

COPING WITH GRIEF AND LOSS





Dr. Chinu Agrawal
Ph.D in Psychology
Psychologist & Psychotherapist

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- **Advanced Certification in RECBT for Adults, Children & Adolescents**
(Albert Ellis Institute, New York, USA).
- **Trained in CBT** (Beck Institute, USA)



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Understanding Grief and Loss

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Coping with Grief and Loss

There is no right or wrong way to grieve, but there are healthy ways to deal with the grieving process.

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What is grief?



**Grief is a natural response to loss.
It's the emotional suffering you
feel when something or someone
you love is taken away.**



**Often, the pain of loss can feel
overwhelming.**

You may experience all kinds of difficult and unexpected emotions, from shock or anger to disbelief, guilt, and profound sadness.





Grief is a personal experience

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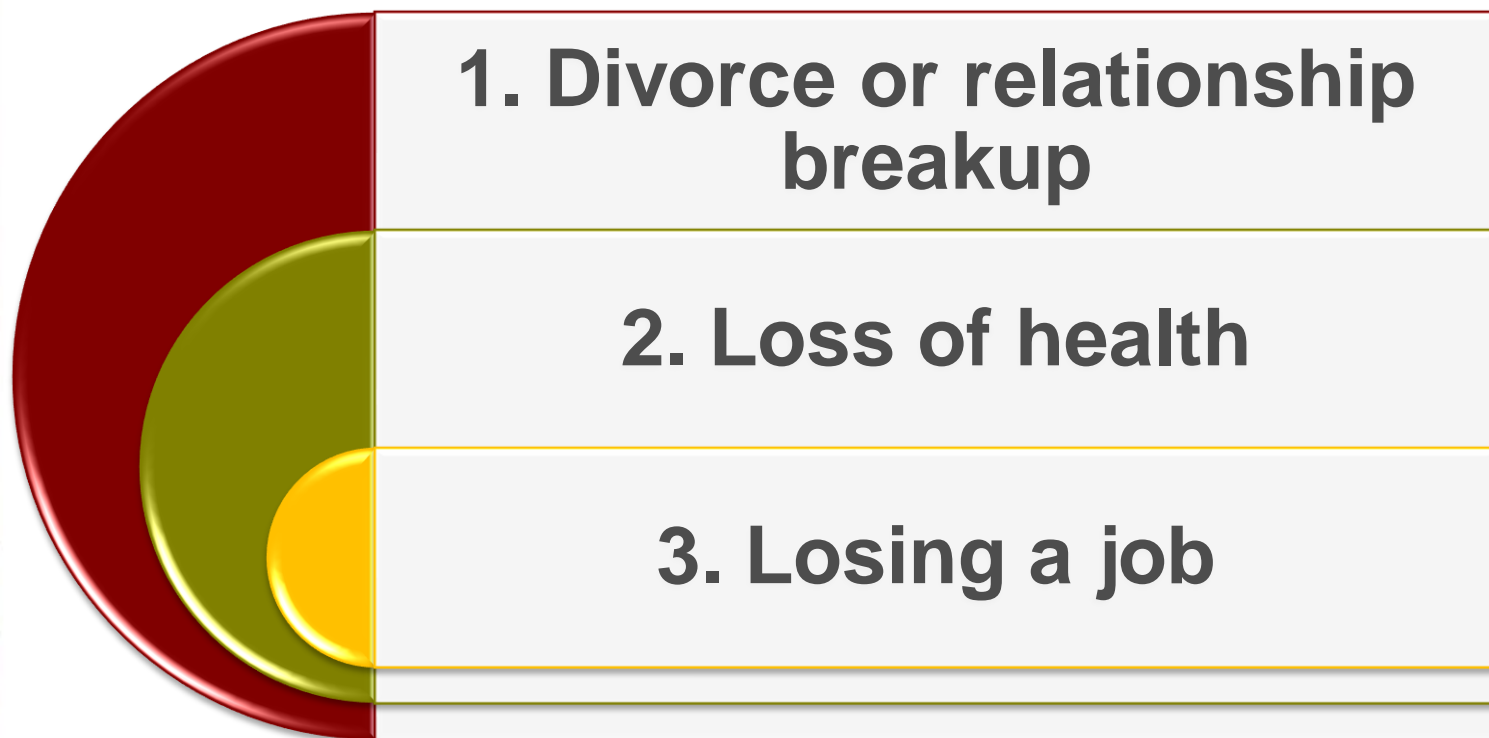
**The most intense
type of grief:**

