



Deep Release Online
Professional Training for Counsellors

Working with Loss and Grief



Historical Overview: How we have handled Grief and Loss

In London in 1830 the average male life span was:

- 44 years for the better off
- 25 years for tradesmen
- 22 years for labourers
- Out of every hundred working class children, 57 would be dead by the age of 5.
- On someone's death, curtains closed and mirrors covered (many superstitions)
- Queen Victoria – after Albert's death (age 42-81) – wore black until she died, even to 2 daughters' weddings
- Christianity and role of the Priest was central



Historical Overview: 2 World Wars and Spanish Influenza

WWI	17 million killed worldwide
Flu Pandemic	100 million died worldwide
WWII	75 million died worldwide (weaponry / Holocaust)



- Everybody lost somebody
- Victorian rituals no longer possible, practically or emotionally
- Grief suppressed
- Decline of Christian faith
- Emergence of faith in medicine, vaccines, antibiotics
- Death seen not as will of God, but failure of the doctor

THANK YOU Medical Science for all you have given us...

But... you've given us new issues!

- How long should medical technology be used to keep people in a coma alive?
- How should the elderly or incapacitated be cared for?
- Is it ok for people to stop medical treatment, or actively end their life, if that is what they wish?

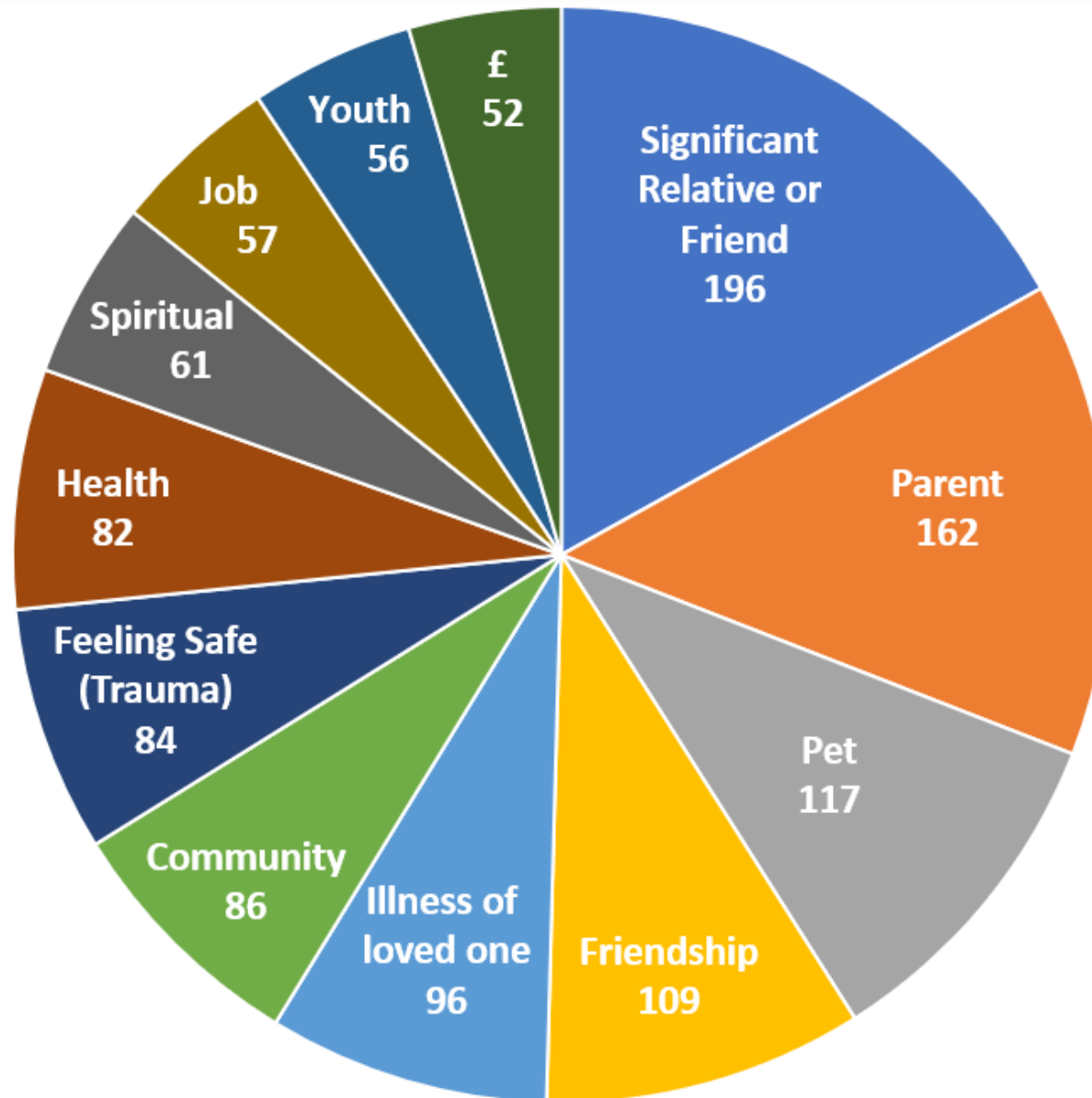
And...

