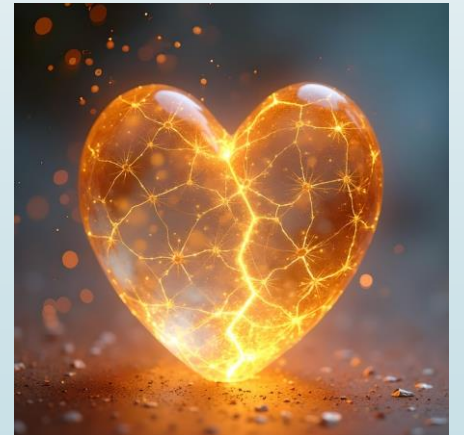


# Moving Through Grief

by

Daneve McAffer

End of Life and Bereavement Facilitator



# Not Everybody Grieves the Same

Building trust is important.

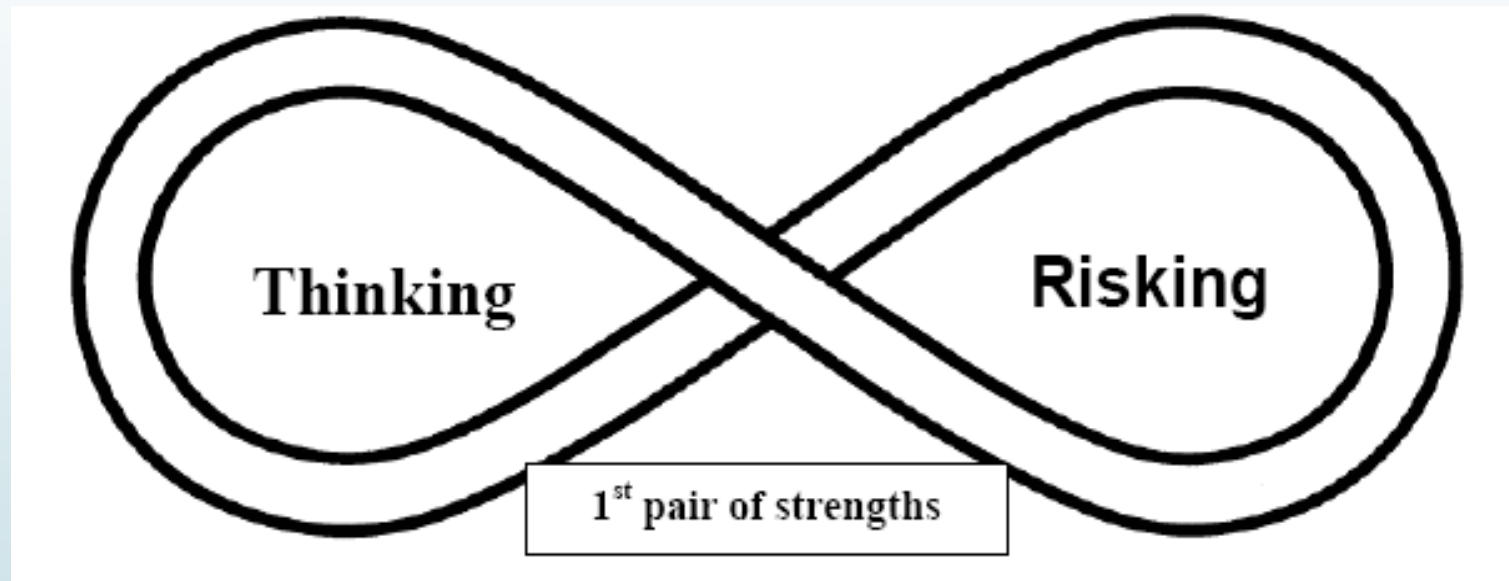
Knowing the person's tendencies/strengths helps us to communicate.

Karl Jung defined personality strengths that we are born with.

Understanding self and others help to identify these strengths.

