

WORKING WITH THE GRIEVING



WHAT IS GRIEF?

Elizabeth Kübler-Ross – Five Stages of Grief

1. Denial
2. Anger
3. Bargaining
4. Depression
5. Acceptance



WHAT IS GRIEF?

Will Meek – Four Major Components

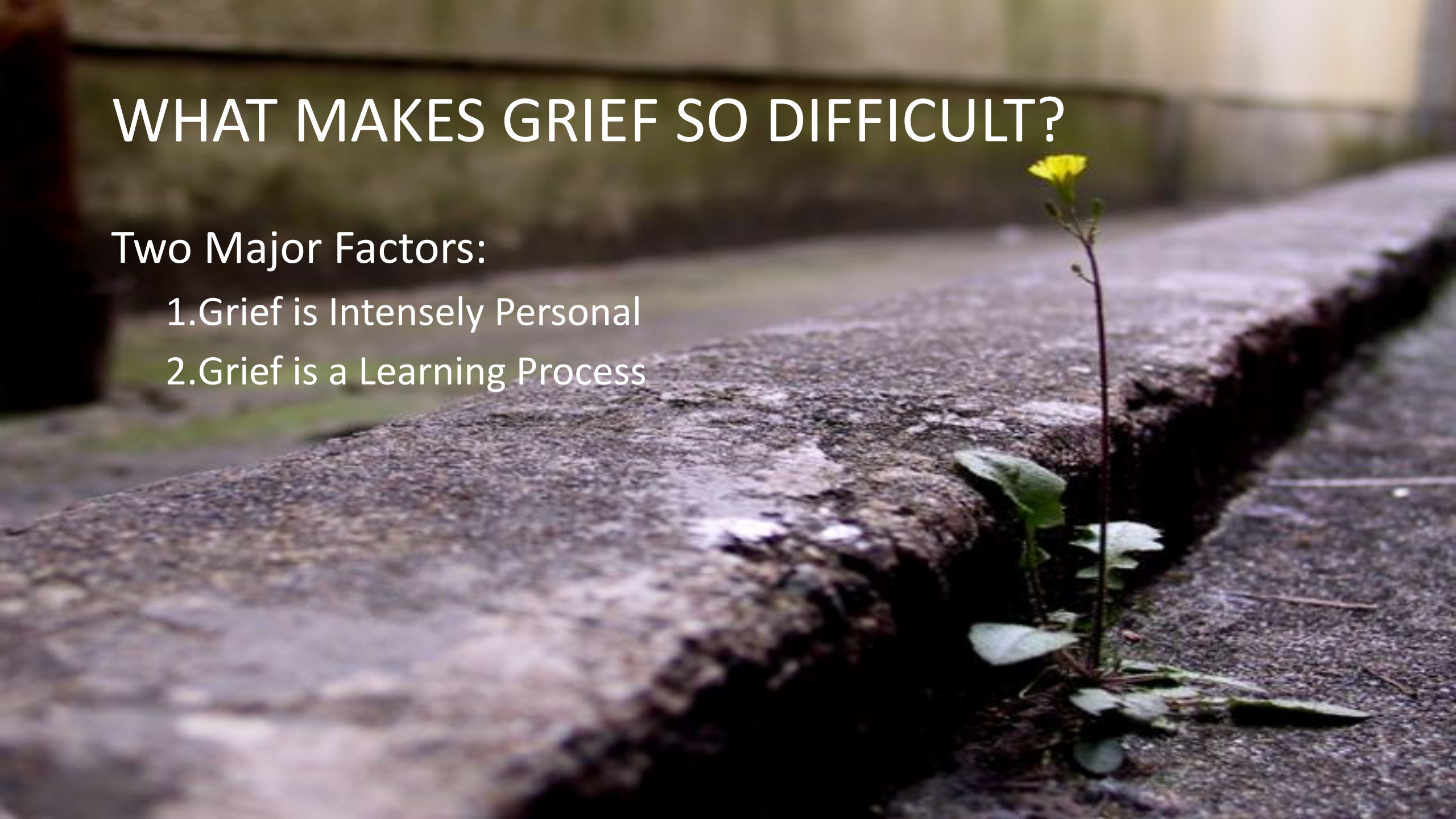
1. Separation Distress
2. Traumatic Distress
3. Guilt, Remorse, & Regrets
4. Social Withdrawal



WHAT MAKES GRIEF SO DIFFICULT?