- COVID has turned the world upside down
- Back into the fear of the Pandemic



Experiences of Loss from Facebook Poll

- Miscarriage
- Divorce
- Empty Nest
- Multiple Losses
- Childlessness
- Home
- Counsellor
- Items stolen
- Infertility
- Position at Work
- Sex/Intimacy/Touch
- Pregnancy
- Child
- Childhood
- The old me
- Sense of self
- Freedom



- Partner
- Libido
- Dementia
- Sibling
- Lost Years
- Manager
- Supervisor
- Autonomy after children
- Singleness
- A sense
- Sibling in Womb
- Suicide of a loved one
- Body part
- Culture/heritage
- Birth mother
- Foster family
- Dreams

"I cannot believe how many I have ticked..."

MODELS OF GRIEF

LINEAR APPROACHES



KÜBLER-ROSS GRIEF CYCLE

DENIAL

avoidance,
confusion, elation,
shock, fear

ANGER

frustration,
irritation,
anxiety

BARGAINING

struggling to find
meaning, reaching
out to others, telling
one's story

DEPRESSION

overwhelmed,
helplessness,
hostility, flight

ACCEPTANCE

exploring options,
new plan in place,
moving on

➡ **“Closure”**

**INFORMATION AND
COMMUNICATION**

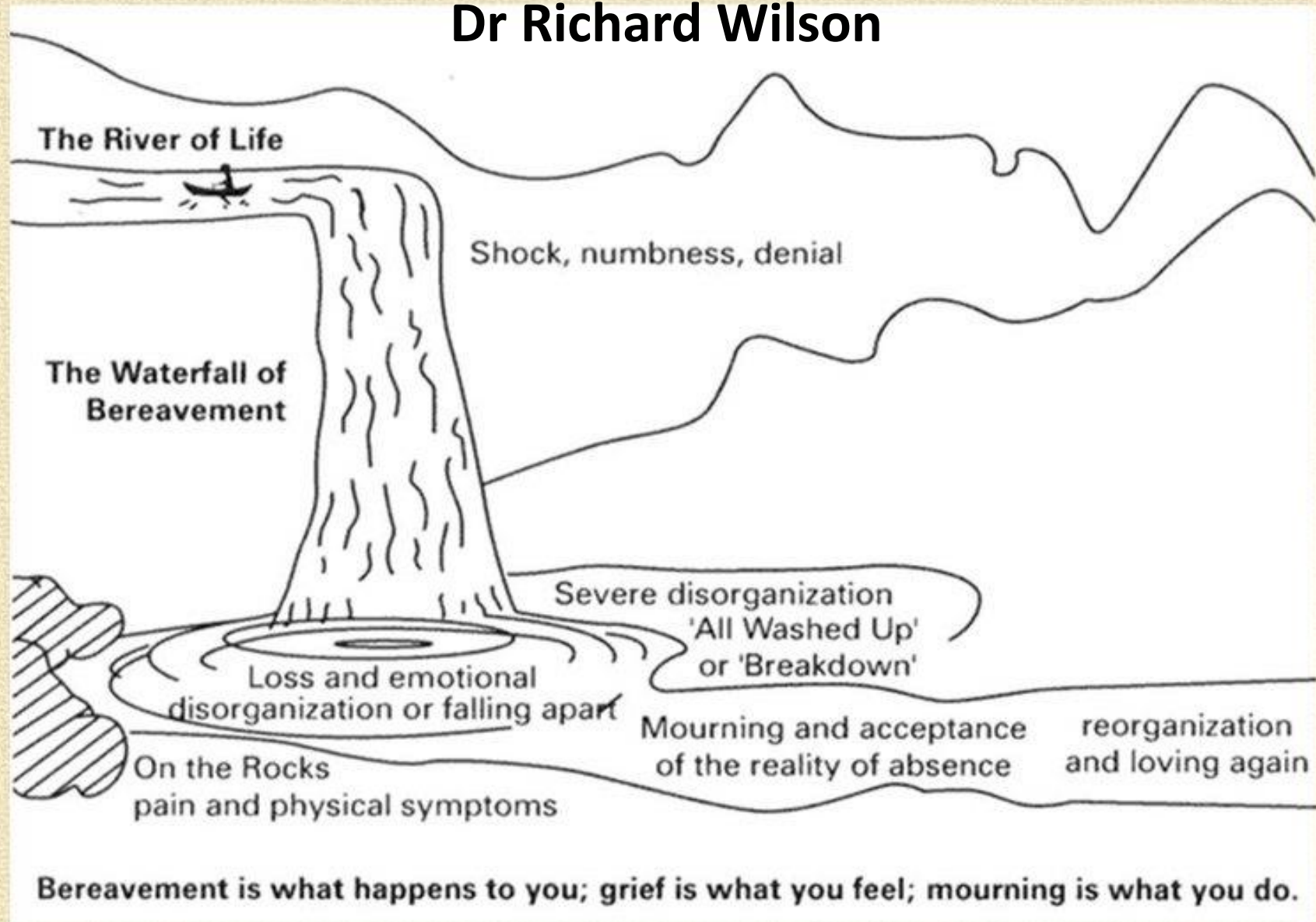
**EMOTIONAL
SUPPORT**

**GUIDANCE AND
DIRECTION**

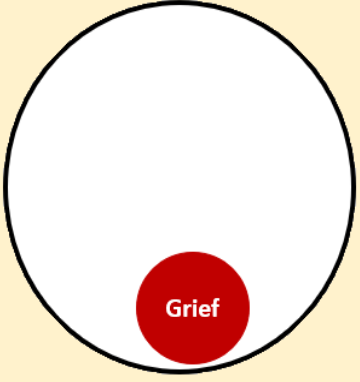
@gvcounseling

THE WHIRLPOOL OF GRIEF

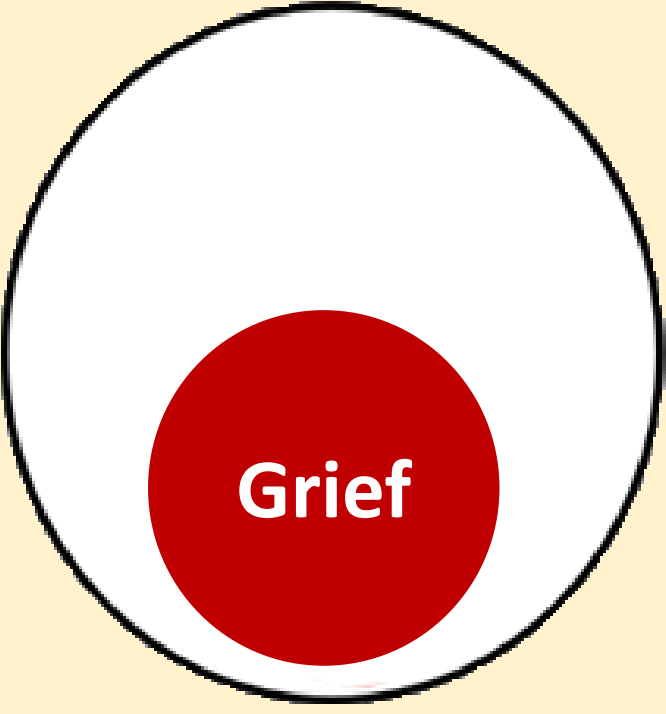
Dr Richard Wilson



Lois Tonkin, Growing Around Grief, 1996

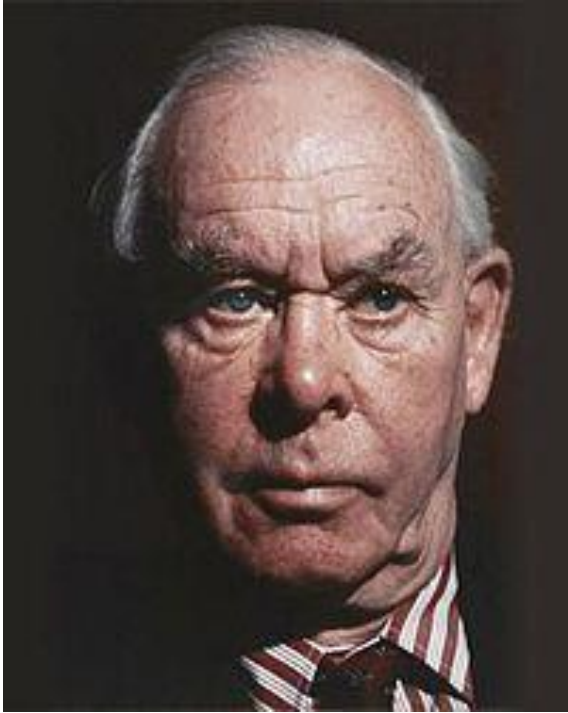


People think that Grief.... Slowly gets smaller.... As time goes by.....



In reality, grief stays... The same size... But slowly life begins... To grow bigger around it