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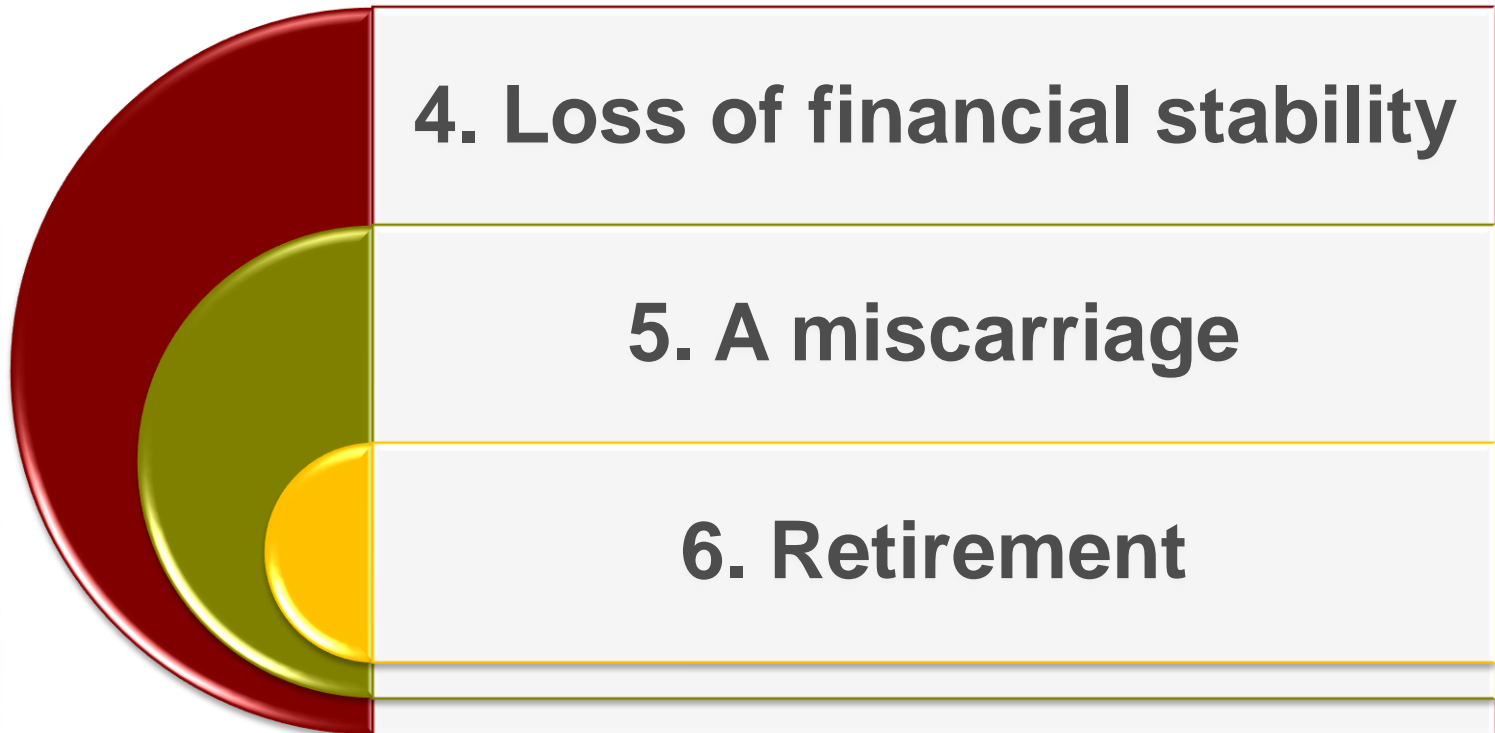
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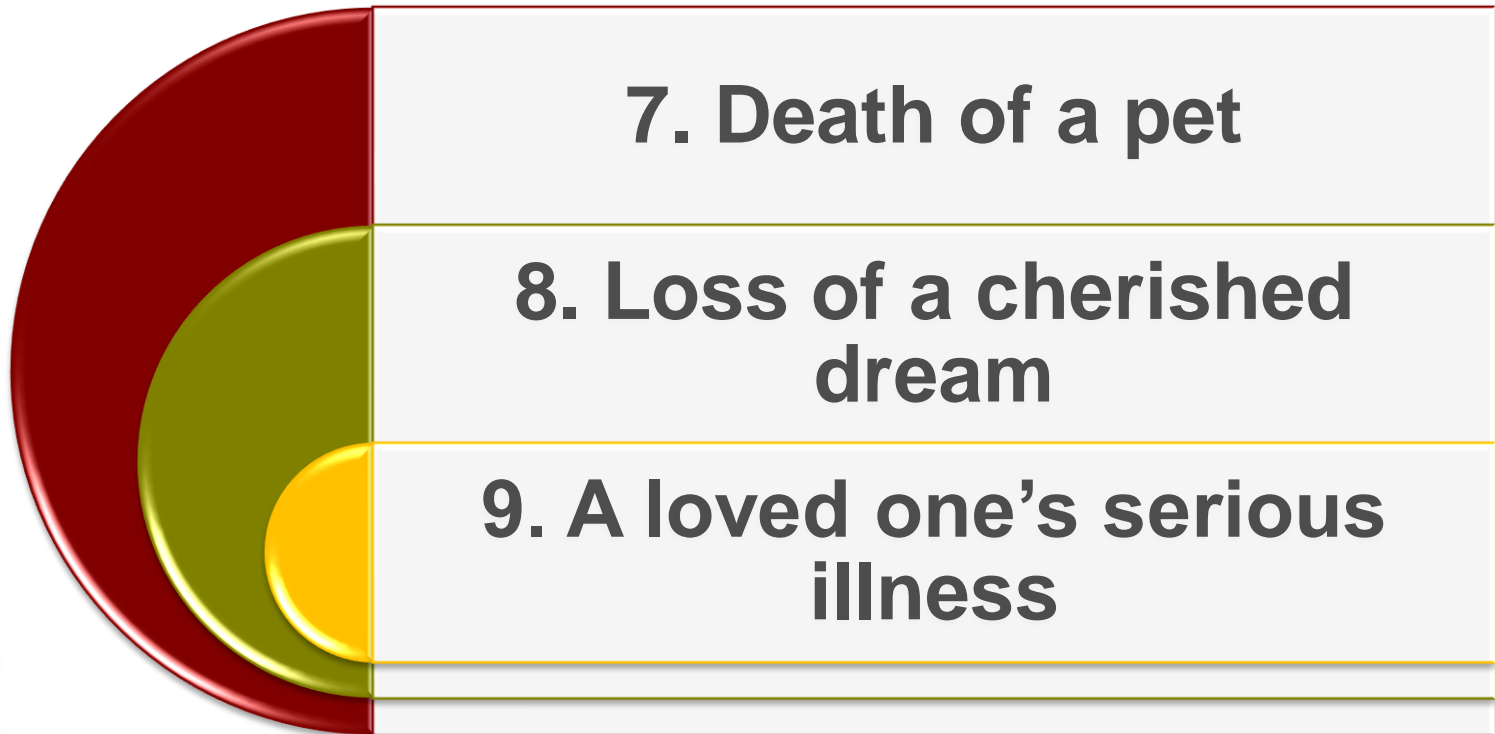
