

GRIEVING WHAT WAS... ACCEPTING WHAT IS...

ONLY WHEN IT IS DARK ENOUGH CAN YOU SEE THE
STARS.

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AGENDA



Introduction



3 Topic Take-aways



3 Strategies

Mindfulness
Parenting Support
Self Care

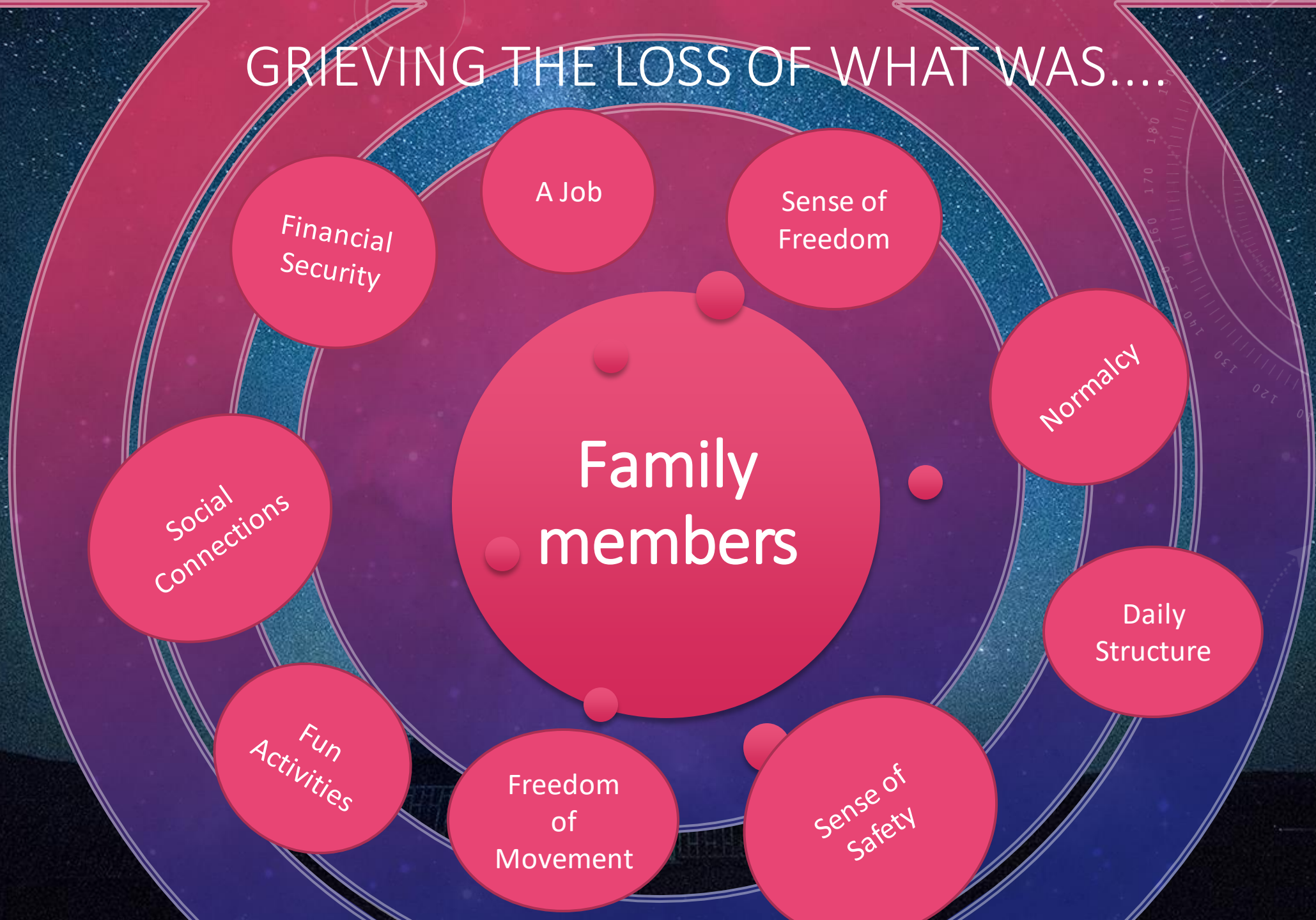


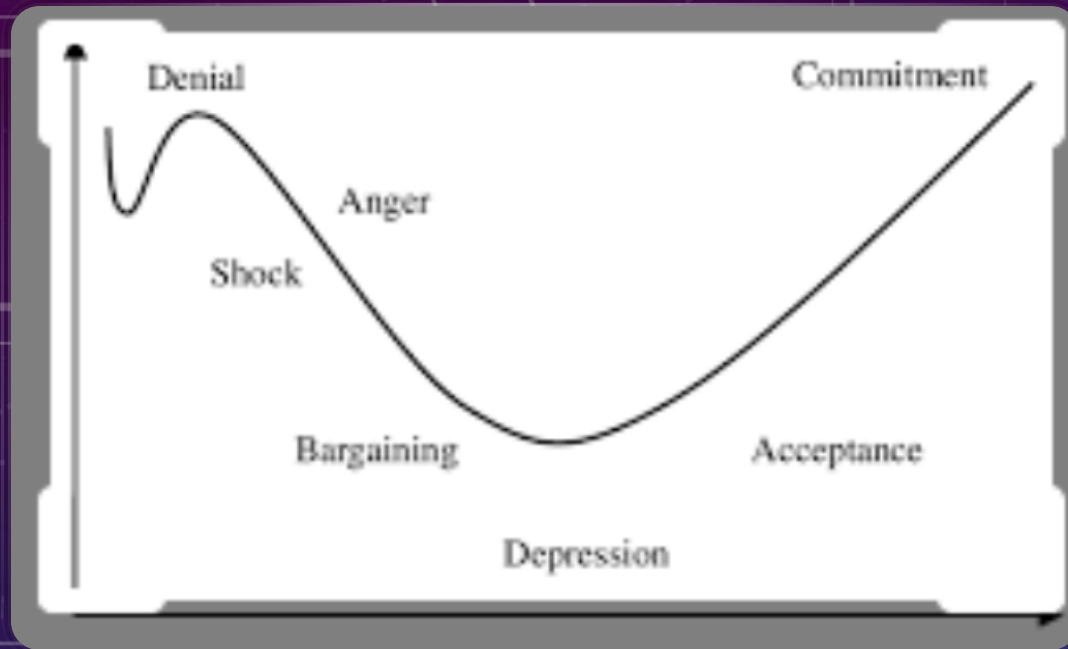
Questions



Resources

GRIEVING THE LOSS OF WHAT WAS....





THE ROLLER COASTER OF GRIEVING

KUBLER-ROSS

ANTICIPATORY GRIEF

- Imagined futures
- Sense of safety
- Grieving collectively which adds to our sadness
- Grieving at a Macro level and Micro level
- Unhealthy anticipatory grief is called anxiety
- Futuristic thinking of the worst case



ACCEPTING WHAT IS....

FINDING A BALANCE IN THE
THINGS YOU'RE THINKING.

COME INTO THE PRESENT
MOMENT BY GROUNDING
YOURSELF

LET GO OF WHAT YOU CAN
NOT CONTROL

REMEMBER THIS
IS TEMPORARY

6TH TYPE OF GRIEF: MAKING MEANING

(DAVID KESSLER, 2019)



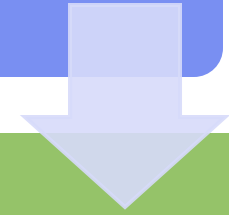
Reframing



Perspective taking

3 TAKE-AWAYS

Rollercoaster of
grieving



Anticipatory Grief



Making meaning
through Reframe or
Perspective taking

3 STRATEGIES

MINDFULNESS

PARENTING

SELF-CARE

MINDFULNESS STRATEGY

Sit comfortably and
close your eyes or have
a fixed gaze

Slowly breath in
counting to 4

As you breath in
squeeze your hands
tightly and hold.

Slowly release
your breath counting to
4 while slowly relaxing
your hands at the same
time.

Repeat the breathing
sequence tensing both
your toes AND hands to
the count of 4 and
release to the count of
4.

Continue to breath in
counting to 4 tensing
additional parts of the
body.

SLOWLY Release the
tension counting to 4.

PARENTING STRATEGY

Objective: This activity encourages creativity and fun! It also stimulates both hemispheres of the brain. The clapping pattern establishes focus and concentration and is a good brain break from studying.

Touch is important for children.

Create a special hand clap pattern that you can do in pairs or as a family unit. (similar to "pease porridge hot" sequence).

Create a ritual of when you do the clapping pattern.

Be creative and use elbows, knees, toes, not just hands.

Establish a rhythm to your clapping pattern. Make it your own.



SELF CARE STRATEGY

01

Look around the room that you are currently sitting in

02

Identify 3-5 things that catch your eye in this room

03

With those items that you just identified share with yourself or others why you appreciate those items.

QUESTIONS?



RESOURCES

- www.grief.com,
- <https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief>
- Kübler-Ross & Kessler: *On Grief and Grieving: Finding the Meaning of Grief through the Five Stages of Loss.*
- *Kessler , D: (2019). Finding Meaning: The Sixth Stage of Grief.*