Loss, Grief and Attachment Theory



John Bowlby 1907-1990

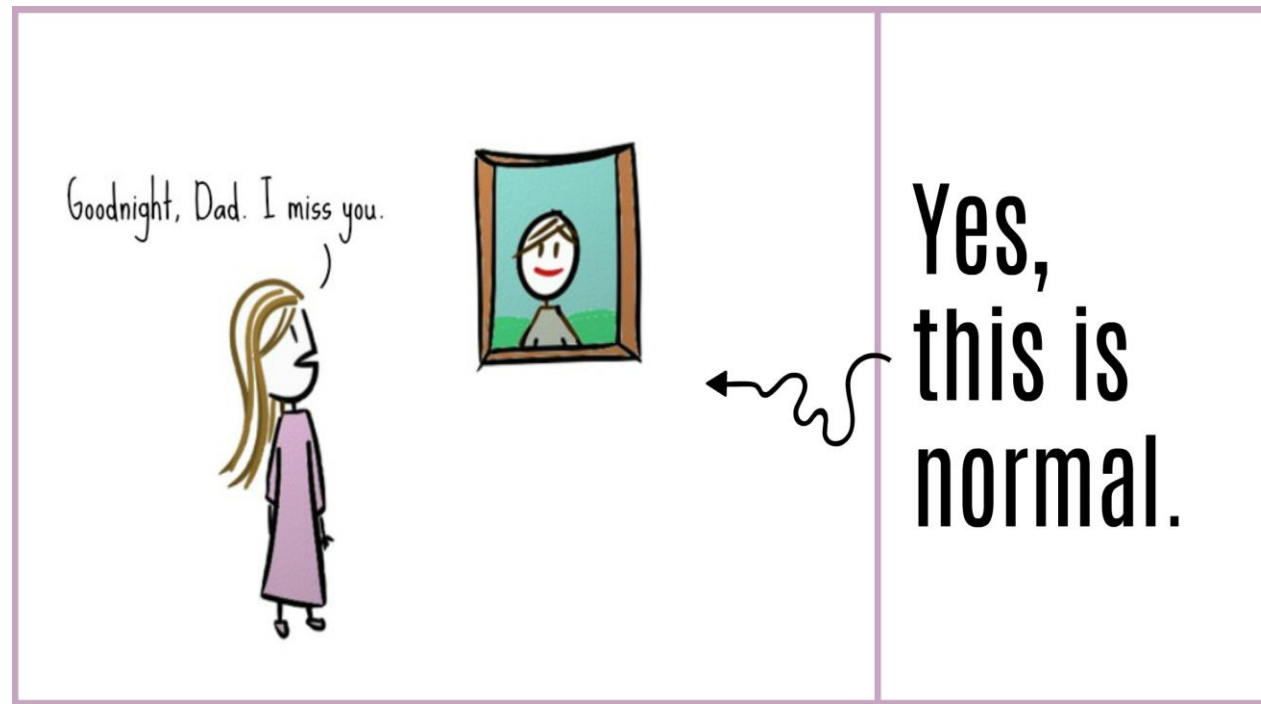
- Bowlby studied children's reaction to separation and to death of a loved one
- He described grief as the feeling when an attachment bond is broken – deeper form of separation distress
- This became the accepted understanding

UNTIL...

- Klass, Silverman and Nickman (2014) said the attachment bond is not necessarily broken when someone dies
- They called this a ***Continuing Bond***

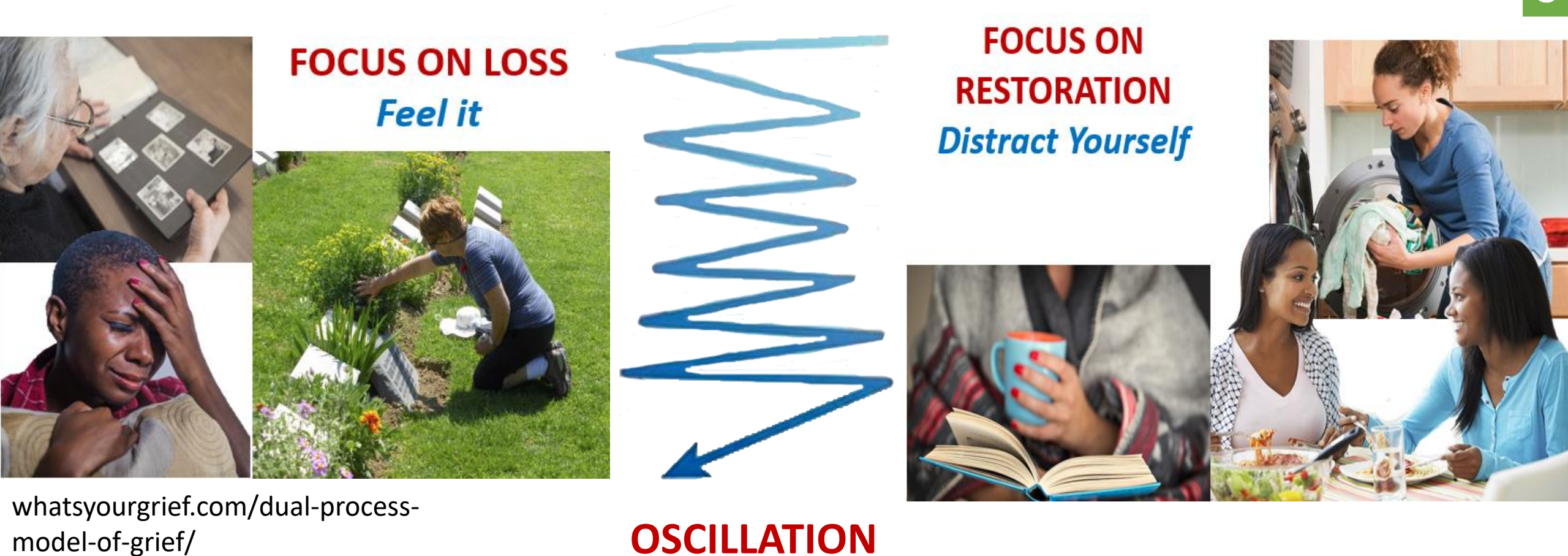
Continuing Bonds: New Understandings of Grief

