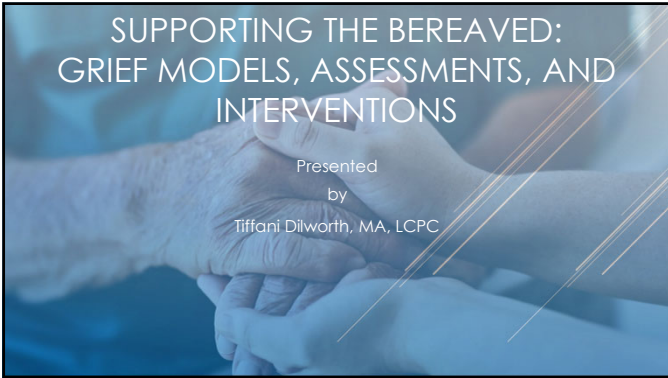


**SUPPORTING THE BEREAVED:  
GRIEF MODELS, ASSESSMENTS, AND  
INTERVENTIONS**

Presented  
by  
Tiffani Dilworth, MA, LCPC



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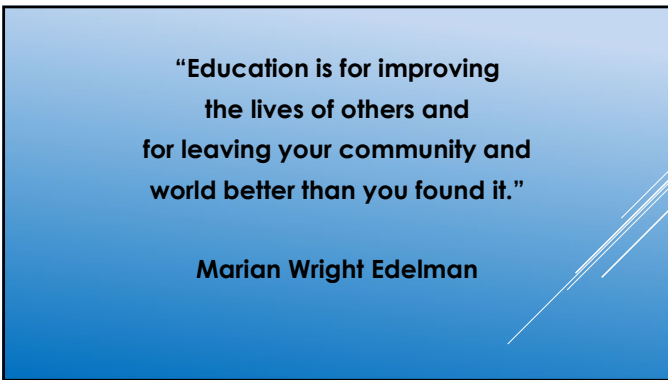
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**“Education is for improving  
the lives of others and  
for leaving your community and  
world better than you found it.”**

**Marian Wright Edelman**



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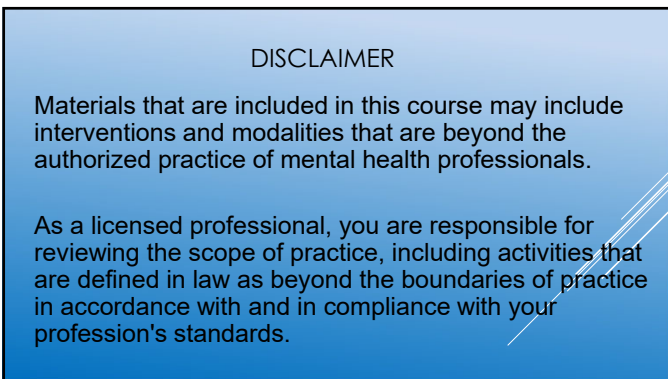
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**DISCLAIMER**

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals.

As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.



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## LEARNING OBJECTIVES

- ▶ Screening strategies for possible bereavement complications.
- ▶ Grief models to conceptualize grief and the clinician's role.
- ▶ Interventions to better support clients who are grieving.

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## GRIEF OVERVIEW

- Grief/Mourning
  - Acute Grief
  - Integrated Grief
  - Chronic Grief/Complicated Grief

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## GRIEF OVERVIEW

- Normal Grief
  - Ability to move towards the acceptance of loss
  - Initial intensity of emotions gradually decrease
  - Ability to engage in daily functions

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## GRIEF OVERVIEW

Which of the following grief related behaviors is abnormal?

- A. A father who visits his son's grave every morning
- B. A woman who refuses to part with her deceased mother's belongings
- C. A woman who avoids the restaurant where she met her deceased husband
- D. A man who experiences intense emotional days two years after his daughter's death
- E. None of the above – you have no idea what is normal for anyone else in their grief

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## GRIEF OVERVIEW

### Persistent Complex Bereavement Disorder (PCBD)

DSM-5 Category: Conditions for Further Study

**Symptoms last most days at least 12 months after the death for adults and at least 9 months for children.**

**At least one of the following symptoms is present:** Intense

and persistent yearning for the deceased Frequent  
preoccupation with the deceased Intense feelings of  
emptiness or loneliness

