IT TAKES A VILLAGE: HELPING OTHERS TO HEAL FROM HEARTACHE AND TRAUMA

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I Know How You Feel?
You can’t fix the unfixable
Never Say These Things Please  (Bowler, 2018)

1. Well, at least……
2. In my long life, I’ve learned that…..
3. It’s going to get better I promise.
4. God needed an angel.
5. Everything happens for a reason/They are in a better place
6. I’ve done some research…
7. When my Aunt had cancer/ALS/lost a child….
8. So how are the treatments going? How are you really?
9. Call me if you need anything…..
10. You’re young you can have another child.
Please say these things...

1. I’d love to bring you a meal this week. Can I email you about it?
2. You are a beautiful person.
3. I am so grateful to hear about how you are doing and just know I’m on your team.
4. Can I give you a hug? (Post Pandemic comment)
5. Oh, my friend, that sounds so hard.
6. Don’t force yourself to say something; silence and tears can be just as comforting as words.
7. I Love You
Please think about doing these:

1. Check in on them and ask how they are doing, not just the weeks and months following the loss.
2. When ready, plan a “spa day” or lunch just to talk and relax…no pressure.
3. Make a donation/do a walk-a-thon in memory of the person.
4. Listen and let them share their story. Over and over again if necessary.
5. Be present and be persistent.
6. Help around the house (when ready: grocery shop; help with the laundry; clean closets, cellars, and attics; care for pets; or do yard work).
What now?

- Sometimes when people who are experiencing the loss of a beloved person in their lives wonders if what they are feeling is normal? How long will they feel the way they are feeling? What are some ways to get help?

### 7 Stages of Grief
(Modified Kubler-Ross Model)

<table>
<thead>
<tr>
<th>Stage</th>
<th>Description</th>
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<tbody>
<tr>
<td>Shock*</td>
<td>Initial paralysis at hearing the bad news.</td>
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<tr>
<td>Denial</td>
<td>Trying to avoid the inevitable.</td>
</tr>
<tr>
<td>Anger</td>
<td>Frustrated outpouring of bottled-up emotion.</td>
</tr>
<tr>
<td>Bargaining</td>
<td>Seeking in vain for a way out.</td>
</tr>
<tr>
<td>Depression</td>
<td>Final realization of the inevitable.</td>
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<tr>
<td>Testing*</td>
<td>Seeking realistic solutions.</td>
</tr>
<tr>
<td>Acceptance</td>
<td>Finally finding the way forward.</td>
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</tbody>
</table>

* This model is extended slightly from the original Kubler-Ross model, which does not explicitly include the Shock and Testing stages. These stages however are often useful to understand and to facilitate change.
Different ways to cope with loss...

Clinicians have described numerous forms of treatment for bereavement-related distress, relying on different conceptualizations of the problem and different therapeutic techniques, including:

- Medications
- Supportive therapy
- Client-centered therapy
- Meaning-oriented therapy
- Brief dynamic therapy
- Cognitive therapy and cognitive behavioral therapy (CBT)
- Interpersonal therapy (IPT)
- Complicated Grief Therapy
- Pastoral counseling
- Play therapy
- Writing therapy
- Hypnosis
- Alternative Medicine treatments—acupuncture, native psychedelic treatments, massage therapy, AAT, nature walks
- Inpatient treatments
Grief Quotes:

• If I can see pain in your eyes then share with me your tears. If I can see joy in your eyes then share with me your smile. — Santosh Kalwar

• Every one can master a grief but he that has it. - William Shakespeare, *Much Ado About Nothing*, Act III, scene 2

• What we have once enjoyed deeply we can never lose. All that we love deeply becomes a part of us. - Helen Keller

• There is no grief like the grief that does not speak. -Henry Wordsworth

• Those who have suffered understand suffering and therefore extend their hand. - Patti Smith

• To spare oneself from grief at all cost can be achieved only at the price of total detachment, which excludes the ability to experience happiness. -- Erich Fromm
Group Activity Words Have Power

• List All the Words You Know To Describe:

  • Terminal Illness

  • Fatal Accidents

  • Death

• How can we become more comfortable with this topic in order to help our clients and ourselves to talk more freely about this subject?
Questions
References:

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