



Thriving While Grieving

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Presentation Disclaimer

- This presentation does not constitute as therapy.
- The purpose of this presentation is to provide education related to grief and loss and should not be perceived as individual psychological services.
- Please use the resources listed in this presentation or consult another psychological or medical provider for individualized care.
- If anyone shares a personal testimony, please respect their privacy and do not share with anyone outside of this presentation.

Grief

Acute pain after
a loss.

Types of Loss

- ❑ Job/ Career Loss
- ❑ Change in lifestyle or financial status
- ❑ Ending of a friendship, relationship or a marriage
- ❑ Serious illness or disease of self or a loved one
- ❑ Losing physical mobility or independence
- ❑ Events that violate feelings your sense of security/safety
- ❑ Accidents or other significant "near-death" events
- ❑ Transitional Periods

Types of Grief

Types of Grief



Normal Grief

Including Inhibited Grief, Masked Grief and Delayed Grief



Complicated Grief

or prolonged grief characterized by long-lasting & severe emotional reactions.



Chronic Grief

Can last for years, often related to traumatic loss



Anticipatory Grief

Happens before the loss occurs often during a terminal illness



Secondary Loss

Occurs when the bereaved experiences additional losses.



Absent Grief

When the person is in total denial about their loss. Not able to admit they've experienced loss.



Cumulative Grief

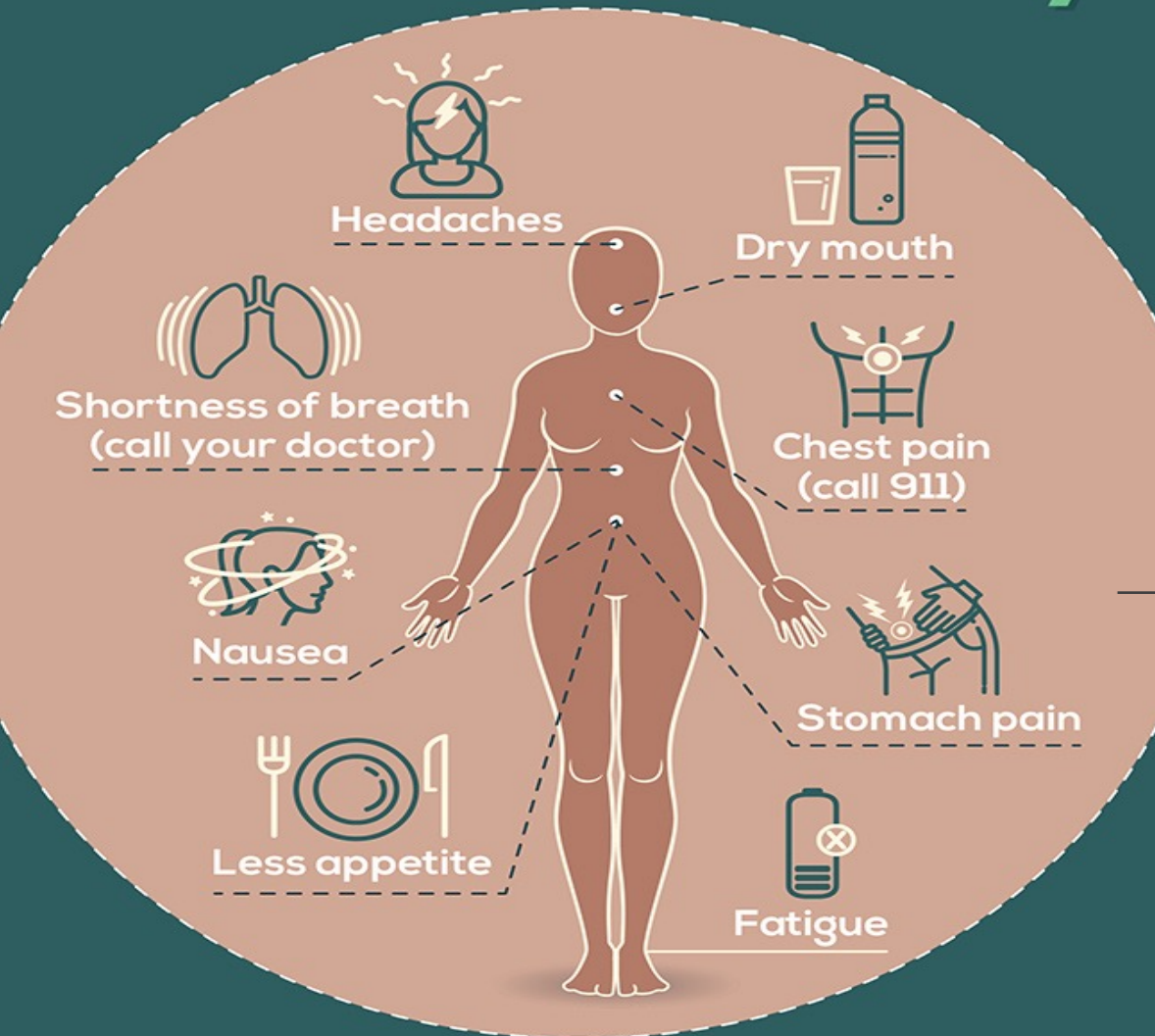
Can result from multiple losses over a short time period.