- Staying connected to the person who died can provide comfort and support in coping with loss
- Grief becomes a part of you
- The relationship isn't static, but evolves over time and can become a peaceful and positive presence



Dual Process Model - Margaret Stroebe and Henk Schut

- Move away from Linear models
- Facing grief head on is exhausting!
- Avoid, deny and suppress – it's ok and can even be HEALTHY
- Grieve in *manageable chunks*, interchanging with getting on with other stuff



The Client's Internal Working Model

SECURE ATTACHMENT

- Life is meaningful
- I am loved and I am worthy of love
- I can express my grief freely
- With help, I will get through this and come to terms with the loss
- I am comfortable with Oscillation

ADULT ATTACHMENT = AUTONOMOUS

INSECURE AVOIDANT ATTACHMENT

- Life is D.I.Y.
- Tendency to disengage from others
- May not experience distress
- Likely to have increased somatic symptoms
- Spend more time in Restoration focus

ADULT ATTACHMENT = DISMISSIVE

INSECURE AMBIVALENT ATTACHMENT

- Life is unpredictable
- Higher levels of distress
- Ruminating on loss
- Difficulties in adjusting to change
- More prone to depression
- Spend more time in Loss focus

ADULT ATTACHMENT = PREOCCUPIED

DISORGANISED ATTACHMENT

- Life is fundamentally unsafe
- Person who died may have been cruel
- Fight, flight, freeze response
- Trauma memories aren't processed or integrated in the same way
- Inability to self-soothe

ADULT ATTACHMENT = UNRESOLVED

Disenfranchised Grief

“When a person experiences a significant loss where the resultant grief is not openly acknowledged, socially validated or publicly mourned. In short, although the individual is experiencing a grief reaction, there is no social recognition that the person has a right to grieve or a claim for social sympathy or support.”

Kenneth J. Doka in “Non-Death Loss & Grief”

Lover
Ex
Friend
Counsellor
Neighbour
Foster
Parent

**Relationship
not Recognised**

Coma
Mental illness
Addiction
Infertility
Loss
of Childhood
Divorce
Adoption

**Loss
not acknowledged**

People with
dementia
Persons with
intellectual
difficulties
Very young
children

**Griever
is excluded**

Death by
Suicide
Death by
AIDS
Child of Sex
Offender

Shame/Stigma

Persistent Complex Bereavement Disorder



- Preoccupation with the circumstances of the deceased's death
- Intense sorrow and/or distress that does not improve over time
- A desire to join the deceased
- Difficulty trusting others
- Depression, loneliness, emptiness

Mass Trauma

- collective trauma
- when the same event, or series of events, traumatises a large number of people within some shared time span