Recurrent thoughts that life is meaningless or unfair without the deceased A  
frequent urge to join the deceased in death

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## GRIEF OVERVIEW

### Persistent Complex Bereavement Disorder (PCBD) Cont.

**At least two of the following symptoms are present:**

Feeling shocked, stunned or numb since a loved one's death

Feelings of disbelief or inability to accept the loss

Rumination about the circumstances or consequences of the death Anger or  
bitterness about the death

Experiencing pain that the deceased suffered, or hearing/seeing the deceased

Trouble trusting or caring about others

Intense reactions to memories or reminders of the deceased

Avoidance of reminders of the deceased, or the opposite - seeking out reminders to feel close to  
the deceased

**Symptoms cause substantial distress for the sufferer or impact significantly on  
areas of functioning and cannot be attributed to other causes.**

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<https://icd.who.int/browse11/b-m/en/enk/?url=https://icd.who.int/icd11/enk/icd11/18Z00Z014>

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## COVID-19 AND GRIEF

- ▶ Initial experience and Traumatic Grief
- ▶ Social distancing impact on the grieving process
- ▶ Triggering of previous losses
- ▶ Individuals not bereaved by COVID-19
- ▶ Coronaphobia- Asian Journal of Psychiatry

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## GRIEF OVERVIEW

**Primary Loss - Initial Loss**

**Secondary Loss - Hidden Losses**

- Voids left after initial loss




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## GRIEF OVERVIEW

On Death and Dying  
by  
Dr. Elizabeth Kübler Ross

Denial & Isolation  
Anger  
Bargaining  
Depression  
Acceptance

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## ASSESSMENT TOOLS FOR GRIEVING CLIENTS

### Assessment Tools Disclaimer

- ▶ Some assessment tools may have specific costs, copyright, or licensing requirements associated with them.
- ▶ Please be aware of any such requirements before use of any assessment tool.
- ▶ Assessments for groups
- ▶ Telehealth

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## ASSESSMENT TOOLS FOR GRIEVING CLIENTS

"Ways of dealing with bereavement and grief are influenced by the norms of one's cultural identity. Cultural assessment of bereavement and grief is therefore needed for a comprehensive evaluation of grief-related psychopathology and for negotiating appropriate treatment." ... "How one deals with bereavement and grief is influenced by the norms of one's cultural identity."

Smid GE, Groen S, de la Rie SM, Koopet S, Boelen PA. Toward Cultural Assessment of Grief and Grief-Related Psychopathology. *Psychiatr Serv*. 2018 Oct 1;69(10):1050-1052. doi: 10.1176/appi.ps.201700422. Epub 2018 Jul 25. PMID: 30041392.

"There is much agreement that level of cultural sensitivity in the health care that patients perceive experiencing positively influences their adherence to treatment and, ultimately, their health outcomes"

Labrecque P. African Americans' beliefs and attitudes regarding hypertension and its treatment: A qualitative study. *Journal of Health Care for the Poor and Underserved*. 2003;14(4):566-587.  
Rosa LA, Kim MT, Donnon CK, Hill HN. The context of adherence for African Americans with high blood pressure. *Journal of Advanced Nursing*. 2000;32:587-594. doi: 10.1046/j.1365-2648.2000.01538.x.

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## ASSESSMENT TOOLS FOR GRIEVING CLIENTS

### Core Bereavement Items (CBI) (Burnett, Paul C. 1997)

- ▶ 17-item questionnaire that measures the intensity and evolution of bereavement experiences among a variety of bereaved persons (e.g., spouses, adult children losing parents, parents losing children).
- ▶ Items are rated on 4-point scales and fit within three sub-scales
  - ▶ Images and thoughts
  - ▶ Acute separation
  - ▶ Grief
- ▶ Clients 50 and older and those who've lost a loved on who was in hospice care. (Levy K., 2020)

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## ASSESSMENT TOOLS FOR GRIEVING CLIENTS

### Hogan Grief Reaction Checklist (HGRC) (Hogan, Nancy S. 1987)

- ▶ 61-item questionnaire measures the trajectory and nature of the bereavement process
- ▶ Focuses on 6 areas:
 

despair	blame and anger	panic behavior
detachment	disorganization	personal growth
- ▶ 5-point scale, ranging from "does not describe me at all" to "describes me very well."
- ▶ Based on how the client has felt in the past 2 weeks
- ▶ Hogan Sibling Inventory of Bereavement(HSIB)(Hogan, Neimeyer,& Laurie, 2008)
  - ▶ 46-item questionnaire
  - ▶ Children and Adolescents