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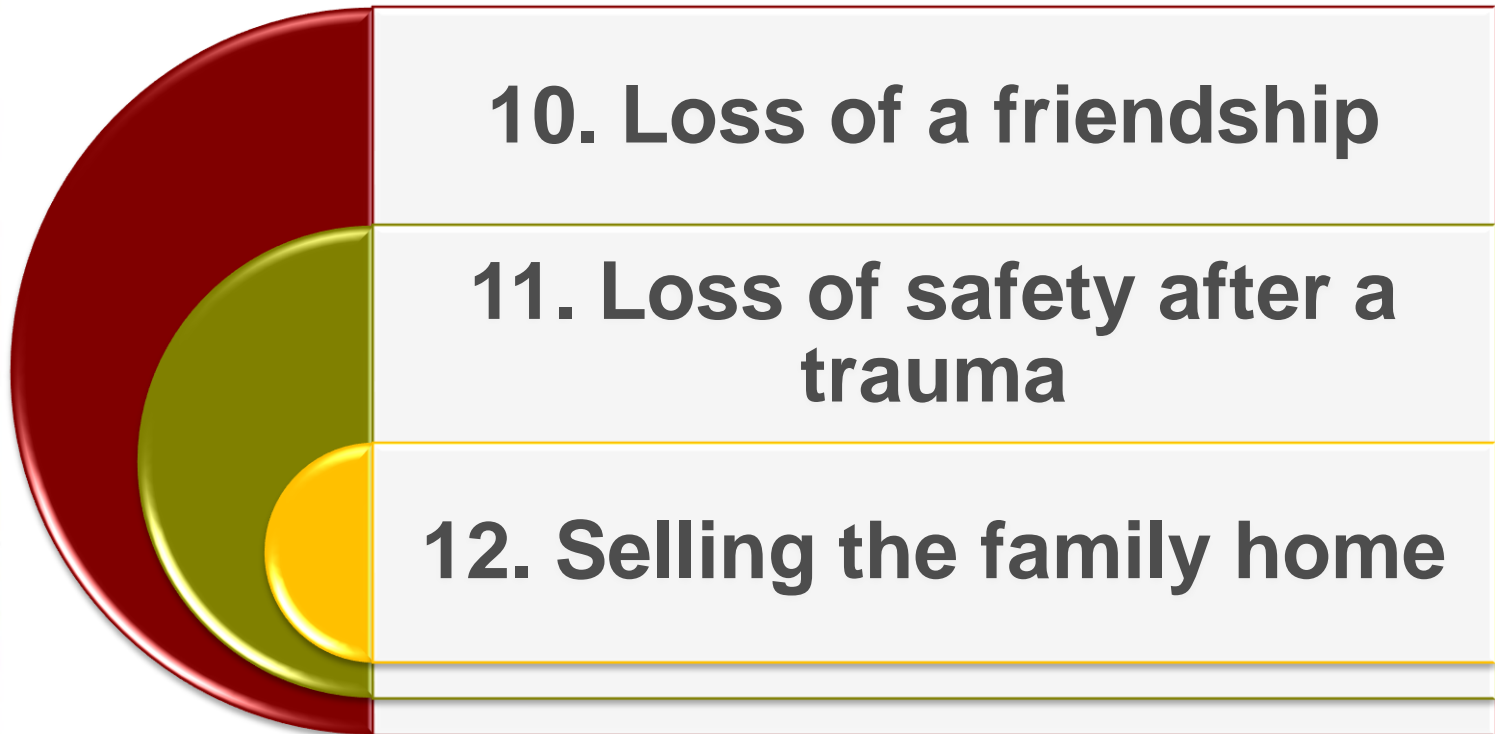
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Death