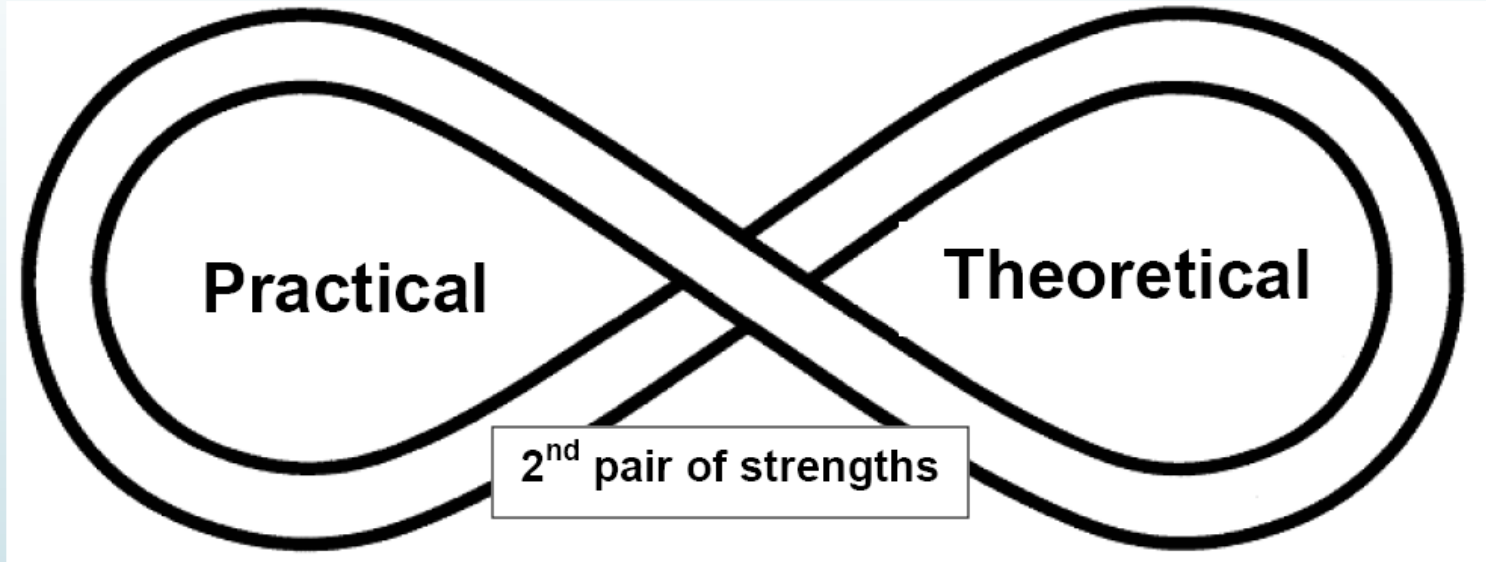
Three pairings define the opposites of each other.