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## ASSESSMENT TOOLS FOR GRIEVING CLIENTS

### Traumatic Grief Inventory Self-Report (TGI-SR)(Boelen & Smid)

- ▶ 18-item questionnaire to assess symptoms of Persistent Complex Bereavement Disorder and Prolonged Grief Disorder
  - ▶ 17 items represent PCBD criteria
  - ▶ 11 items represent PGD criteria
- ▶ Responses are scored on a 5-point scale, ranging from never to always
- ▶ Client rates based on client's experiences with the symptoms in the past month
- ▶ Available in multiple languages, including French, Chinese, Dutch, German, Spanish, Turkish, Swedish, and Greek

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## ASSESSMENT TOOLS FOR GRIEVING CLIENTS

### Inventory of Complicated Grief (ICG) (Prigerson et al 1995)

- ▶ 19 first-person statements concerning the immediate bereavement-related thoughts and behaviors of the client.
- ▶ Responses are scored on a 5-point scale, ranging from never to always
- ▶ Has been adapted to a Polish version

### Inventory of Complicated Grief Revised (Melhem et al 2007)

- ▶ 36-item assessment to measure child maladaptive grief

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## ASSESSMENT TOOLS FOR GRIEVING CLIENTS

GRIEF EXPERIENCE QUESTIONNAIRE, GEQ (BARRETT & SCOTT 1989)

- ▶ 55-item self-administered questionnaire
- ▶ 5-point Likert scale measuring frequency of experience from never to almost always
- ▶ The instrument originally was developed to compare bereavement experience of suicide vs. non-suicide survivors.

Represents 11 dimensions of grief

somatic reactions  
general grief reactions  
search for explanation  
loss of support  
stigmatization  
guilt  
responsibility  
shame/embarrassment  
rejection  
self-destructive behavior  
unique reactions

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## ASSESSMENT TOOLS FOR GRIEVING CLIENTS

Revised Grief Experience Inventory (RGEI)(Lev, E., Munro, B.H., & McCorkle R. 1993)

- ▶ 22-item scale measuring four domains (existential concerns, depression, tension, and physical distress) in relation to the deceased.
- ▶ Responses are scored on a 6-point scale, ranging from slight disagreement to strong agreement.

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## ASSESSMENT TOOLS FOR GRIEVING CLIENTS

Pandemic Grief Scale (PGS) (Lee & Neimeyer 2020)

- ▶ Items help identify dysfunctional grief associated with a COVID-19 death
- ▶ 25 languages

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### ASSESSMENT TOOLS FOR GRIEVING CLIENTS CAREGIVERS

#### The Caregiver Grief Inventory (Marwit & Meuser, 2002)

- ▶ Measures grief reactions experienced by family caregivers of persons with Alzheimer's disease
- ▶ Available in Spanish

#### Anticipatory Grief Scale (AGS) (Theut et al. 1991)

- ▶ Anticipatory Grief coined by Dr. Lindemann
- ▶ Swedish Study- The study revealed that 40% of the widows reported that "the pre-loss period was more stressful than the post-loss." Johansson, A. K., & Grimby, A. (2012)
- ▶ Self-assessment questionnaire for individual's who's loved one has been diagnosed with dementia and it's based on what they were currently experiencing.

#### Inventory of Symptoms of Professional Traumatic Grief (Gilart et al. 2022)

- ▶ Items help identify professionals who are experiencing traumatic grief
- ▶ Much of the research was done with nurses to check the validity of the assessment

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### ASSESSMENT TOOLS FOR GRIEVING CLIENTS

#### Quick screening for possible bereavement complications:

##### Symptoms Snapshots

Concrete comparisons

##### Investigate Integration

Retell story of the death or relationship dynamics  
Blocking or incongruence

##### Credulous Questioning

"If you want to know what is wrong with a person, ask him. He may just tell you." Dr. George Kelly

Such screens do not substitute for a more complete assessment, but they can help indicate whether such an assessment could be useful.

