



August 2023

Lunch & Learn Types of Grief

Hosted By

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Our four-part approach



01. Education

Raise awareness and educate community on relevant mental and behavioral health topics.



02. Training

Develop local networks of guidance and support with Gateway to Hope training.



03. Clinical Services

Provide personalized mental health care through dedicated professional services.



04. Research

Explore and advance new resources and approaches for unmet mental health needs.

Meeting Agenda

- Introductions to Today's Topic
- Next Lunch & Learn: October 5, 2023

Introduction to Imposter Syndrome

- Questions
- Survey

Grief, Defined

Grief is the emotional response to loss, typically involving sadness, anger, and a range of other feelings, often accompanied by physical and psychological symptoms.

Symptoms of Grief

- Isolation
- Sleep-Disturbances
- Difficulty concentrating
- Appetite Changes
- Fatigue



Emotions of Grief

- Sadness
- Sorrow
- Anger
- Frustration
- Regret
- Fear
- Anxiety

Stages of Grief

- Denial
- Anger
- Bargaining
- Depression
- Acceptance

These stages are **not necessarily experienced in a linear or predictable** fashion, and individuals may go through them in a **different order** or **revisit** stages multiple times during the grieving process.

the most common association with grief is the loss of a loved one through death but grief can also stem from various other losses.



- Death of a loved one
- End of a relationship
- Loss of health
- Loss of a job
- Miscarriage
- Loss of an opportunity
- Moving
- Loss of Identity
- Natural Disasters
- Loss of a pet

The Four Rs

RECOGNIZE

REFER

RELATE

RESTORE



RECOGNIZE

a mental health problem

Types of Grief

- Normal/Uncomplicated Grief
- Complicated Grief
- Anticipatory Grief
- Disenfranchised Grief
- Cumulative Grief

Normal/Uncomplicated Grief

- The typical emotional and psychological response to the loss of a loved one or a significant life change.
- It involves a range of feelings such as sadness, anger, guilt, and yearning.
- This type of grief typically lessens in intensity over time and allows individuals to gradually adapt to the loss and continue with their lives.

Complicated Grief

- Also known as prolonged or unresolved grief.
- This is a more severe and prolonged response to loss that does not follow the typical course of normal grief.
- Individuals with complicated grief may experience intense and persistent emotional pain, preoccupation with the deceased, feelings of emptiness, and difficulty moving on with their lives.
- This type of grief can be debilitating and may require professional intervention, such as therapy or counseling, to help the person process their loss and find a way to heal.

Disenfranchised Grief

- Disenfranchised grief refers to a type of grief that is not openly acknowledged or socially supported.
- It occurs when individuals experience a loss that society or culture does not validate or recognize as significant. Because these losses may not be seen as "legitimate" forms of grief by others, those experiencing disenfranchised grief may feel isolated and struggle to find support.
- Examples of disenfranchised grief include the grief experienced after the death of a pet, the loss of a romantic relationship, or the loss of a job.

Cumulative Grief

- Cumulative grief occurs when individuals experience multiple losses or bereavements in a relatively short period of time.
- Each loss can compound the grief experienced from previous losses, making it more challenging to cope.
- This can lead to a sense of overwhelm and emotional exhaustion.
- It can be particularly difficult to manage, and seeking support from friends, family, or a mental health professional may be crucial in these situations.

REFER

to a mental health professional



Grieving is a natural and complex process that **everyone experiences differently**. While many people are able to navigate through grief with the support of family, friends, and community, **there are times when seeking professional help is advisable**

When to seek professional help

- **Intense or prolonged grief**
- **Functional Impairment**
- **Physical Symptoms**
- **Isolation**
- **Suicidal thoughts or behavior**
- **Substance Abuse**
- **Past Mental Health Concerns**
- **Loss of purpose or meaning**

Barriers to Mental Health Care

Accessibility

- No Transportation
- Serious Lack of Mental Health Facilities
- Too Few Mental Health Professionals

