

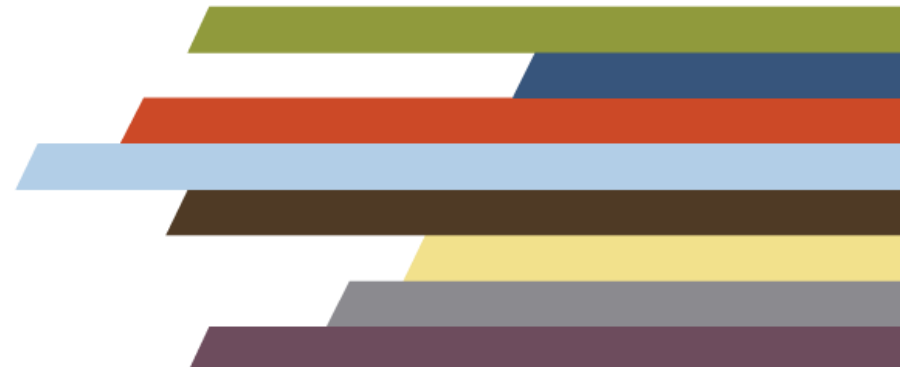
South East ATTC

Presents

Good Grief: LOGO Therapy and Other
Strategies to Help Clients Cope With
Loss

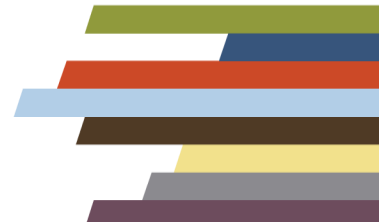
Presenter

Mark Sanders, LCSW, CADAC





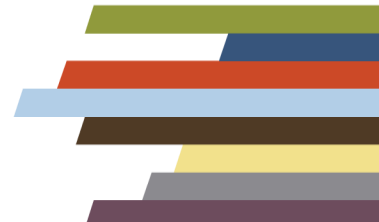
The Lion King



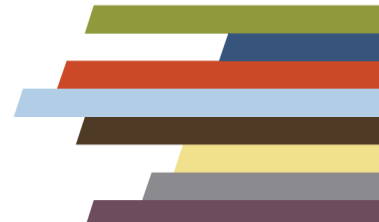
Definition of Key Terms

Grief—a natural emotional reaction to a significant loss or expected loss. It is an essential component of the eventual process of recovery from loss

Mourning—the outward expression of grief. Mourning is very individualized. It can be manifest in crying, sadness, clothes, talking about the deceased, celebrating etc.



Stages of Grief



Elizabeth Kubler Ross

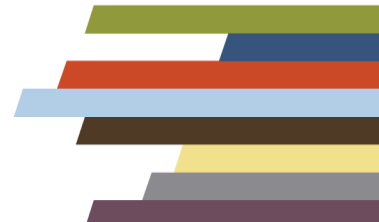
Denial

Anger

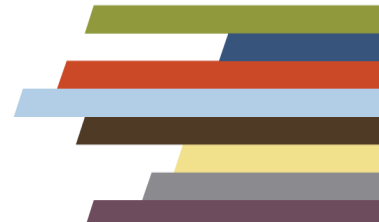
Bargaining

Depression

Acceptance

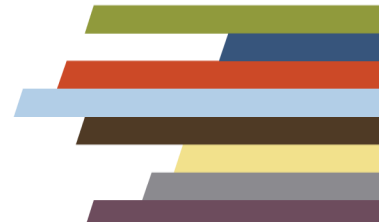


The Messed Up Stage



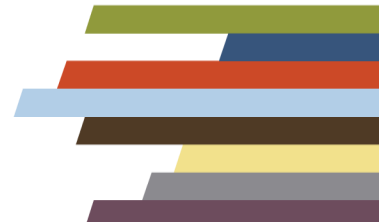
JoAnne Jozefowski's Model

1. Impact—the initial stage in which we process the reality of the loss while working to maintain our physiological needs
(food, water, rest)
2. Chaos
3. Adaptation—we learn to adopt to life without what we have lost and seek connections to others through support systems, other grievers, work, school, church and we develop new roles for ourselves



Jozefowski Continued

4. Equilibrium—we attain stability and balance in life and are able to consider self-potential without what we have lost
5. Post-traumatic growth—a metamorphosis occurs and you emerge reshaped from the loss, developing more potential, greater spirituality, altruism, self-awareness and appreciation of life