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### THERAPEUTIC APPROACHES/GRIEF MODELS & THEIR TECHNIQUES

Grief Counseling vs. Grief Therapy

Culture and Its Impact on Mourning

Middle East

Mexico

Australia

Africa

USA 1800's

Mourning and Melancholia

Present Day USA

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## THERAPEUTIC APPROACHES/GRIEF MODELS & THEIR TECHNIQUES

### Companioning Model

11 Tenets of Companioning the Grieving as developed by Dr. Alan Wolfelt

1. Companioning is about being present to another person's pain; it is not about taking away the pain.
2. Companioning is about going to the wilderness of the soul with another human being; it is not about thinking you are responsible for finding the way out.
3. Companioning is about honoring the spirit; it is not about focusing on the intellect.
4. Companioning is about listening with the heart; it is not about analyzing with the head.
5. Companioning is about bearing witness to the struggles of others; it is not about judging or directing these struggles.

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## THERAPEUTIC APPROACHES/GRIEF MODELS & THEIR TECHNIQUES

### Companioning Model

11 Tenets of Companioning the Grieving as developed by Dr. Alan Wolfelt

6. Companioning is about walking alongside; it is not about leading or being led.
7. Companioning means discovering the gifts of sacred silence; it does not mean filling up every moment with words.
8. Companioning the bereaved is about being still; it is not about frantic movement forward.
9. Companioning is about respecting disorder and confusion; it is not about imposing order and logic.
10. Companioning is about learning from others; it is not about teaching them.
11. Companioning is about curiosity; it is not about expertise.

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## THERAPEUTIC APPROACHES/GRIEF MODELS & THEIR TECHNIQUES

### Prolonged Grief Disorder Therapy (PGDT)

Columbia University School of Social Work's

Center for Prolonged Grief

Complicated Grief Therapy (CGT) & Center for Complicated Grief

Utilizes components of CBT, Interpersonal Psychotherapy, Positive Psychology, and Motivational Interviewing

2000- published first pilot study of CGT (PGDT)

2005- CGT was nearly twice as effective as Interpersonal Psychotherapy

2014- CGT was twice as effective as IPT for complicated grief

Received funding to test from National Institute of Mental Health (NIMH) since 2000

Treatment research studies regrading people with prolonged grief, "70% of people, who had been suffering for years, and sometimes decades, were much improved after just 4 or 5 months."

CGT Clinical Research | Center for Complicated Grief (2021, May 1). The Center for Prolonged Grief. <https://prolongedgrief.columbia.edu/professionals/science/>

<https://prolongedgrief.columbia.edu/professionals/complicated-grief-professionals/treatment/>

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THERAPEUTIC APPROACHES/GRIEF MODELS & THEIR TECHNIQUES

**Prolonged Grief Disorder Therapy (PGDT)**  
*Complicated Grief Therapy (CGT)*

<b>Four Phases</b> 1. Getting Started (1-3) 2. Revisiting the Death (4-9) 3. Midcourse Review (10) 4. Closing Sequence (11-16)	<b>Healing Milestones (Seven Modules)</b> 1. Psychoeducation 1. Self-Assessment and Self-Regulation Work 1. Aspirational Goals Work 1. Building Social Support/ Rebuilding Connections 2. Story of the Death 2. Revisiting the World- avoidance 2. Memories and Continue Bond
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<https://prolongedgrief.columbia.edu/professionals/manual-tools/>

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THERAPEUTIC APPROACHES/GRIEF MODELS & THEIR TECHNIQUES

**Task Based Model**

T- To accept the reality of the loss  
 "From our heart knowing to our head knowing"  
 Denial is the opposite of acceptance

E- Experience the pain of the loss  
 Avoidance  
 Analogies

A- Adjust to the new environment without the lost person  
 Externally and internally

R- Reinvest in the new reality  
 Focusing on the parts of them that are still here  
 Example: memories- more attention on what was received  
 Example: passions- with loss of dreams comes realizations of their passions

See their loss, their present, and their future

J. William Worden: *Grief Counseling and Grief Therapy: A Book for the Mental Health Professional*

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THERAPEUTIC APPROACHES/GRIEF MODELS & THEIR TECHNIQUES

**Narrative Therapy**

Retelling Narrative  
 10-15 minutes  
 Revisit and bring to present  
   How the person died  
   How the client learned about the death  
   The physical goodbye

Narrative processes  
 External Narrative- the factual story  
 Internal Narrative- the emotional-focused story  
 Reflexive Narrative- the meaning-oriented story/ interpretation  
   gives space for culture/ spiritual belief system  
 Foster Narrative- we as clinicians encourage clients to move between all three