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The stages of grief

The five stages of grief

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Denial:



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Anger



**“Why is this happening? Who
is to blame?”**

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Bargaining



**“Make this not happen, and
in return I will ____.”**

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Depression



“I’m too sad to do anything.”

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Acceptance



**“I’m at peace with what
happened.”**

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**Colin Murray Parkes, in his book
“Bereavement”, suggests four
phase in the grief**



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1. **NUMBNESS** : emotions are frozen
2. **PINING** : desire to bring back the lost
3. **DEPRESSION**: preoccupation with the loss
4. **RECOVERY**: development of a renewed identify



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Types of Grief

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1. Normal

2. Complicated

3. Exaggerated

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4. Anticipatory

5. Delayed

6. Ambiguous

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Grief in Covid Time

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Unexpected

Sudden

No chance to say last good Bye

No closure

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No mourning rituals

No social grieving

Losses are multiple

Mass Grief

Isolation & loneliness

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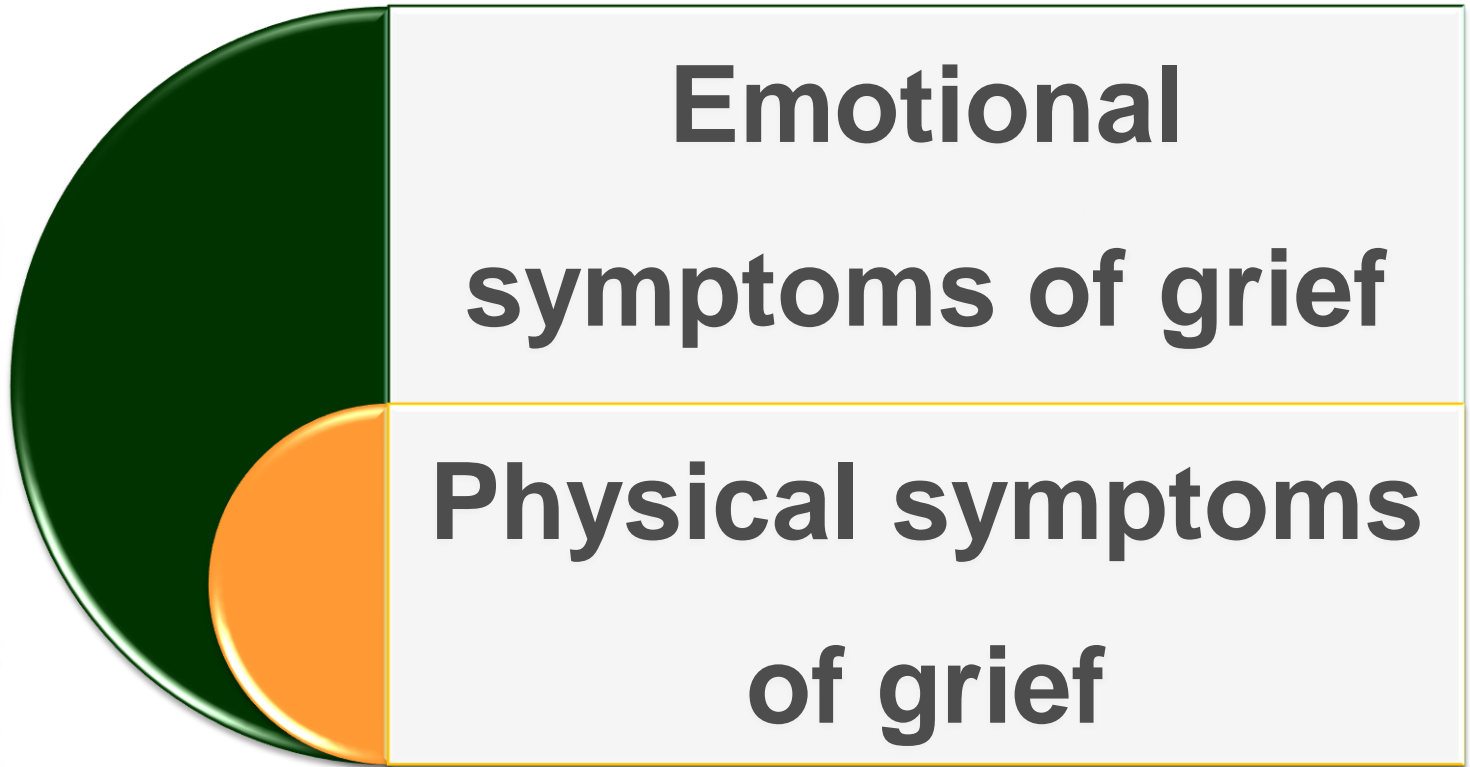
Symptoms of grief