Loss and Grief Stories



Kathryn



Chris



Hazel

Ambiguous Loss



Interventions with Clients



Interventions with Clients

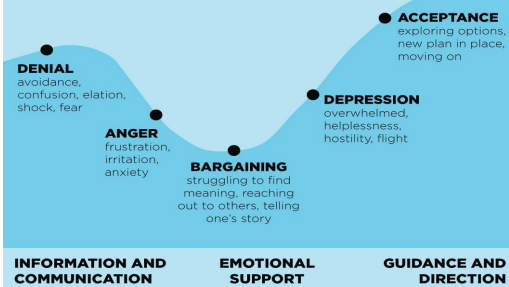


Interventions in Supervision

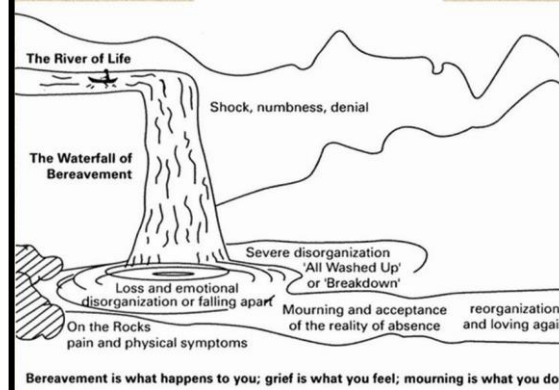


Over-identification
Empathic Strain
Empathic Failure

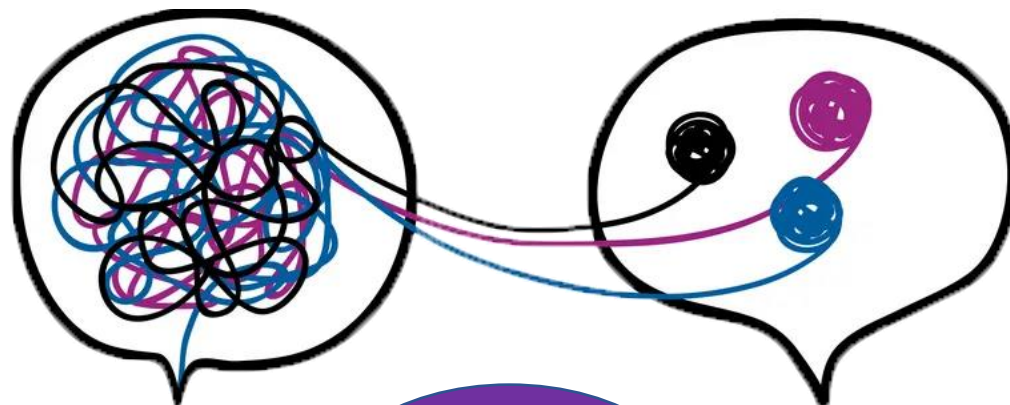
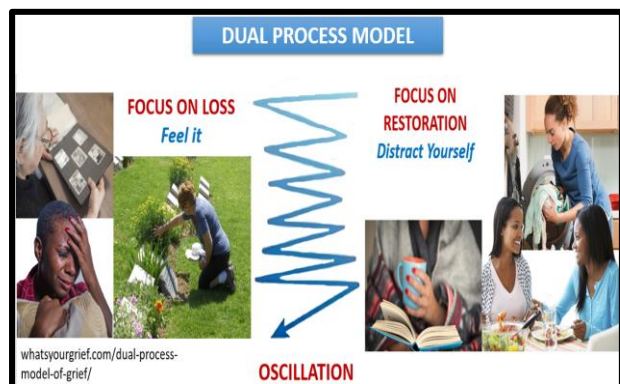
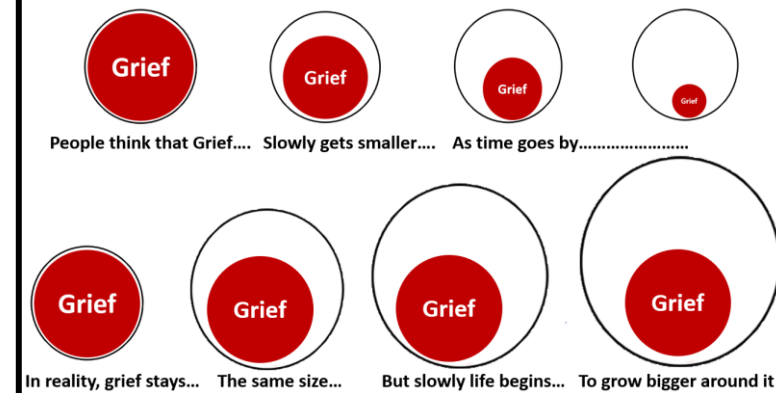
KÜBLER-ROSS GRIEF CYCLE



@gvcounseling



Lois Tonkin, Growing Around Grief, 1996



Continuing Bonds

Goodnight, Dad. I miss you.



Yes, this is normal.