# Thinking Strength's Works Through Their Grief While Risking Strengths Share Their Grief

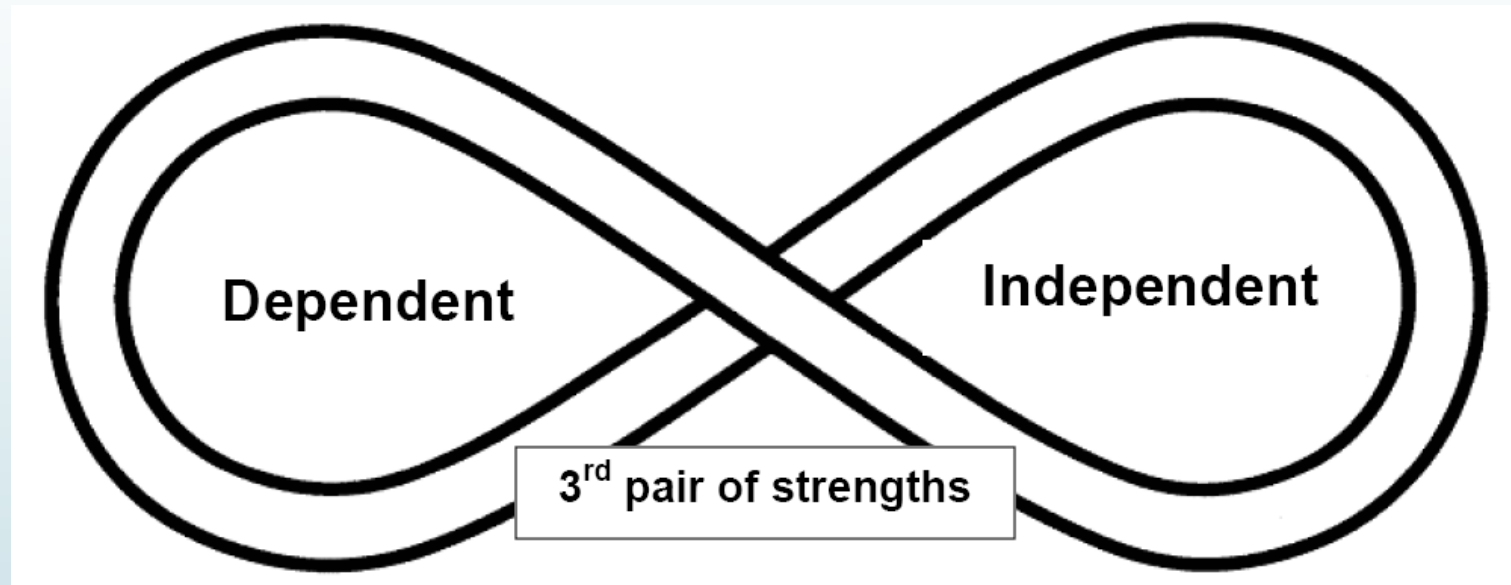


# How We Make Decisions

*(Facts versus Ideas & Results versus Process)*



# Dependent People Share, Independent People Self Solve



# Anticipatory Grief / Grief

Anticipatory grief is common both among caregivers and those being cared for, often occurring simultaneously.

Anticipatory grief is defined as grief that occurs before a loss. Grief occurs after the loss when the person is no longer with us.

Anticipatory grief does not stop the grieving after the person passes.

Death leaves a heartache no one can heal.  
Love leaves a memory no one can steal.

We now grieve the loss of the person who is no longer there.

There is no more hope.

# Holding On

- Accepting a loss.
- Expecting them to walk through the door.
- Wishful thinking.
- Feeling lonely.

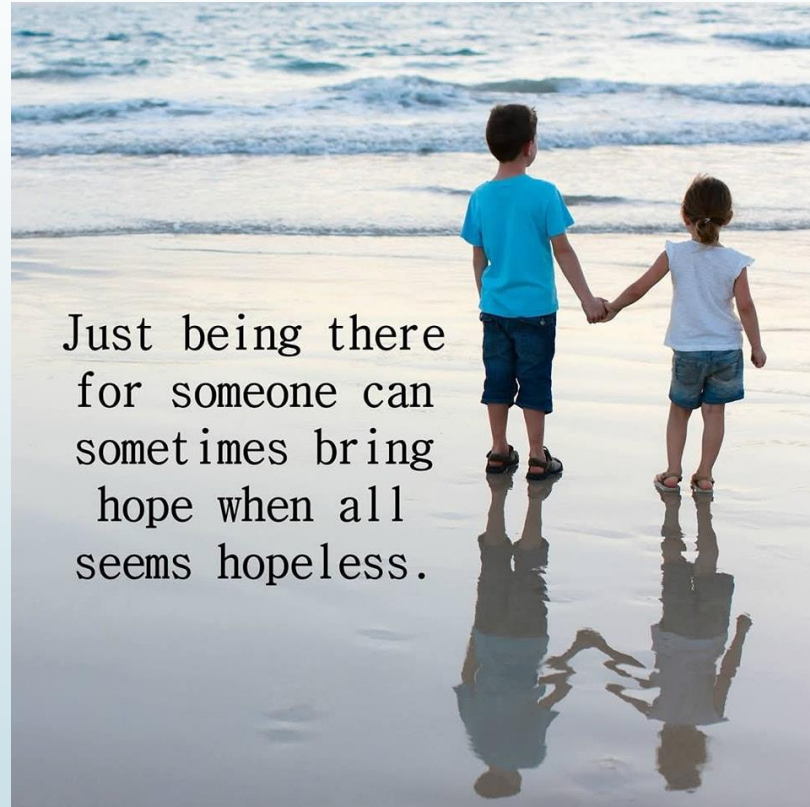


My mind still talks  
to you. My heart  
still looks for you,  
but my soul knows  
you are at peace.  
I miss you every  
single day.



Sometimes you have  
to accept the fact that  
certain things will  
never go back to how  
they used to be.

# Saying Goodbye



Just being there  
for someone can  
sometimes bring  
hope when all  
seems hopeless.