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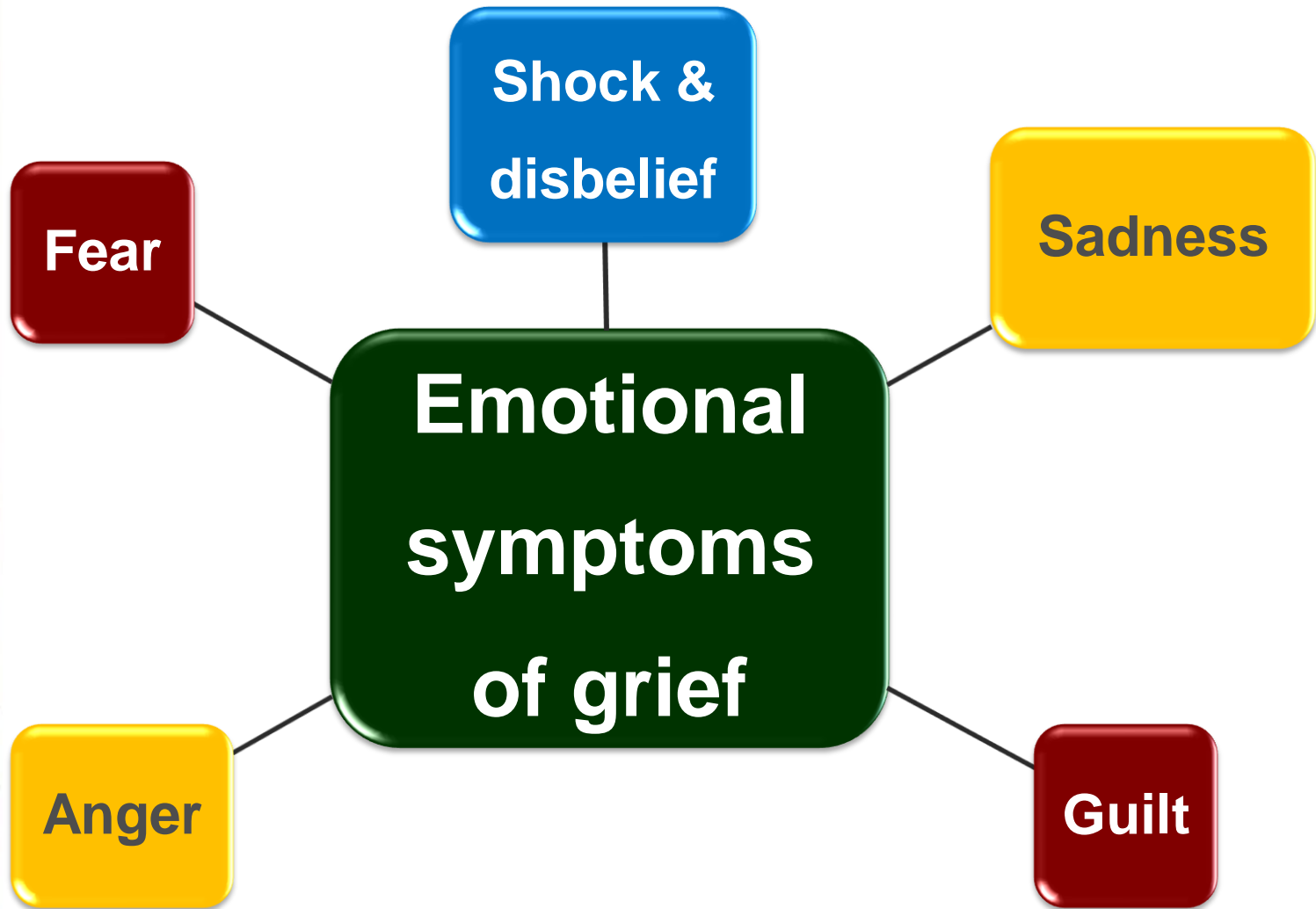