Disenfranchised Loss

Occurs when society does not recognize or acknowledge the value of the loss.

Ways Grief Can Affect Your Body



Physical Grief Symptoms

EMOTIONAL SYMPTOMS	BEHAVIOURAL SYMPTOMS	COGNITIVE SYMPTOMS	SPIRITUAL SYMPTOMS
Numbness, shock	Passive or very active	Denial/ disbelief.	Angry with the Divine
Yearning	Searching	Confusion	Loss of faith
Sadness	Crying, sighing	“Am I going crazy?”	Comfort from faith
Anger, guilt, anxiety, fatigue	Indecisiveness, sleep disturbances. Changes in appetite	Sense of the <u>presence</u> of the other person.	Search for meaning
Loneliness, helplessness, yearning	Forgetful. Social withdrawal	Preoccupation with the deceased	Changes in relationship with Divine
Relief	Mood swings. Substance abuse	Hallucinations	Alienation

Other Grief Symptoms

Pessimistic expressions of doom and despair about life

Postponing the grief process

Replacement of loss

Minimize feelings

Neglect of Personal Hygiene

Refusing to leave the home

Anger and bitterness toward the world

Withdrawal from Social Support and Social Events

Denial, displacement, and defensiveness

Distracted performance on the job or school

Worsening of preexisting mental health disorders

Strong attachment to mementos and reminders of the departed person or having a strong disdain to reminders

Inability to manage daily activities

Reckless, impulsive, or self-destructive behaviors

Talk of suicide, or actual suicide attempts

Increased Substance Use

Complicated Grief Symptoms

Age	Concept of Death	Grief Response	Signs of Distress
2-4	<ul style="list-style-type: none"> Reversible and Not Permanent Seen as Abandonment 	<ul style="list-style-type: none"> Intense but brief Ask lots of questions 	<ul style="list-style-type: none"> <input type="checkbox"/> Changes in Eating and Sleeping Patterns <input type="checkbox"/> Bed Wetting <input type="checkbox"/> Irritability and Confusion
4-7	<ul style="list-style-type: none"> Reversible Personification of Death Feeling Responsible 	<ul style="list-style-type: none"> More talking Concern with the process Confusion 	<ul style="list-style-type: none"> <input type="checkbox"/> Disturbance in Eating and Sleeping <input type="checkbox"/> Nightmares <input type="checkbox"/> Violent Play <input type="checkbox"/> Takes on role of the deceased
7-11	<ul style="list-style-type: none"> Seen as Punishment Fear of bodily harm and mutilation Starting to understand that death is final 	<ul style="list-style-type: none"> Desire for details Concerned with the “right way” to respond 	<ul style="list-style-type: none"> <input type="checkbox"/> School Problems <input type="checkbox"/> Withdrawing from friends <input type="checkbox"/> Changes in Eating and Sleeping <input type="checkbox"/> Role Confusion <input type="checkbox"/> Concern with body <input type="checkbox"/> Suicidal thoughts
11-18	<ul style="list-style-type: none"> Ability to abstract Can conceptualize death 	<ul style="list-style-type: none"> Depression Denial Willing to talk with people outside of the family. 	<ul style="list-style-type: none"> <input type="checkbox"/> Depression <input type="checkbox"/> Anger <input type="checkbox"/> Non-compliance <input type="checkbox"/> Rejection of former teachings <input type="checkbox"/> Role Confusion <input type="checkbox"/> Acting Out

Grief in Children

Factors Affecting Grief Symptoms

- How You Normally Handle Stress and/or Change
- Relationship with the loss
- Views on life and death
- If you take responsibility for the loss... Shame and guilt may occur
- Should have, could have, would have (doubts, second guessing, regrets)
- Survivor's Guilt
- Triggers
- How sudden was the loss or the nature of the loss
- Resources, Support Systems, and Self-Care
- Changes in Relationships with Others

Stages of Grief

1

Denial

2

Anger

3

Bargaining

4

Depression

5

Acceptance

How Do you Grieve?