Affordability

- Limited Financial Resources
- No Insurance or Mental Health Coverage

Acceptability

- Stigma
- Cultural Beliefs
- Lack of Knowledge and Education

Navigating the System

PROVIDERS	TYPES OF LICENSURE	PROVIDER SPECIFICS
Primary Care Physicians	LPC, LMFT, LCSW, LCDC	Clientele
Counselors	PhD, PsyD	Specialties
Clinical Psychologists	MD, DO	Treatment Approach
Psychiatrists		Insurance, Sliding Scale
Hospitals & Treatment Facilities		Treatment Facilities



RELATE

to those in distress

Supporting someone who is grieving

- **Be Present**
 - Show up and be physically and emotionally present for the person. Let them know you are there for them and willing to listen.
 - Attend funeral and memorial services
 - Offer a comforting hug or a shoulder to cry on when they need it.
- **Listen Actively**
 - Allow the person to express their feelings and thoughts without judgment. Be a good listener and avoid offering unsolicited advice or trying to fix their problems.
- **Respect the Process**
 - Grief is a highly individualized process, and people may react differently. Respect their unique way of coping with loss and avoid pushing them to "move on" or "get over it."

Supporting someone who is grieving

- **Avoid Cliches**

- Avoid using clichéd phrases like "everything happens for a reason" or "they're in a better place." While well-intentioned, these statements may not be helpful and can minimize the person's feelings.

- **Offer Practical Help**

- Grief can be physically and mentally exhausting. Offer practical assistance with tasks such as cooking, cleaning, childcare, or running errands.

- **Be patient**

- Grief doesn't have a set timeline, and it can take months or even years to process. Be patient and continue offering your support even as time passes.