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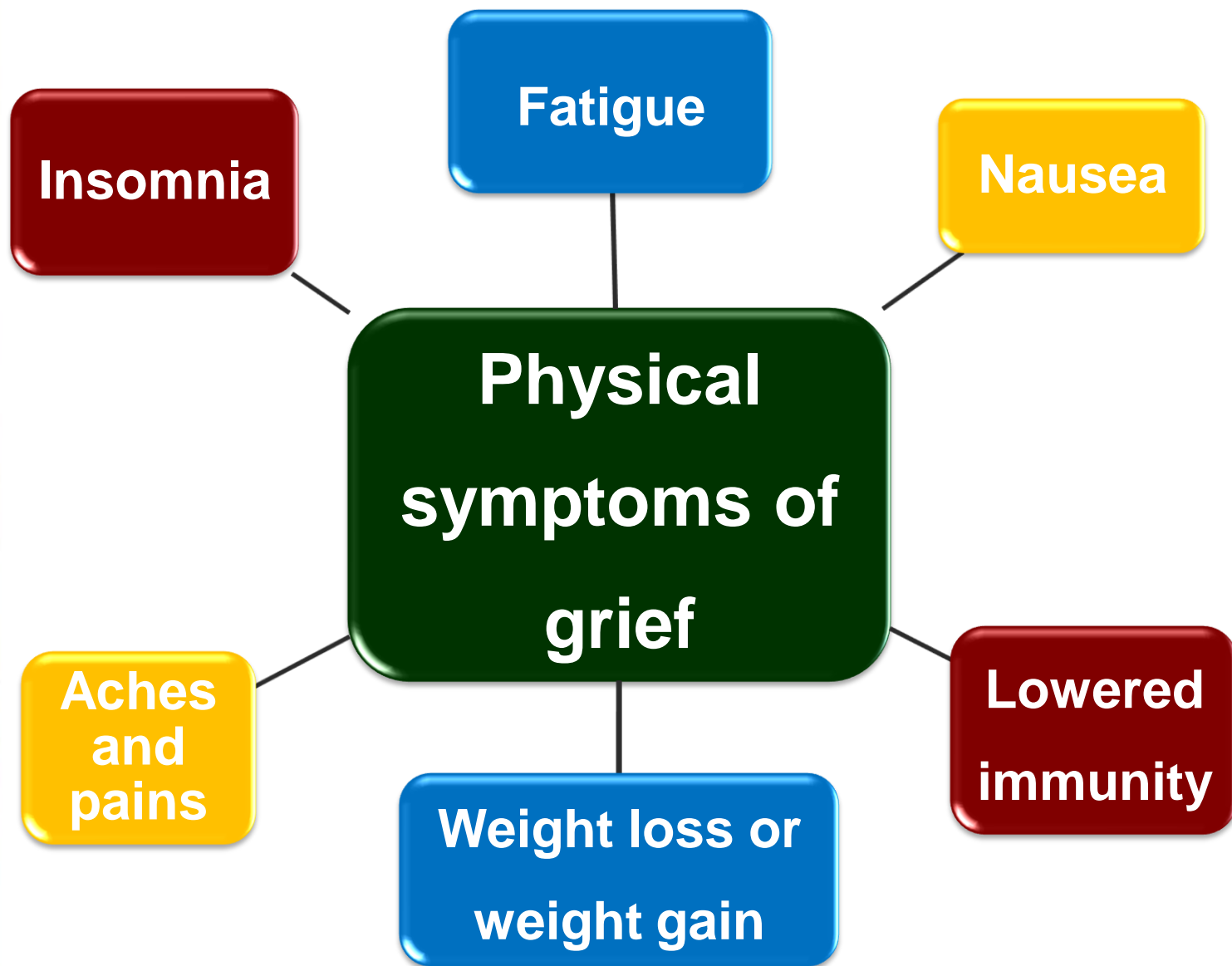