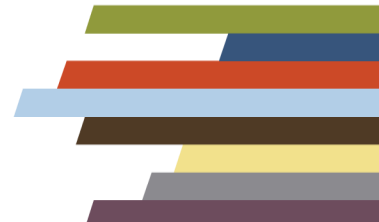
TEAR Model

T=To accept the reality of the loss

E=Experience the pain of the loss

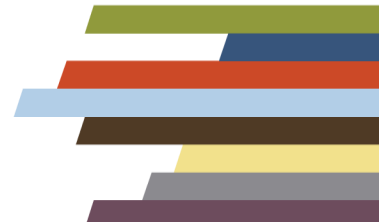
A=Adjust to the new environment without what you have lost

R=Reinvent a new reality for yourself



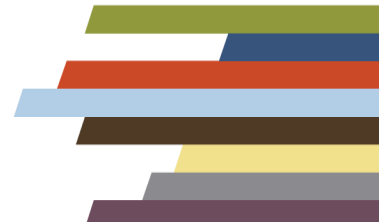
Backer, Hannon and Russell Model

1. Shock and numbness
2. Intense grief (yearning, anger, guilt and disorganization)
3. Reintegration



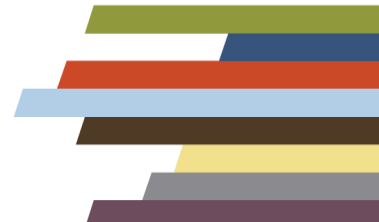
Losses Clients With Substance Use Disorders Grieve

- Abandonment
- Father Hunger
- Mother Hunger



Losses Continued

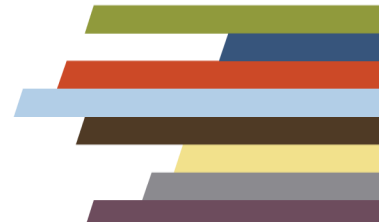
- Loss of relationship with God
- Disconnection from the ancestors
- Loss of rites-of-passages
- Loss of innocence
- Premature entry into adulthood
- Loss of childhood



Losses Continued

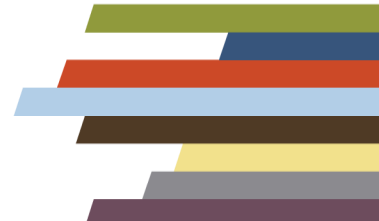
Loss of stages of development

- Consumer years – birth to 18
- Apprenticeship years – 19 to 28
- Productive years – 29 to 70
- Elder years – 71 and beyond

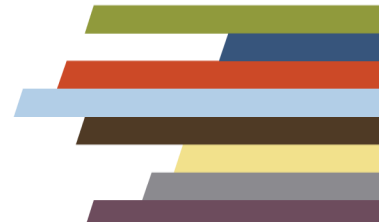


Elementary and High School Years

- Deaths
- Divorce
- Frequent relocations
- Transitions

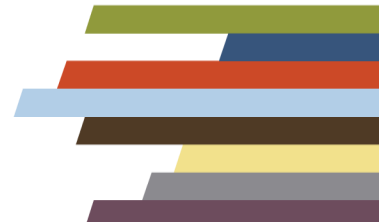


- Not 'making the cut' – loss of dreams
- Expulsions
- Transfers to alternative schools
- Isolation/bullying
- Dropping out
- Break-ups

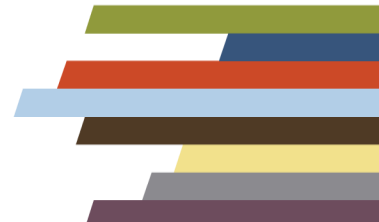


Adult Years

- Loss of freedom
- Jobs
- Self-respect
- Dignity
- Health
- Relationships

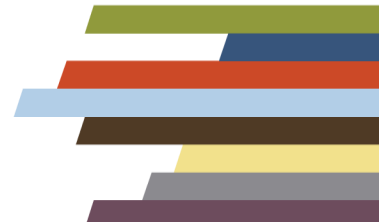


- Children
- Possessions
- Hopes
- Dreams
- The culture of addiction
- Loss of the drug
- Loss of process addiction



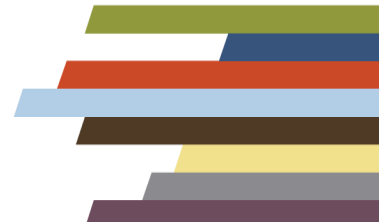
Elder Years

- Regrets
- Generativity vs. Despair



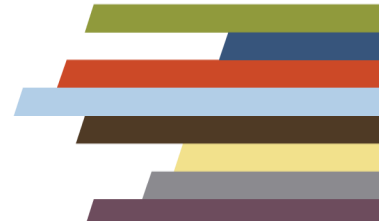
Factors That Complicate Grief

1. A personal style of using avoidance as a major coping mechanism
2. Adaptation of a cultural norm which encourages us to grieve as quickly as possible and not remember

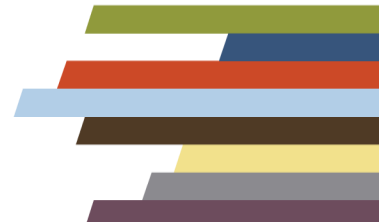


What Happened to Rituals?