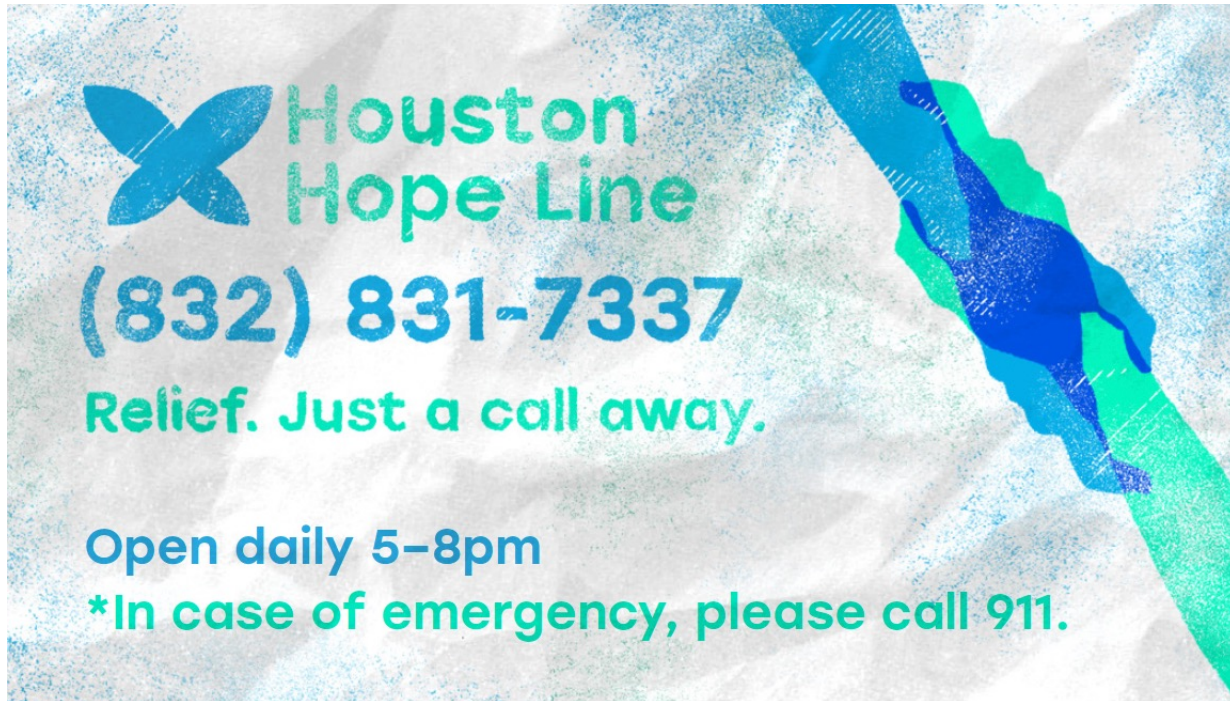
Supporting someone who is grieving

- **Be sensitive to Triggers and check in with them**
 - Grief can be isolating, and the person may feel alone as time goes on. Continue to check in on them periodically to let them know you care.
 - Be aware that certain dates, anniversaries, or events may trigger intense emotions. Offer extra support during these times
- **Encourage a professional**
 - If the person's grief seems overwhelming or prolonged, gently encourage them to seek help from a therapist, counselor, or support group that specializes in grief and loss.
- **Share Memories**
 - Encourage the person to share memories and stories about the deceased or the loss. Talking about their loved one can be a therapeutic way to remember and honor their memory.