The goal is not to "solve" the feeling but simply sense its meaning as fully as possible.  
 Anticipated Trajectory

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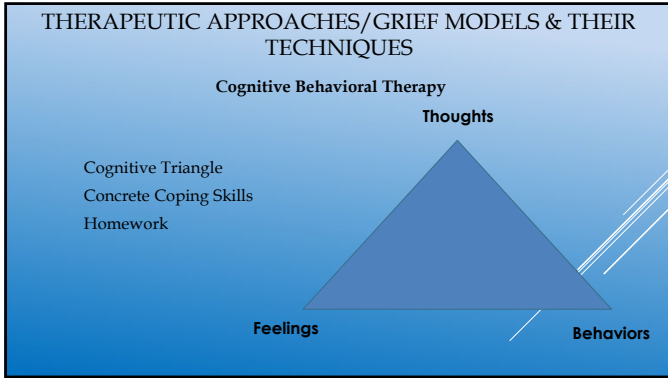
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**THERAPEUTIC APPROACHES/GRIEF MODELS & THEIR TECHNIQUES**

**Dual Process Model**

BY MARGARET STROEBE & HENK SCHUT

DR. ROBERT NEIMEYER ON THE DUAL PROCESS MODEL VIDEO  
[HTTPS://WWW.YOUTUBE.COM/WATCH?V=ELTFR2QC6IM](https://www.youtube.com/watch?v=ELTFR2QC6IM)

LOSS-ORIENTED

RESTORATION-ORIENTED

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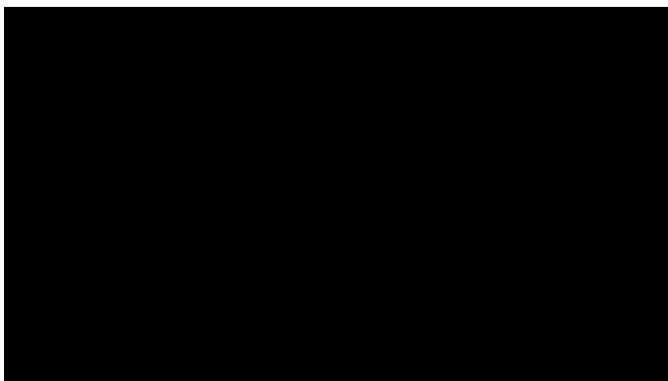
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## THERAPEUTIC APPROACHES/GRIEF MODELS & THEIR TECHNIQUES

### The ATTEND Model

And when we allow ourselves to feel that which is legitimately ours to feel, we rebel against the rigid grief-denying structures of society."  
—Joanne Cacciatore

**Attunement-** Clinician embraces mindfulness both in and out of therapeutic relationship

A lifestyle of living in mindfulness to better support out client and promote our own self care. Mindfulness practice by clinicians leads to greater empathy, compassion, and attunement, all of which can help strengthen rapport in the therapeutic relationship (Turner 2009).  
For example, one randomized controlled trial showed that clinician meditation practice alone improved outcomes for clients (Grepmaier et al. 2007).

Another study showed low levels of burnout and compassion fatigue and high levels of compassion satisfaction amongst clinicians and volunteers trained in the ATTEND model (Thieleman and Cacciatore 2014).

## THERAPEUTIC APPROACHES/GRIEF MODELS AND THEIR TECHNIQUES

### The ATTEND Model

Attunement- mindfulness both in and out of therapeutic relationship

Trust

- acceptance of client's emotional state
- deep listening
- compassionate interpersonal communication
- validation

Therapeutic Touch

Egalitarianism- awareness of natural power differentiation

- psychoeducation = empowerment
- humility when asked an unanswerable question
- regarding the client at he expert in terms of his/her experience and needs

Nuance- Clinician is mindful of and attentive to the individual, cultural, and circumstantial differences of every client

Example: attending a funeral/home-going/memorial service

Death Education

### Limitations to Individual grief therapy and models and potential risks

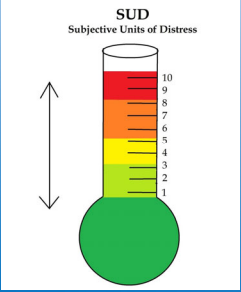
Individual grief counseling isn't all inclusive. There're other forms of support, including: online support, podcasts, group counseling, community support, memorial events, ritual activities, Psychoeducational workshops

Allumbaugh and Hoyt (1999) 2 years after loss, received intervention "may account for the failure to find expected improvement over time in the control groups, because much of the change in functioning may already have been accomplished by two years."