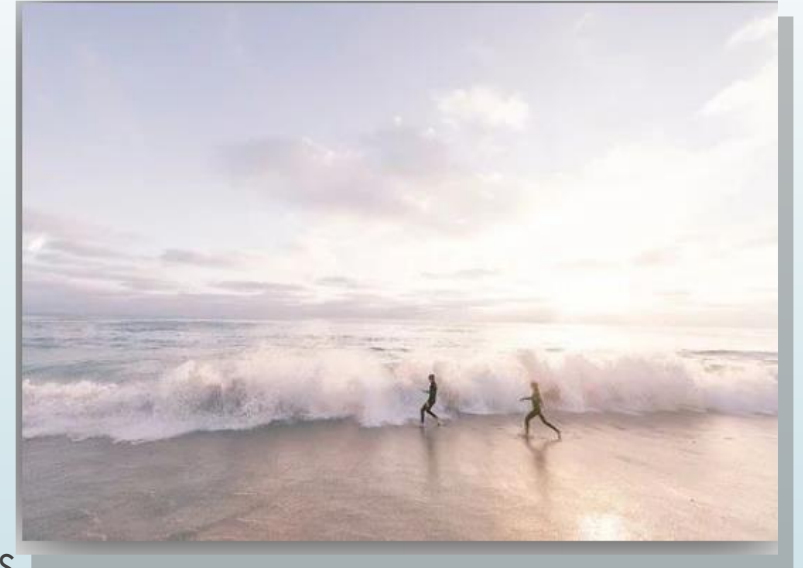
**Don't wait until it's too late  
to tell someone how much  
you love and how much  
you care about them.  
Because when they're  
gone, no matter how loud  
you shout and cry, they  
won't hear you anymore.**





# Feelings of Grief

- ▶ Shock & Numbness – we cannot deal with pain.
- ▶ Denial & Disbelief
- ▶ Yearning – coming home.
- ▶ Fear – grief feels like fear.
- ▶ Explosive Emotions – Why?
- ▶ Guilt & Regret – relief, sad/joy, survivor.
- ▶ Sadness – events, being alone, no phone calls.
- ▶ Loneliness.



# What is Grief?

- ▶ It is an internal expression of loss.
- ▶ Happens automatically because of an expression of love.
- ▶ Grief is love's twin, we do not get one without the other.
- ▶ Mourning is the outwards expression of grief.
- ▶ Grief affect on us is not just emotionally, but also physically, socially and spiritually.



# Causes of Grief

- ▶ Passing of a loved one.
- ▶ Losing your job/career.
- ▶ Loss of a pet.
- ▶ Children moving out.
- ▶ Divorce.
- ▶ Loss of your house.
- ▶ Physical disability.
- ▶ Loss of volunteer role.
- ▶ Loss of a relationship.



# Types of Grief

- Sudden passing.
- Traumatic death.
- Suicide.
- Accident.
- Illness.
- End of life diagnosis.
- Complicated grief of these leave a h

All of these may leave a hole in your heart.



# Misconceptions About Grief

*Dr. Alan Wolfelt "Complicate Grief"*

- Grief and mourning proceed in a predictable and orderly manner.
- You should move away from grief and not toward it.
- Tears are signs of weakness, particularly for men.
- Mourning means you are being weak in your faith.
- You need to get over your grief as quickly as possible.
- Nobody can help you with your grief.
- Grief that lasts a long time is abnormal.
- The person who died would not want you to be sad.

# Traumatic Grief (Why?)

“You have to deal with the trauma before you can grieve”.

- The more violent the loss experience is the more traumatic we consider it.
- It occurs without warning. It is untimely.
- It may involve violence.
- The damage to the loved one's body.
- The griever often sees it as preventable.
- The griever may have witnessed the death.
- Believed the loved one suffered.
- Guilt.

# Unexpected Loss

- Sudden and unforeseen death of someone close to you.
- Unfinished business.
- Unprepared for the grief.
- Profound sense of shock.
- Intense emotional impact.
- Lack of time to process it.
- Difficulty of acceptance.
- Impact on daily life.
- Lingering.