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Thinking

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Memories

- 1. Frequent thoughts or images of the person**
- 2. Flashbacks or feelings of “reliving” past grief and loss experiences**
- 3. Attempts to shut-out the painful memories**
- 4. Real or imagined pictures of what happened “jumping” into your head**





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Dreams

- 1. Dreams and nightmares about what happened**
- 2. Unpleasant dreams of other frightening thoughts**

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Confusion

- 1. Difficulty making simple decisions**
- 2. Inability to concentrate and memory problems**
- 3. Not being able to express yourself fluently verbally**
- 4. Feeling confused generally**





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BEHAVIOUR

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Social

- 1. Withdrawal from others and a need to be alone**
- 2. Easily irritated by other people**
- 3. Feelings of detachment from others**
- 4. Loss of interest in normal activities and hobbies**



Work

- 1. Not wanting to go to work, poor motivation**
- 2. Poor concentration and attention**
- 3. Sense of lost purpose in your work**



Habits

- 1. Increased use of alcohol, cigarettes or other drugs**
- 2. Loss of appetite or increased eating**
- 3. Loss of interest in enjoyable activities**



**Objective of Brief
Counseling is not about
reducing pain.**

**We have best intention but
we don't know what to say
and sometimes end up
hurting the person.**



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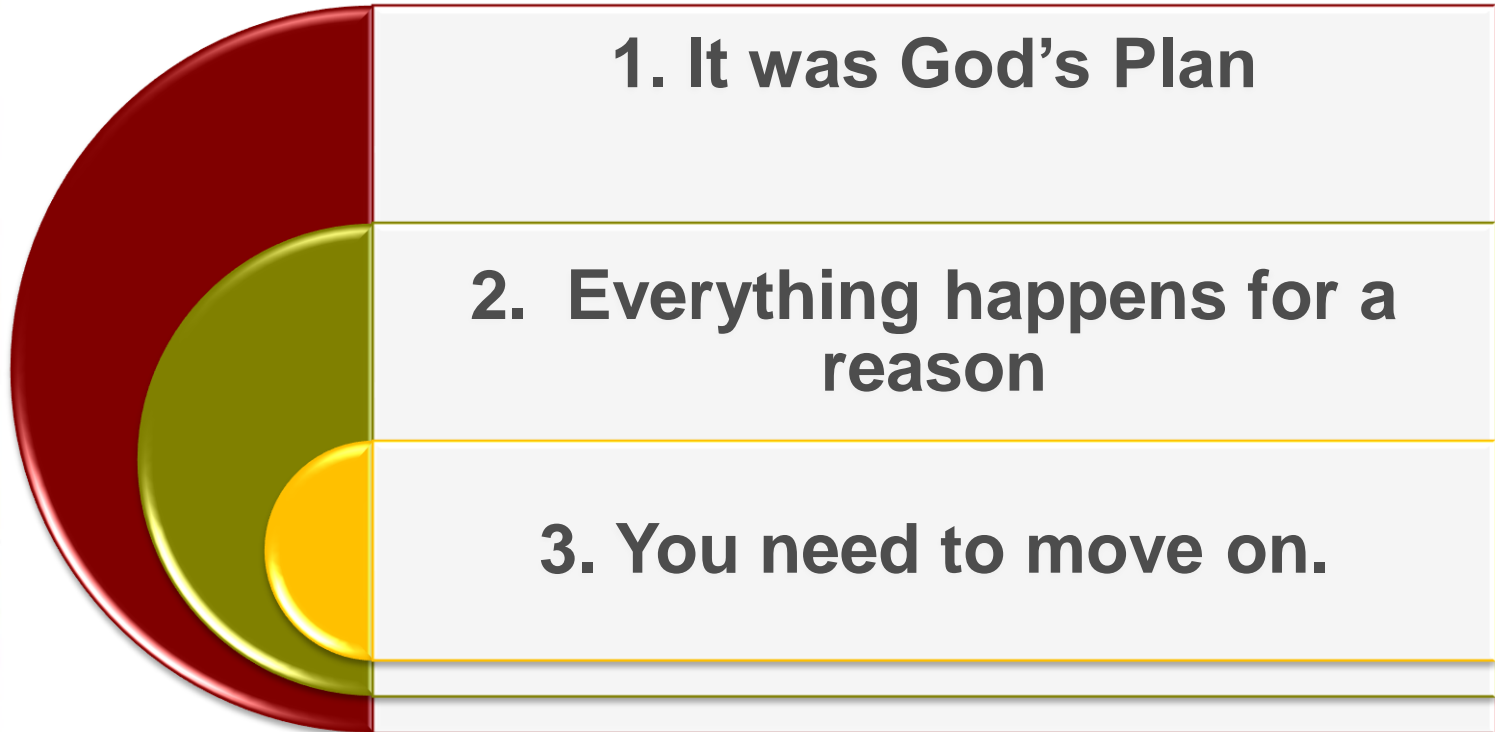
**Comments perceived as
insensitive & hurting by people
who lost a loved one in a
research.**

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**So, What is
the objective?**

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To help them by being there (not solving the problem)

Allow the distress (Not take it away)

Allow emotional release (Not block it)

And help in the process of coming to terms with it.

Step –I

Listen and give them a chance to talk.

While demonstrating warmth, geniuses & empathy.

Hear out the story.





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**Let them repeat if they wish to
Make them feel emotionally safe.
Establish a connect- by caring &
being internal in what they have to
say.**

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**Don't try to give in to your instinct
of taking away the pain.