Taking Care of Ourselves

Don't get too close to the client's pain

Beware too much empathy

Personal Therapy



Balance your life and work

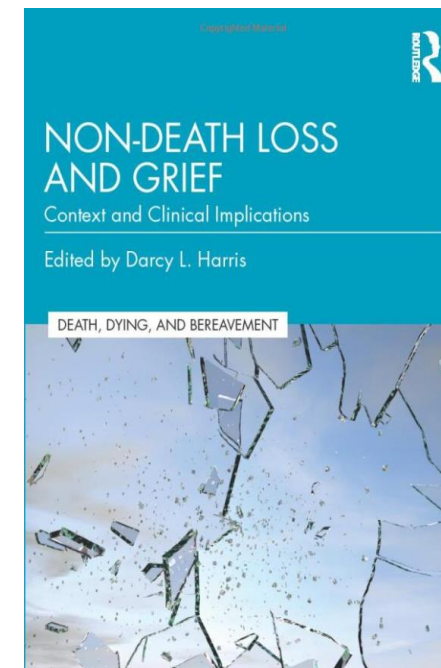
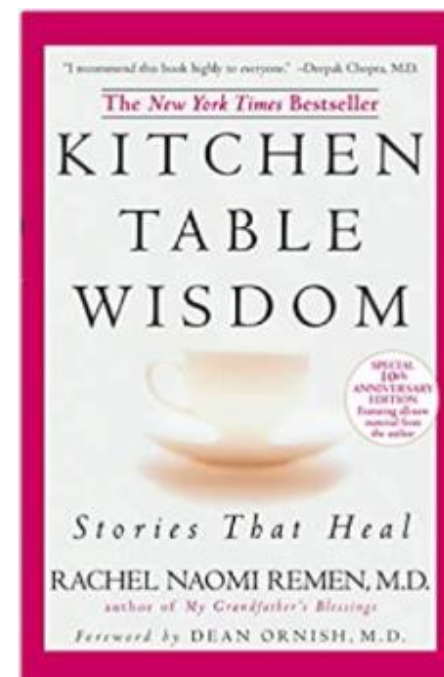
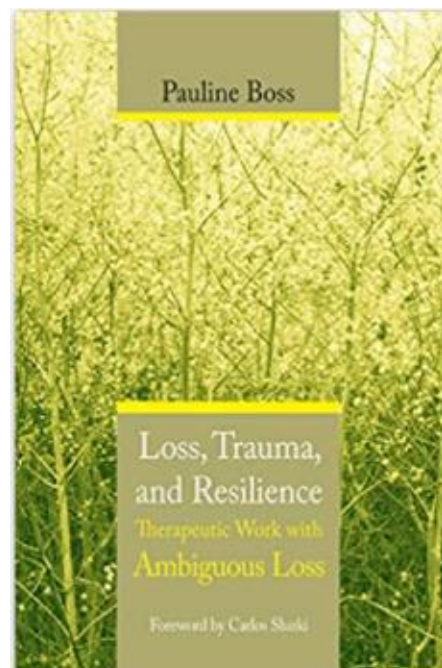
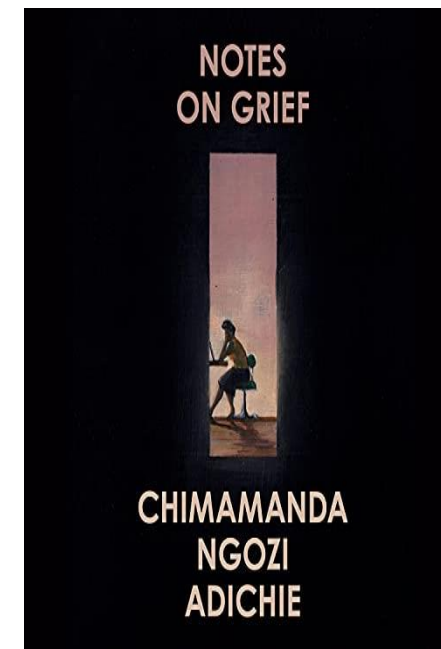
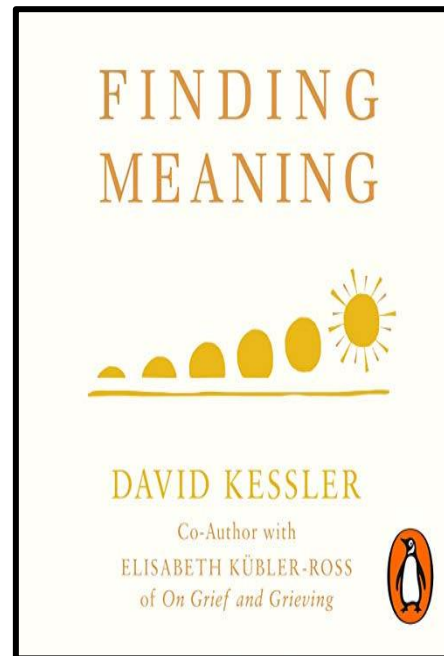
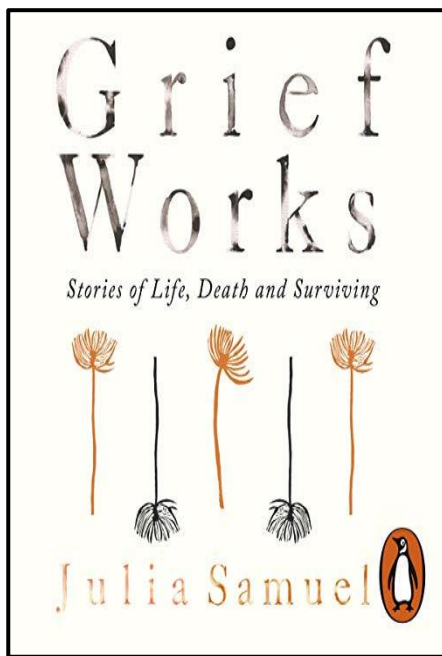
Check our own unresolved grief

Supervision

"What else have you learnt?"
asked the boy.



"That everyone you meet carries
their own grief" said the horse.
"So. we must be gentle."



Grief After A Bereavement

The pain of loss can feel overwhelming but there are healthy ways to manage your grief



G

Give yourself time to process your loss, there is no instant fix

R

Remember to be kind to yourself and look after your needs

I

Invest your energy in things you can change

E

Everyone's grief experience is individual, don't compare yourself to others

F

Find someone you can talk to about your feelings;
a friend, family member or a counsellor

<https://www.nhsggc.org.uk/your-health/health-services/bereavement-services/bereavement/>