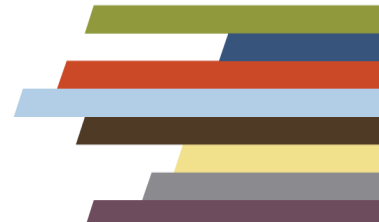
- A. Wars
- B. Loss of connection to the ancestors
- C. Disintegration of the family
- D. Technology
- E. The world of work



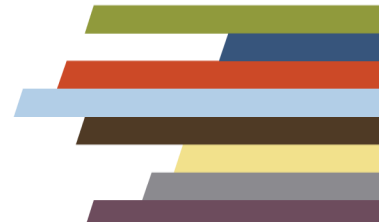
3. The grieving person already has a psychiatric condition which makes them vulnerable
 - A. Depression
 - B. PTSD
 - C. Attachment Disorder
 - D. Psychotic Disorders
 - E. Borderline Personality Disorder
 - F. Substance Use Disorders



4. Unspeakable deaths
5. Unacknowledged losses
6. Ambivalent deaths



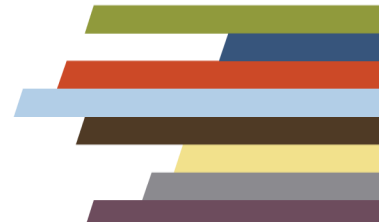
7. Multiple losses
8. Unsure if your loved one is actually dead
9. Sudden death
10. Extreme guilt and layers of guilt



11. First degree grief secrets

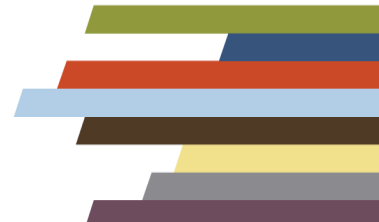
- A. Trauma, torture
- B. You feel you caused someone to die
- C. First hand death experiences

12. No time to grieve



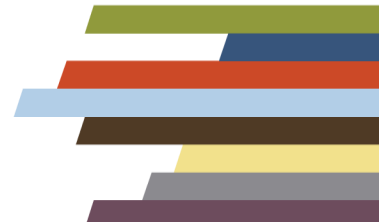
Characteristics of Effective Grief Counselors

- Good listening and basic counseling skills
- Boundaries
- Views grief as natural
- Slow to label as pathological
- Ability to discuss their own losses



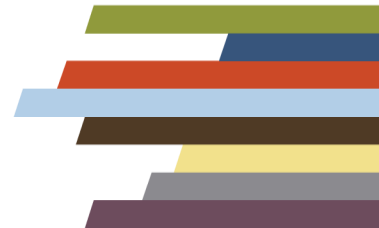
Characteristics of Effective Grief Counselors Continued

- Ability to talk about God
- Ability to individualize their work
- Slow to prescribe pills for grief
- Support before challenge



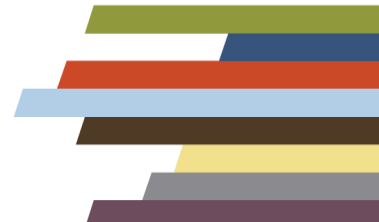
What Grief Counselors Do

1. Listen
2. They are emotionally present
3. They assist clients in expressing and identifying feelings
4. They normalize client feelings
5. Allow clients to show their feelings
6. Listen non-judgmentally and with acceptance



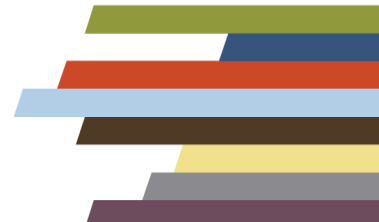
What Grief Counselors Do Continued

7. Let their genuine concern and care show
8. Encourages clients to talk about the loss
9. Provides data about the grief process
10. Helps clients tap into their natural resources for support
11. Pays attention to the impact of previous losses on current losses



What Grief Counselors Do Continued

12. Pays attention to events happening in the larger society and how these events affect clients
13. Encourages clients to be patient with themselves
14. Help with thoughts and thought patterns which may complicate grief
15. Help clients turn pain into purpose

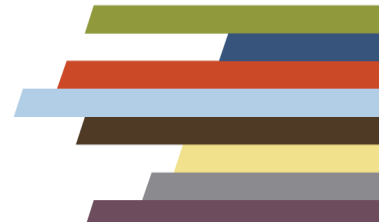


Logo Therapy

Definitions

A form of psychotherapy than emphasis meaning/purpose.