Schut et al. (2001) concluded their review by stating that "the general pattern emerging from this review is that the more complicated the grief process appears to be, the better the chances of interventions leading to positive results"

"Most longitudinal studies of bereavement show naturally occurring declines in bereavement symptoms (Ott & Lueger, 2002; Raphael, Minkov, & Dobson, 2001; Stroebe et al., 2001). With the help of family and friends, apparently most mourners are able to work through and integrate their losses relatively well." Jordan, R. J., Neimeyer, R.A., (2003).

### GRIEF INTERVENTIONS



**SUD**  
Subjective Units of Distress

**Acute Grief**

- Meditation
- Music
- Mindfulness
- Muscle Relaxation
- Grounding Techniques
- Pendulation
- Encourage Acceptance

If you're loved one was here...  
 I can't imagine how much your heart must ache knowing that they are no longer here...  
 How has your life changed since their death?  
 What are some statements/questions you've used to promote acknowledgement of loss?

Won't these questions/statements evoke intense emotions?

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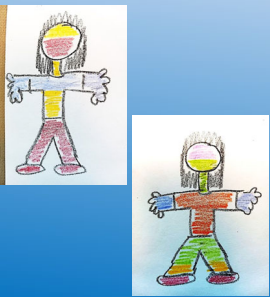
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### GRIEF INTERVENTIONS





**Belly Breathing**  
**Body Breathing**  
**Color Breathing**

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### GRIEF INTERVENTIONS

**Guilt Work**

- Normalizing
- Apology Letter/Goodbye Letter
- Letter from the deceased
- Honor the Person
- Responsibility Pie Chart
- Talk to a Neutral Person
- ID Positive Connections with the Person
- Visualize/Guided Meditation Letting Go of the Guilt

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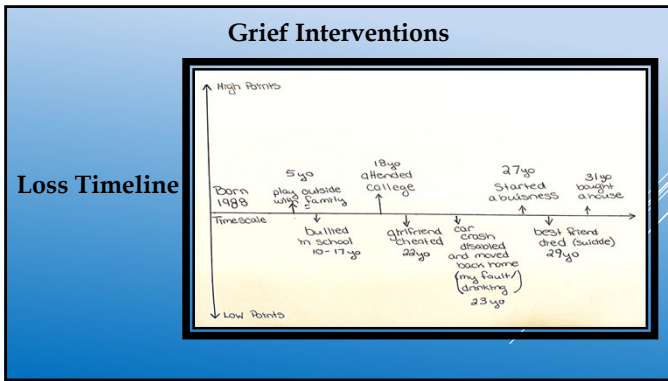
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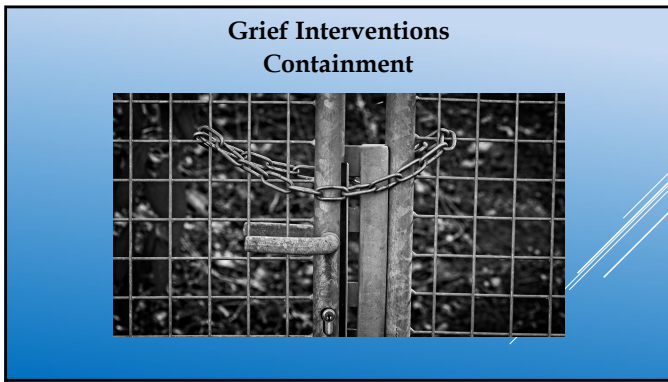
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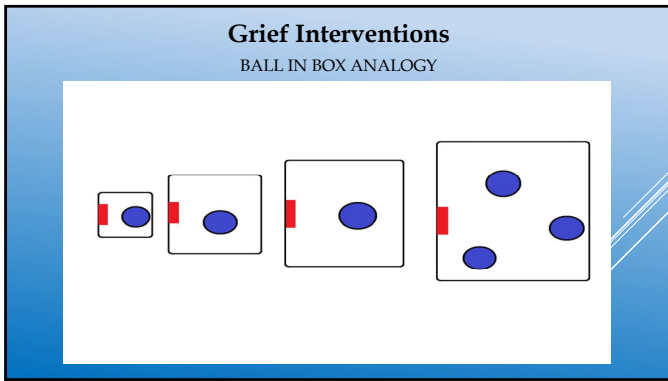
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## GRIEF INTERVENTIONS


