual research indicates that all suffering and emotional pain result from resistance. Its cure is via surrender and acceptance, which relieve the pain.
- Pain of loss is not steady or continuous but comes in waves that can be diminished by consistent nonresistance and surrendering continuously to God.
- Paradoxically, loss is simultaneously freedom and opening of new options. Loss services inner adaptations and qualities that represent opportunities for growth.
- All aspects of human life are transient; therefore, to cling to any aspect eventually brings grief and loss.
- Grief and loss, like any stressful situation in life, can be seen as a valuable growth opportunity and a time for reassessment of values and goals.

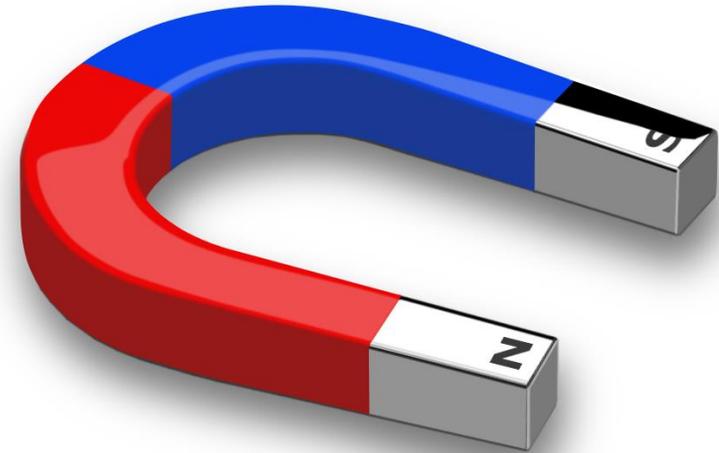
# Dualities of Grief

## Attraction

Cling to →  
Live in the past →  
Undo →  
Bargain with God →  
Deny →  
Anger, resentment →  
Resist →  
Despondency →  
Go back in time →  
Life full of problems →  
Bitter →

## Aversion

Let go of  
Live in the now  
Accept  
Accept limitation  
Work through  
Acceptance  
Transcend  
Hope  
Move forward  
Life full of solutions  
Faith and hope



# Post-traumatic Growth



## Attraction

Cling to  
Live in the past  
Undo  
Bargain with God  
Deny  
Anger, resentment  
Resist  
Despondency  
Go back in time  
Life full of problems  
Bitter



## Aversion

Let go of  
Live in the now  
Accept  
Accept limitation  
Work through  
Acceptance  
Transcend  
Hope  
Move forward  
Life full of solutions  
Faith and hope

“Post-traumatic growth describes the positive life changes that develop through a stressful, frightening experience.

“Researchers note that post-traumatic growth is not the same as resilience. Resilience describes people returning to their previous levels of functioning. Meanwhile, post-traumatic growth refers to positive personal change.

“Studies show that after a traumatic event, reports of personal growth are more common than those of psychiatric disorders.”  
(cancer.net)



It's comforting to know that post traumatic growth is much more likely than posttraumatic stress. In an article by Lorna Collier for the American Psychological Association she wrote:

“Post-traumatic growth (PTG) is a theory that explains this kind of transformation following trauma. It was developed by psychologists Richard Tedeschi, PhD, and Lawrence Calhoun, PhD, in the mid-1990s, and holds that **people who endure psychological struggle following adversity can often see positive growth afterward.**’

“People develop *new understandings of themselves, the world they live in, how to relate to other people, the kind of future they might have and a better understanding of how to live life,*’ says Tedeschi.”



## Growth developed after loss:

- *new understandings of themselves*
- *new understandings of the world they live in*
- *how to relate to other people*
- *the kind of future they might have*
- *better understanding of how to live life*

## *Next meeting:*

1. Tuesday, March 22nd
2. Chapters 5