

UNDERSTANDING GRIEF

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THINGS YOU'LL LEARN IN THIS DISCUSSION

- The image of grief
- How it shows up in your life
- The disenfranchisement of grief
- Stages of grief
- How to travel through the process of grief
- Landing on the mound of acceptance

GRIEF IS...

- A NATURAL response to loss
- An emotional response
- A process of different phases
- An expression of love

GRIEF OF THE MOST HIGH

- John 11:35 **Jesus wept.** 36 Then said the Jews,
Behold how he ^aloved him!

**WHEN
GRIEF
KNOCKS AT
YOUR
DOOR**

Loss of a loved one- mom, dad, sibling, child, friend, mentor etc.

Loss of Opportunity-Job, dream, internship

Loss of Lifestyle

Unmet expectations

THE DISENFRANCHISEMENT OF GRIEF

- There are many relationships that, unfortunately, society has a difficult time recognizing.
- Society says the relationship isn't important and struggles acknowledging the grief
- Death of a co-worker
- Death of an ex-spouse
- Death of a pet
- Miscarriage or stillbirth

WHY DO WE GRIEVE

- We grieve because we love
- We grieve as a sign of compassion for the loss
- It signals the importance of the person and their role in our lives
- We grieve because a void/an emptiness is created

DENIAL

BARGAINING

ANGER

DEPRESSION

ACCEPTANCE

STAGES OF GRIEF

PHASES OF GRIEF AND BEREAVEMENT

- NUMBING
- YEARNING AND SEARCHING
- DISORGANIZATION AND DESPAIR
- REORGANIZATION

FOUR TASKS OF GRIEF

- Accept the reality of the loss
- Work through the pain
- Adjust to the new environment
- Develop your gratitude and your method of carrying this loss.

THINGS TO REMEMBER WHEN TRAVELING THROUGH YOUR GRIEF

- It's a natural emotion that everyone experiences
- Acknowledge the love of the person and the loss
- When you avoid your grief you prolong the suffering
- Avoid grieving alone (Assess your support system)
- Create your ritual of gratitude

LANDING ON THE MOUND OF ACCEPTANCE

- Practice gratitude for the time spent and the memories created
- Acknowledge the transition from physical presence to spiritual presence
- Talk about the loss, express your feelings on it, feel your emotions
- Develop ways to celebrate the life of the person
- Pray for healing, and guidance/praise him for the experience of love

2 CORINTHIANS 1:3 - 7

3 PRAISE BE TO THE GOD AND FATHER OF OUR LORD JESUS CHRIST, THE FATHER OF COMPASSION AND THE GOD OF ALL COMFORT, 4 WHO COMFORTS US IN ALL OUR TROUBLES, SO THAT WE CAN COMFORT THOSE IN ANY TROUBLE WITH THE COMFORT WE OURSELVES RECEIVE FROM GOD. 5 FOR JUST AS WE SHARE ABUNDANTLY IN THE SUFFERINGS OF CHRIST, SO ALSO OUR COMFORT ABOUND THROUGH CHRIST. 6 IF WE ARE DISTRESSED, IT IS FOR YOUR COMFORT AND SALVATION; IF WE ARE COMFORTED, IT IS FOR YOUR COMFORT, WHICH PRODUCES IN YOU PATIENT ENDURANCE OF THE SAME SUFFERINGS WE SUFFER. 7 AND OUR HOPE FOR YOU IS FIRM, BECAUSE WE KNOW THAT JUST AS YOU SHARE IN OUR SUFFERINGS, SO ALSO YOU SHARE IN OUR COMFORT.

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