**Perspective of Grief**

- Family Sculpting
- Sculptor
- Sculpting Process
- Therapist Intervenes
- De-Rolling

**Create Your Own Metaphor for Grief**

- Broken Glass
- Tornado

**Love after loss Illustration**



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## GRIEF INTERVENTIONS

**Journaling**

- Thankfulness
- Future/Goal Oriented
- Processing
- Accomplishments/Things like about yourself

**Directed Journaling**

- What kind of things did \_\_\_\_ teach you about life?
- How did they manage challenging times and what lessons can you take from those experiences?
- What strengths did they see in you?
- What difference might it make to keep their memories alive?
- Who do you want to be, even though they aren't physically here?

**Grief Monitoring Diary**

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## GRIEF INTERVENTIONS

### Connection

Story Telling

Family Recipe

Write a letter

I love you

I'm thankful for

I miss you

If you could see

Our dream came true

Legacy

Plant a tree

Paint

Rituals

Photography

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## GRIEF INTERVENTIONS

Memory Box

Memorial Acrostic Poem




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## INTERVENTIONS

Memorial Acrostic Poem

- Sammie Joe
  - Stable and Strong
  - Amazing Man
  - Mentor
  - Memorable
  - Innovative
  - Encouraging
  - Joy to be around
  - Objective
  - Embracing

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## Interventions

LIFE IMPRINT

The person whose imprint I want to trace is: \_\_\_\_\_

This person has had the following impact on:

My mannerisms or gestures:

My ways of speaking and communicating:

My work and pastime activities:

My feelings about myself and others:

My basic personality:

My values and beliefs:

The imprints I would most like to affirm and develop are:

The imprints I would most like to relinquish or change are:

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SOCIAL SUPPORT



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SOCIAL  
SUPPORT

"You need to try to move on."

"We offer 3 days of bereavement leave. I take it that will be plenty of time to resolve your grief?"

"I'm such a great person for feeling sorry for your loss."

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SOCIAL SUPPORT

"When you know better, you do better."— Maya Angelou

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## SOCIAL SUPPORT

"Each person's grief journey is unique  
as a fingerprint or a snowflake."  
— Earl Grollman

"You never stop loving someone, you  
just learn to live without them."  
— Unknown

"Acknowledging someone's loss  
validates their pain."  
— Unknown

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## RESOURCES AND RECOMMENDED READING

### Websites:

Griefincommon.com

TheRecoveryVillage.com

DrKenDoka.com

GriefShare.org

PsychologyToday.com

TheCenterForLoss.com

WhatsYourGrief.com

### Books:

Disenfranchised Grief: Recognizing Hidden Sorrow  
by Kenneth J. Doka

Disenfranchised Grief: New Directions, Challenges,  
and Strategies for Practice by Kenneth J. Doka

Grief is a Journey: Finding Your Path Through Loss  
by Kenneth J. Doka

Ethical Practice in Grief Counseling by Louis A.  
Gamino & R. Hal Ritter, Jr.

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## RESOURCES AND RECOMMENDED READING

### Videos for Children:

Grief for school aged children:

<https://www.youtube.com/watch?v=L0WzSL2Vr2c>

Explaining Grief to Children:

<https://www.youtube.com/watch?v=X60vnw6tcsi>

What is Grief?

<https://www.youtube.com/watch?v=DRyg7ONEFWQ>

### Books for Children and Teens:

The Day My Dad Turned Invisible

The Sad Dragon

Don't Sweat the Small Stuff

The How of Happiness

<https://missdillworth.com/therapy-resources-for-trauma-grief/>

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Grief is like the ocean, it comes in waves, ebbing and flowing.

Sometimes the water is calm,  
and sometimes it is overwhelming.

All we can do is learn to swim.

— Vicki Harrison

"We're taught how to acquire things,  
not what to do when we lose them."

— John W. James

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## SUPPORTING THE BEREAVED: GRIEF MODELS, ASSESSMENTS, AND INTERVENTIONS

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