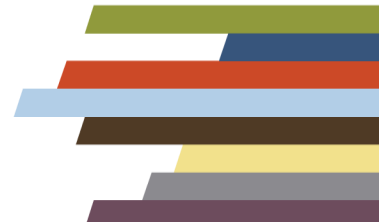
A therapy that helps clients discover their purpose. It is derived from the Greek work “logos,” which means “purpose.”



Developer – Viktor Frankl

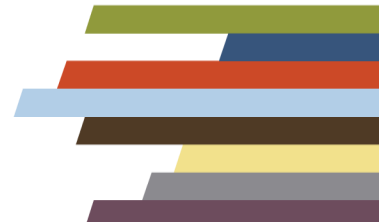
“You can take everything away from a person except for one thing: the freedom to choose how they will respond to whatever horrible circumstance they find themselves in.”

Viktor Frankl – Third Viennese School of Psychotherapy

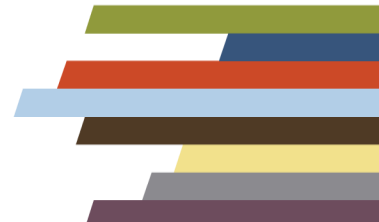




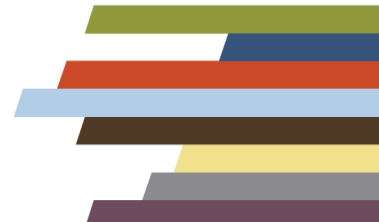
Statue of Liberty



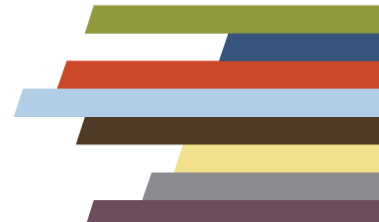
5 Things That Give Life Meaning



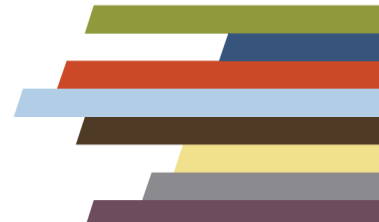
1. The attitude that one takes toward unavoidable suffering



2. Meaningful work



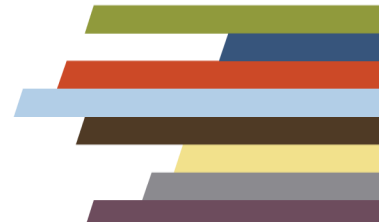
STEMM



3. Love

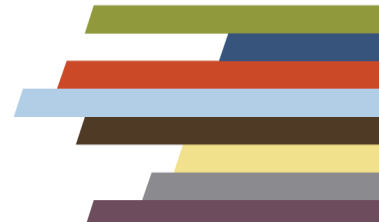
4. Taking a stand

5. Helping others



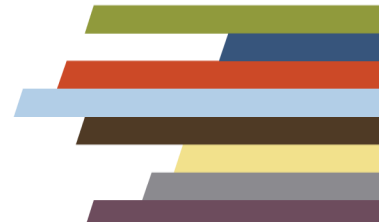
Helping Clients with Grief

1. Keeping memories alive
 - A. Remember ways your loved one left an imprint on you
 - B. Telling stories about your loved one
 - C. Weaving interests or values of your loved one into your life
 - D. Staying linked through a possession
 - E. Keeping a place for a loved one during ceremonies
 - F. Visiting the grave site



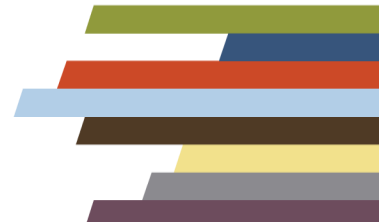
Global Rituals

1. Libations
2. Feasts
3. Shiva
4. Kaddish prayer



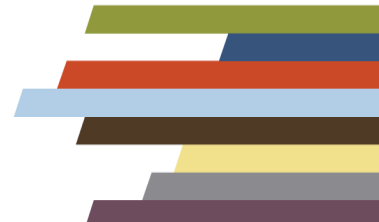
Global Rituals Continued

5. Death store
6. OBON—Japanese summer festival
7. The Day of the Dead
8. The Feast of the Dead



What Else May Be Helpful Besides Therapy

1. Chat rooms
2. Journaling
3. Art
4. Being in nature
5. Music
6. Meditation
7. Yoga



Trainers' Contact Information

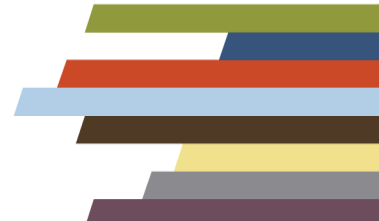
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That's all Folks!