Gateway to Hope Trainings

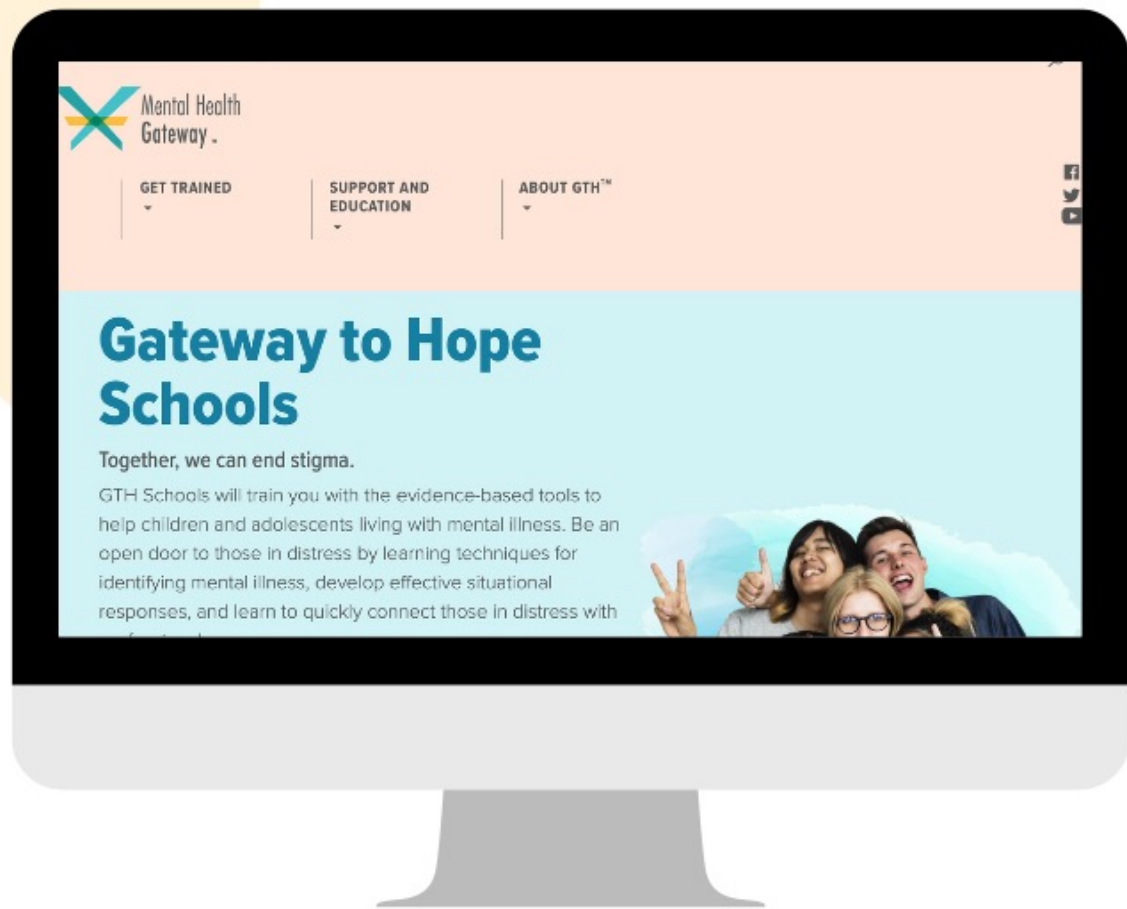
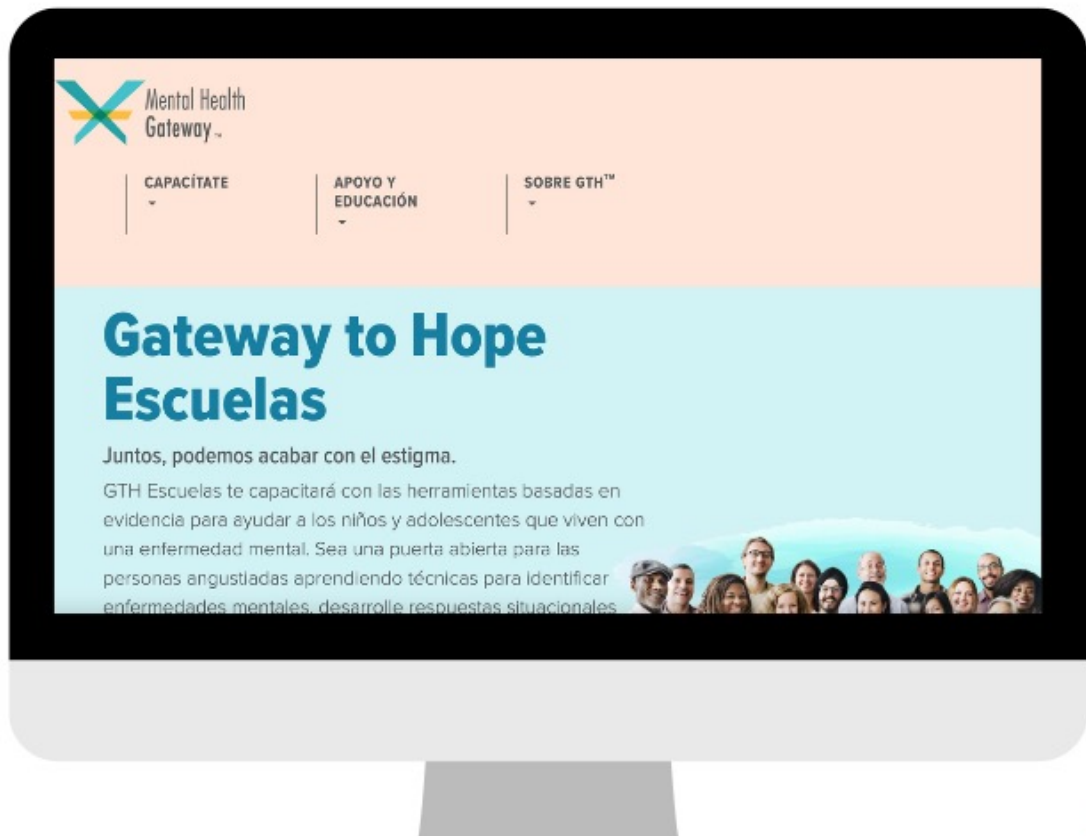


Hope Line



Relief. Just a Call Away.

