



Living with Loss Online

Thank you to Forest Holme Charity

Watching this presentation

You may want to have someone with you when watching the presentation. Just to remind you that the counselling service is available 9-5 Monday to Friday if you want to discuss further. You may want to wear earphones if you are having trouble hearing. The video will be lasting for approximately 30 minutes

My name is Dania Moussalli

- ▶ 7 years into bereavement counselling working with bereaved clients, patients and their families within Forest Holme hospice and Poole hospital (oncology and terminal illness)
- ▶ Over 15 years of counselling working with children, young people, couples and families

Aim of presentation

- ▶ To explain when you might find counselling beneficial through:
 - Stories
 - Theory around bereavement
 - Strategies and tools to help you

By the end of presentation

- ▶ To have a better understanding of the grieving process
- ▶ Resources to help you
- ▶ When you might need counselling

Stories

- ▶ Story one with Maggie
- ▶ Story two with Mary

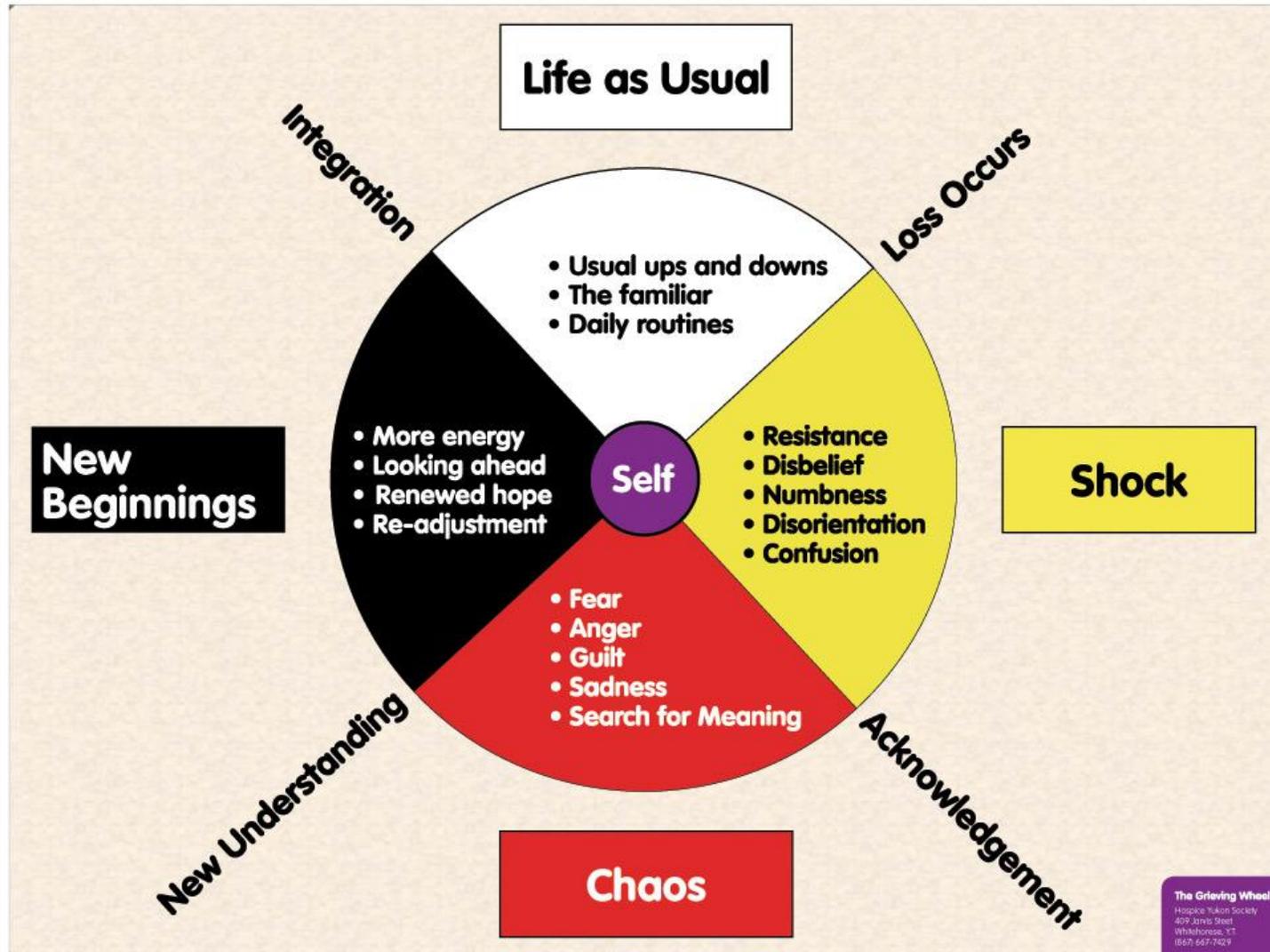
The journey depends on...

- ▶ Sudden Death
- ▶ Long Term Illness
- ▶ Death of a Partner/Spouse
- ▶ Death of a Parent
- ▶ Death of a Child
- ▶ Suicide

The journey depends on...