# Circumstances of Death Affect How We Grieve

- “Out-of-Order” death.
- Uncertainty surrounding the death.
- Physical distance from the death.
- Self-blame for the death (*“should-of”*).
- History of conflict in the relationship (*Unresolved conflict*).
- Disenfranchise in the relationship (*“not openly acknowledged”*).
- Secondary loss as part of the grief.
- Concerns, stressors in the griever’s life.
- The griever’s culture / cultural background.
- The griever’s religion.
- Carried grief.
- “Somaticizing” (Romanticizing).



# Grief is a Journey

- No map.
- A journey through the wilderness of loss.
- There is no timetable nor final destination in sight.
- We meander back and forth, round and round.
- Loop back on itself, we may cover the same ground over and over.
- Grief bursts.



# Every Grief is Unique

- ▶ Length of grief is determined by connection
- ▶ No two people are alike
- ▶ Find out how their grief is different.
- ▶ What are their losses/secondary losses?
- ▶ We are not there to fix them
- ▶ We cannot resolve their loss
- ▶ We do not resolve but reconcile

# Greatest Tool for Being Present

It takes two years to learn to talk  
and 60 years to learn to be quiet

We don't have a communication problem, we have a  
listening problem

Listen, please listen, listen, I need to share

# Saying Hello Before You Say Goodbye

- ▶ Grandson saying goodbye to his grand father.
- ▶ Kristie Bennett Story
- ▶ Ron

# (Being Present)

- ▶ Listen to understand.
- ▶ Acknowledge their feelings
- ▶ Listen for clues (*like body language*).
- ▶ Engaging them by sharing news.



**If you want someone to respond, they must know we are present and listening.**  
***(my Dad)***

# Caring for Your Self

- Taking time for you.
- Physical self.
- Emotional self (talking to others on the team)
- Cognitive self (gathering information).
- Social self (spending time with others).
- Spiritual self (meditation, prayer, being in nature)



**TAKE CARE OF  
YOURSELF**

# Thank You

- ▶ The United Way.
- ▶ The Caregivers of the East Kootenay Seniors.
- ▶ Invermere Public Library.
- ▶ All the people I have had the honour to be with when they passed.
- ▶ Hospice clients.
- ▶ Homecare of Strathcona County and University of Alberta Hospital.

AND --- All the caregivers that have helped me to understand their learning's.

# Taking Time to Mourn the Loss - *Bereavement*

- ▶ Time passes.
- ▶ They have moved their grief into mourning the loss.
- ▶ Re-engaging in their life.
- ▶ Resolution Leads to Reconciliation

Our next webinar presentation is on  
Bereavement at the end of March.



# APPENDIX

## Kristie Bennett Testimony



10 years today mom died. It's really sad. There are so many little things I keep inside now - things only meant for a mom. A little black hole left... Words that will never be spoken. But I can handle that. It's a one way conversation now as I whisper them, as I believe that she still hears me.

I think the saddest thing about losing mom is that I never really got to know her - like deeply know who she was. I always thought there would be time for that, us having deep conversations beyond children, grandchildren, and husbands. I dreamed of knowing my mom's history, her private struggles, and her life dreams. I dreamed of sharing mine with her too. But that will never happen.

## Kristie Bennett Testimony (cont'd)

But then I think, would this type of relationship materialized between mom and me? Am I engaging in wishful thinking? Mom was very good at keeping her private struggles on the inside. And so was I. Before mom died, I suffered a lot in silence, something very much role modelled for me.

It wasn't until mom was dying that I realized how painful silence is. When mom was on her death bed, mom refused to discuss her past, present and future. I longed for those conversations. I craved to know this woman before she died her losses, her fears, her hopes. But she couldn't go there. I get it. Mom was skilled at protecting her children from pain.

## Kristie Bennett Testimony (cont'd)

Silence and stuffing painful things down inside creates distance not connection. I didn't learn this lesson until mom died. A great gift came from my greatest heartbreak. I learned how much my silence was hurting me. I was continuing the cycle of self-loathing and disconnection to "protect" those around me.

This is probably why I work as a therapist now. To empower other women who have lost their voice. Mom struggled for many years to love herself, to feel worthy of her dreams.

Mom, I love you and miss you every single day. I honour the gifts you gave me: compassion, empathy and kindness. In the pain of losing you, I found my voice and my wings. Your legacy continues on in me when I help others do the same. You will never be forgotten. ---

XOXO, Kris