mentalhealthgateway.org/es

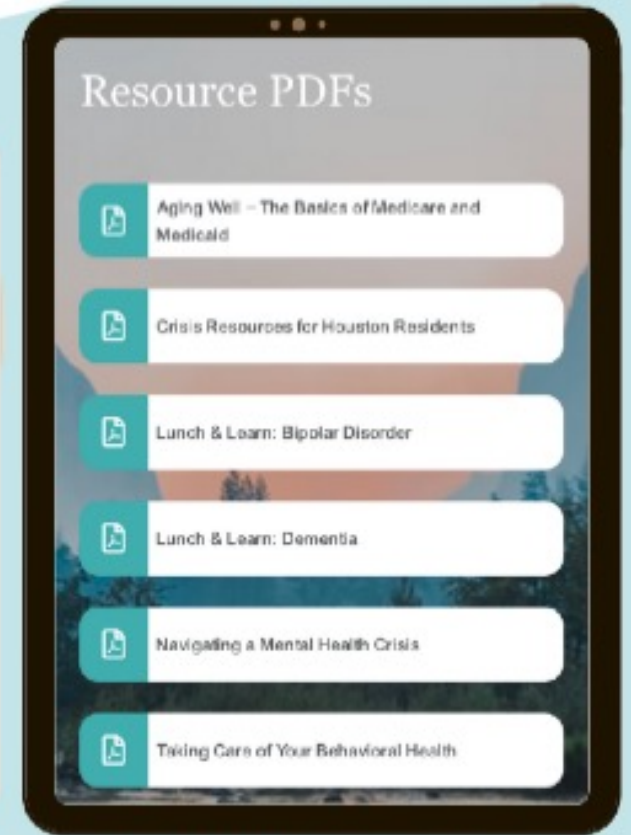
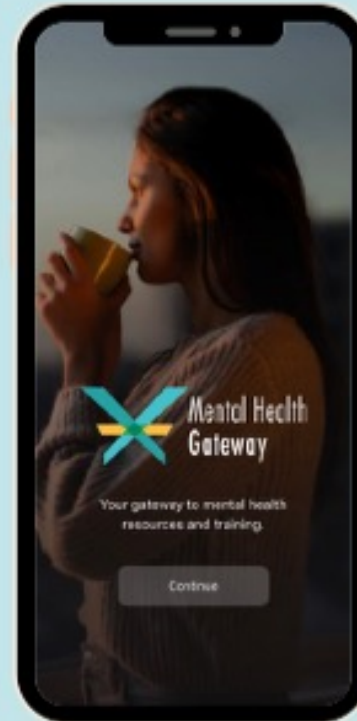


mentalhealthgateway.org



Mental Health Gateway App

- **Mental health resources- videos, workbooks, and PDFs**
- **Easy Access to Trainings**
- **Features specifically for Mental Health Coaches**



**DOWNLOAD OUR
MENTAL HEALTH
GATEWAY APP**

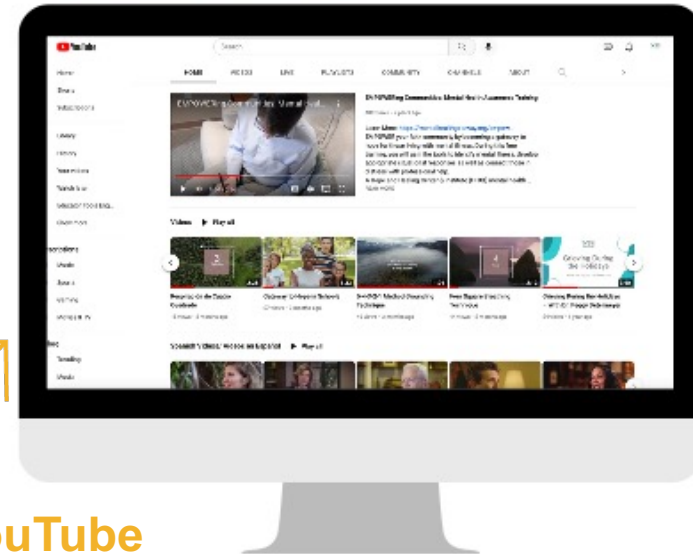
GTH Communications

Additional Platforms: Facebook, Twitter, LinkedIn

Newsletters



Instagram



YouTube

We're Here for You!

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