- ▶ How you were told
- ▶ Who supported you
- ▶ The care your loved one, you and your family have received

The Grieving Wheel - A Model of the Grieving Process



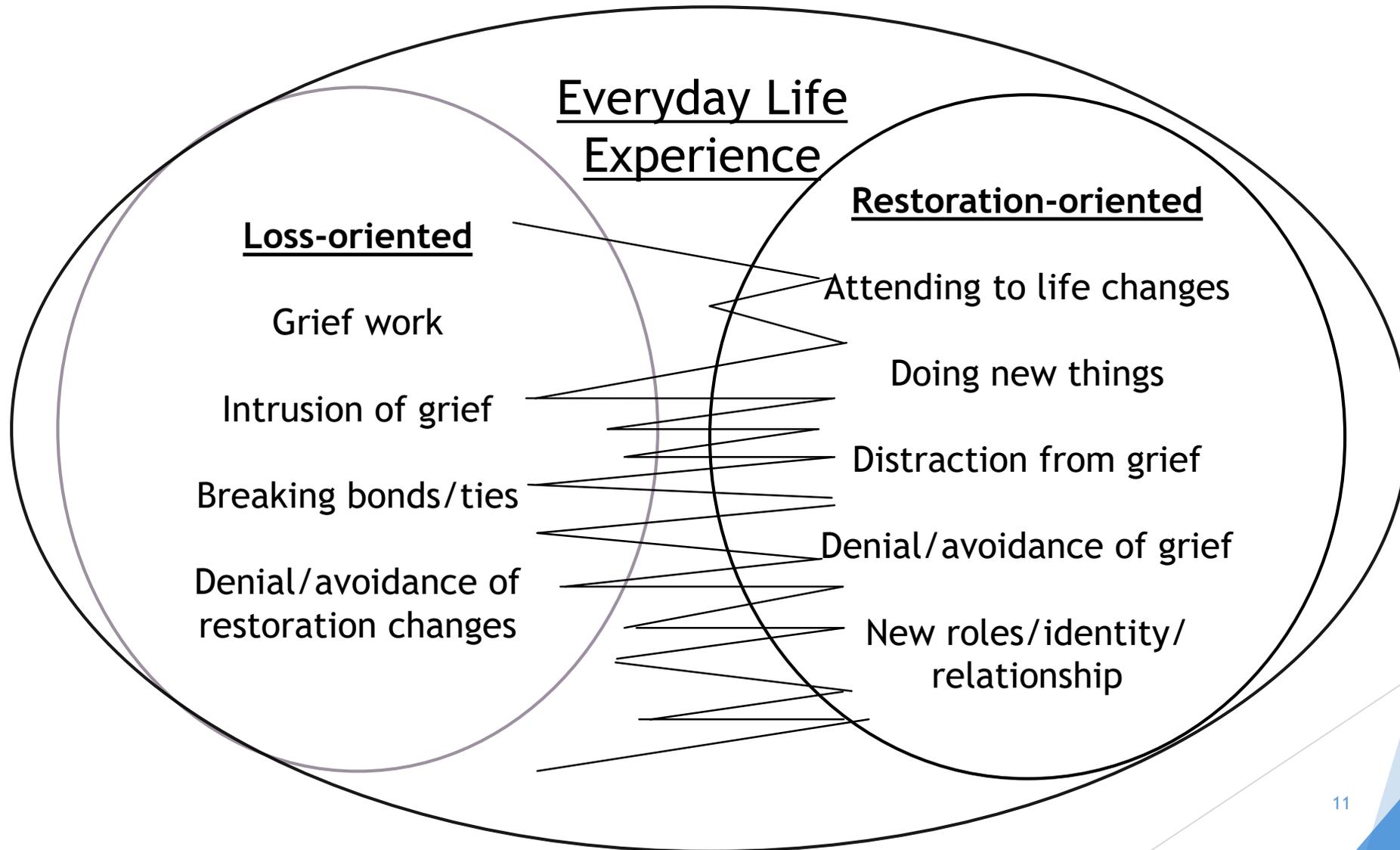
Dr Elisabeth Kübler-Ross

Stages of grief

- ▶ SHOCK & NUMBNESS
- ▶ DENIAL
- ▶ ANGER
- ▶ BARGAINING
- ▶ SADNESS/DEPRESSION
- ▶ ACCEPTANCE

A Dual Process Model of Coping with Bereavement

(Strebe & Schut (1999) Death Studies 23(3):197-224)



Continuing Bonds



Feelings

- ▶ Lonely
- ▶ Low mood
- ▶ Anger
- ▶ Guilt & regret
- ▶ Injustice

Feelings

- ▶ Reflective
- ▶ Envy
- ▶ Family Events
- ▶ Relief

Shared quotes about grief

„**Anger** and **upset** were the main emotions I experienced but after a few months it was **relief** - relief that they were no longer in pain”

Samantha Salmon

“At first I felt **no emotion**; I couldn't cry and felt **numb**”

Anon

“I thought I'd had chance to get my head around the fact my Mum was dying... How wrong was I, so **regret** for me.”