- ❖ NO right or Wrong way... Just healthy and Unhealthy
- ❖ Grief Spasms
- ❖ Grief is slow and can only be carried by the individual person.
- ❖ No comparisons
- ❖ Time can be distorted during Grief. Can be all consuming



Depression vs. Grief

- Depression is a chemical imbalance in the brain
- Grief is based on the loss of a loved one or loss of identity or other entities.
- Depression can be caused by loss but usually goes away after a period of time, whereas complicated grief may last for months or years.
- Although their symptoms may overlap, they are treated differently
- Talk with a professional to discuss the different treatment options


Anxiety and Grief

- Racing Thoughts
- Difficulty Controlling Thoughts
- Excessive Worry
- Restlessness
- Sleep Disturbance
- Fidgeting

Anger and Faith

- Being angry is not an indication of a lack of faith
- Anger is a natural reaction. Being sad is a natural reaction.
- Anger may be due to feeling powerless or no longer in control.
- Thinking that prayers did not work... Or did they?

Treatment Options



Individual
Therapy

Group
Therapy

Medication
Management

How to Find a Therapist

- ❑ Ask about their credentials
- ❑ Ask about their treatment modalities/ Theoretical Orientation
- ❑ You do not have to keep the same therapist if you do not like them
- ❑ Cheaper is NOT Better
- ❑ Ask about sliding scale fees
- ❑ Pick Demographics that you are most comfortable with
- ❑ Ask Family and Friends
- ❑ Read Reviews

Holistic Approaches to Treatment

Spirituality

Exercise

Eating Right

Sunlight/
Nature

Daily Routines

Sleep Routines

Self-
Care/Pleasure
Activities

Relaxation/
Meditation
Techniques

Calming
Environment-
All 5 Senses

Journaling

Limiting
Substance Use

Talking with Family and Friends	Visit the Grave or Place of Remembrance	Memory Books	Recall Dreams	Talk with People about wants and needs
Serenity Prayer	Stay Productive with Good Hobbies	Stay around Positive People	Donate Possessions meaningfully	Learn about Loved ones from others
Open up	Take Days off	Give Thanks Every Day	Self-Compassion	Who are you Now?
Reminisce of Good Times	Letters	Continuing Rituals	Keepsakes	

Grief Treatment Tips

The Last Dance: Encountering Death and Dying

Life after Loss

The Grief Recovery Handbook

The Long Goodbye

Beyond Grief: A Guide for Recovering from Death of a Loved One

Grief's Courageous Journey

The Grief Recovery Handbook: The Action Program for Moving Beyond Death, Divorce, and Other Losses

A Grief Observed

Widow

When Goodbye is Forever

Men and Grief

Books About Grief

What Does Healing Look Like?

- Not based on time but processing
- It is Continuous
- Sense of Release, Calmness, and Relief
- Thoughts change from sadness to happiness and fondness
- Normal daily activities do not seem as hard
- Stretches of days or weeks or months that are less difficult
- The absence of the loss will not be as overwhelming
- A new normal will be accepted.

Resources Near You

[Pages - griefandlossresources \(maryland.gov\)](#)

[Baltimore Grief Counseling - Loss, Bereavement, Mourning – Thriveworks](#)

[Grief recovery support groups in Baltimore, Maryland – GriefShare](#)

[Counseling \(bark.com\)](#)

[The 10 Best Therapists in Baltimore, MD \(with Free Estimates\) \(thumbtack.com\)](#)

[BetterHelp - Get Started & Sign-Up Today](#)

[Grow Therapy - Find a therapist who meets your needs](#)

[Find the Best Grief Group Therapy and Support Groups in Baltimore, MD- Psychology Today](#)

Questions



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