Just be willing to listen & share the
human sorrow.**



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Step –II

Acknowledging the feelings.

Noticing, labeling, locating in the body.



Step –III

Acknowledging the thoughts

I notice that I am having a thought



Step –IV

**Stop pushing away
Make room for it.**



Step –V

Self compassion



Step –VI

**What are the values you stand for
the person stood for?
You both shared?**



Step –VII

**Acting in ways that are consistent
with those values**



Step –VIII

Seek support, grow your competence.



Seek support for grief and loss

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Turn to friends and family members.

Accept that many people feel awkward when trying to comfort someone who's grieving

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Draw comfort from your faith

Join a support group.

**Talk to a therapist or grief
counselor**


**Using social media for grief
support**

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**Take care of yourself
as you grieve**

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Face your feelings.

**Express your feelings in a
tangible or creative way.**

**Try to maintain your hobbies
and interests.**

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Don't let anyone tell you how to feel, and don't tell yourself how to feel either.

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**Plan ahead for grief
“triggers.”**

**Look after your physical
health.**

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The difference between grief and depression

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Distinguishing between grief and clinical depression isn't always easy as they share many symptoms, but there are ways to tell the difference.





Grief: It involves a wide variety of emotions and a mix of good and bad days.



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Depression: the feelings of emptiness and despair are constant.

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www.feelingminds.com

Email:

feelingmindsindia@gmail.com

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Video Link

Coping with Grief and Loss By Dr. Chinu
Agarwal

[https://www.youtube.com/watch?v=](https://www.youtube.com/watch?v=Hsrd_RGRXd8)
[Hsrd_RGRXd8](https://www.youtube.com/watch?v=Hsrd_RGRXd8)

Coping with Grief and Loss Session

<https://youtu.be/HUXYJKtA1Oo>





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**Thank
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