Two Major Factors:

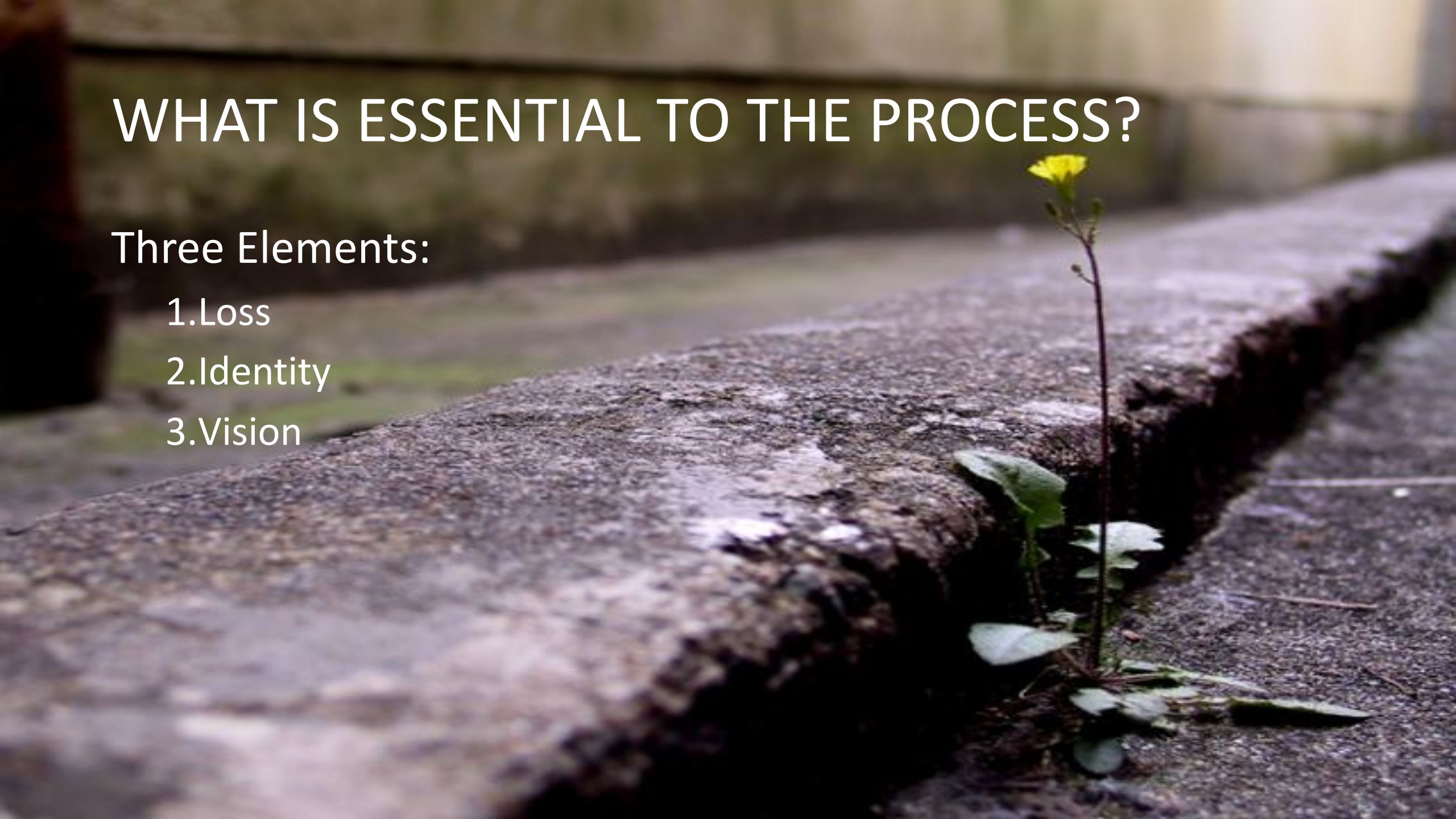
1. Grief is Intensely Personal
2. Grief is a Learning Process



WHAT IS ESSENTIAL TO THE PROCESS?

Three Elements:

1. Loss
2. Identity
3. Vision



PRACTICAL DO'S & DON'TS

1. Referrals
2. Maintain a Learner's Mindset
3. Don't Assume All Grief Is The Same



WHAT ARE PROPER BOUNDARIES FOR PROFESSIONALS?

1. Recognize a VERY Serious Tension
2. The Obvious - Condolences
3. The Not So Obvious - Ask



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