- **Muslim Bereavement Support Service (MBSS)**
- **The Loss Foundation** – The Loss Foundation is the only UK charity dedicated solely to providing bereavement support following the loss of a loved one to cancer, whether that be spouses, family members, friends or colleagues. They also offer specific Covid-19 loss support.
- **BAMEStream Bereavement Support Service** – offering free therapeutic support in over 20 different languages to people from Black, Asian and other minority ethnic (BAME) communities.
- **Cruse Bereavement Care**
- **Survivors of Bereavement by Suicide** – National charity with local and online support groups.
- **Miscarriage Association**
- **Blue Cross** – Support through pet bereavement and pet loss.
- **SAMM** – Provides a wide range of peer support services to people bereaved by murder and manslaughter.
- **Strong Men** – A bereavement charity for men aged 18+ to help men tackle the mental, emotional and physical health conditions brought about by bereavement.
- **Child Bereavement** – www.winstonswish.org



Resources



Erikson's Life Stages



Wheel of Life



Working with Animal
Figures Online Pack



Therapeutic Sandscapes™
Online Pack



AVAILABLE NOW
DISPATCH BY THE END OF OCTOBER

pact-resources.co.uk

Instant Online Training Videos from Deep Release

Buy 2 get 1 free on all videos – discount automatically applied at checkout



Disordered Eating and Attachment – Training Video

£30.00



Working Creatively with Dreams – Training Video

£30.00



Working Creatively with Aspects of Self – Training Video

£30.00



Mending Broken Relationships – Training Video

£30.00



Using TA Creatively in Counselling – Training Video

£30.00



Working Creatively with the Inner Child in Counselling Training Video

£30.00

3 videos for the price of 2!



Working Creatively with Blocked Anger – Training Video

£30.00



Working Creatively with Nesting Dolls in Counselling – Training Video

£30.00



Working with Gestalt in the Counselling Room – Training Video

£30.00



Attachment Behaviour in the Counselling Room – Training Video

£30.00



Narcissism and Echoism – Training Video

£30.00



Working with Loss and Grief – Training Video

£30.00



**A Creative Guide
to working with the
Inner Child**
for Counsellors and Psychotherapists



Pauline Andrew



**A Creative Guide
to working with
Blocked Anger**
for Counsellors and Psychotherapists



Pauline Andrew

A Creative Guide to
Working with the Inner
Child

£11.50

A Creative Guide to
Working with Blocked
Anger

£11.50

Now available on Kindle
and as Paperback
from Amazon.co.uk

and Paperback from
www.pact-resources.co.uk

**A Creative Guide to
Working with Nesting Dolls**

for counsellors and
psychotherapists



Pauline Andrew

A Creative Guide to
Working with Nesting Dolls

£11.50



**Special
Offer
Save
£4.50**



Special offer – save £4.50
when you buy all 3 books

£30.00

CONNECT WITH US!

FACEBOOK GROUP

Search: Deep Release Ltd – Counselling & Training



- A closed group for counsellors & trainee counsellors
- Please answer the joining questions!



Deep Release Ltd - Counselling & Training

Private group 1.5K members



+ Invite

CONNECT WITH US!

YOUTUBE CHANNEL

Search: Pauline Andrew Creative Counselling

- Lots of videos on working creatively
- Please subscribe!

Or visit:

YouTube.com/c/PaulineAndrewCreativeCounselling



YOUTUBE CHANNEL

Search: Brain Body and Beyond

- Videos on Life, the Brain and Relationships
- Please subscribe!



COMING UP IN SOON!



03
NOV

Online Event

Extreme Reactions: Working with Clients who Self Injure
Thurs Nov 3

Price Starts from: £10.00

November 3, 2022
9:30 am - 1:00 pm



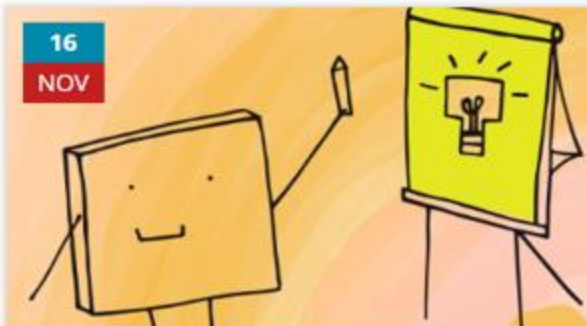
08
NOV

Online Event

Losing the Will to Live: Working with Suicidal Clients
Tues Nov 8

Price Starts from: £10.00

November 8, 2022
9:30 am - 1:00 pm



16
NOV

Online Event

Psycho-Integration for Counsellors with Dr Chris
Weds Nov 16

Price Starts from: £10.00

November 16, 2022
9:30 am - 1:00 pm



22
NOV

Online Event

A Masterclass in Working with the Roles Played in Anger Cards
Tues Nov 22

Price Starts from: £10.00

November 22, 2022
9:30 am - 11:30 am



03
DEC

Online Event

Making the Most of Supervision (for Counsellors and Supervisors)
Sat Dec 3

Price Starts from: £10.00

December 3, 2022
9:30 am - 1:00 pm



13
DEC

Online Event

Free Course: Introducing the new Roles Played in Groups cards
Tues Dec 13

Price: Free

December 13, 2022
9:30 am - 11:30 am

Please send us
your feedback!



Contact us:
info@deeprelease.org.uk

deeprelease.org.uk

pact-resources.co.uk

Thank you