Julie Way

“My first feeling was **relief** for my husband, but over time I felt **angry** that he suffered so much and a **sadness** that I didn't say the things I wanted to say”

Sue Miles

Shared quotes about grief

“Firstly **relief** that he was no longer suffering, followed by immense **sadness** and overwhelming sense of **loss**.”

Louise Blakely

“**Regret**, heart broken, wished I had done more for my Mum”

Kerry Walton

“I felt **physical pain** in my chest complete **numbness, sadness & loneliness** I have also suffered from so much **guilt** thinking I wasn't a good enough daughter” **Sharon Pauley**

Shared quotes about grief

“Absolute **loneliness**, felt like part of my heart had died along with my son,
Shaun”

Nicky Dixon

“Total gut wrenching **emptiness** and **disbelief** that my mum was actually
dying.”

Theresa Vincent

“I don’t think I’ve started grieving, yet I get so **angry** at times.”

Heather Burton

Obstacles that may make grieving more difficult

- ▶ Belief systems
- ▶ Lack of practical, emotional or spiritual support
- ▶ Marital or family discord
- ▶ Loss of identity
- ▶ Mixed feelings towards the person who has died
- ▶ Difficulties in expressing feelings (unable to cry)
- ▶ Low self-esteem/confidence
- ▶ Lack of medical information
- ▶ Inability to see their loved one or attend the funeral
- ▶ Anxiety about money
- ▶ Regret over unfinished business
- ▶ Continuing grief over a past bereavement

Other Losses

- ▶ Retirement
- ▶ Losing a job
- ▶ Divorce or relationship breakup
- ▶ Loss of financial stability
- ▶ A miscarriage
- ▶ Death of a pet
- ▶ Loss of a cherished dream
- ▶ Loss of a friendship
- ▶ Loss of safety after a trauma
- ▶ Giving up the family home

Grief - Just as The Body needs to Heal so does the mind

- ▶ Transition
- ▶ Overwhelming
- ▶ Grief is not linear
- ▶ Identifying blocks
 - ▶ Traumatic experience
 - ▶ Support network
 - ▶ Managing other losses

Effect on Behaviour

- ▶ Sleep disruption
- ▶ Loss of appetite/comfort eating
- ▶ Restlessness
- ▶ Exhaustion
- ▶ Preoccupation
- ▶ Anxiety and panic
- ▶ Over use of drugs or alcohol

Physical Sensations

- ▶ Hollowness in the stomach (sickness)
- ▶ Tightness in the chest
- ▶ Tightness in the throat
- ▶ Oversensitivity to noise
- ▶ Breathlessness, feeling short of breath
- ▶ Panic attack
- ▶ Weakness in the muscles
- ▶ Lack of energy
- ▶ Dry mouth

Bad Day, Good Day exercise

When I have a bad day I....	When I have a good day I...
Get up with a headache	Can think about other things
Start to cry and can't stop	Do the housework
Think of her/him all day	Do the garden
Feel overwhelmed by the pain	Sort things out
Feel tired	Try to think positively
Miss her/him	Go shopping Meet friends
Long to touch her/him	Can think about her/him without crying
Don't want to go on	Can think about what she/he would want me to do
Can't believe it's happened	Think about what plans to make for the future

Special days or anniversaries

- ▶ Especially the first one or two after the death, can be difficult. Some people find it helpful to plan for these anniversaries and to mark them in some quite personal way.



Helping your Partner/Family through Grief

- ▶ Even the strongest families can be rocked by bereavement.
- ▶ Remember, you are all different and there's no right or wrong way to cope with loss.
- ▶ Make time to share your feelings
- ▶ Help and encourage each other to keep as many routines going as possible.
- ▶ Encourage each other to take time for yourselves.
- ▶ It may be best not to make any major changes in your life for at least 12 months.
- ▶ Allow yourselves to be upset or angry together, without feeling that one of you must lift the other.

Understanding the importance of self-care

- ▶ Ask for help
- ▶ Talk about it if you are able to
- ▶ Keep some mementos
- ▶ Having a routine
- ▶ Get some exercise
- ▶ Listen to music
- ▶ Join a Choir
- ▶ Trust yourself
- ▶ Go easy on yourself
- ▶ Express yourself in some other way



Next Steps

Social activities (currently on hold)

- ▶ Pop In (currently on hold)
- ▶ Forest Holme newsletter
- ▶ Coffee mornings (to check FH newsletter)
- ▶ Tappers (Lunches and activities currently on hold)

CRUSE HELPLINE 0808 808 1677

- ▶ Signposting to local branches
- ▶ Signposting with regard to financial matters
- ▶ Offer support death through suicide
- ▶ Offer telephone bereavement support conversation for one hour or more
- ▶ Can help with any bereavement

Next Steps

Bereavement support

- ▶ Therapeutic Bereavement Group (currently on hold)
- ▶ Counselling 01202 448514
- ▶ Chaplaincy
- ▶ Doctor surgery
- ▶ Forest Holme hospice
- ▶ Tappers Outlook bereavement support