



Developing emotionally intuitive
competency-based
palliative care skills

Attending to Grief and Loss - Empathy in Action -



Canadian Home Care
Association

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Turtle Island By Patrick Hunter (www.patrickhunter.ca)

Land Acknowledgement

We recognize with humility and gratitude that Canada is located in the traditional, historical and ceded and unceded Lands of First Nation, Inuit and Métis Peoples.

On behalf of us all, we acknowledge and pay respect to the Indigenous peoples past, present and future who continue to work, educate and contribute to the strength of this country.

Guest Presenter

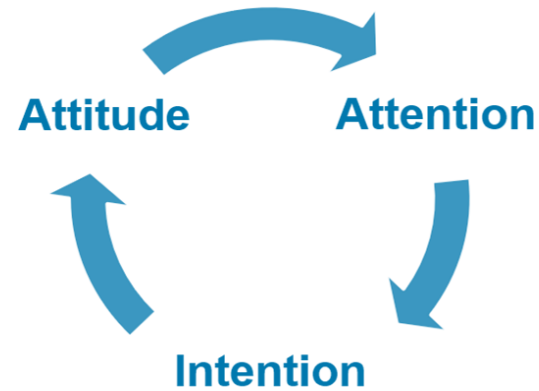


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Checking In

Setting my Intention....

*What one little thing could I do to make
[this time] together feel just a little bit
better?...*



Objectives



1

Recognize and Respond to Grief

understanding grief as a natural, adaptive response that is uniquely experienced by each individual.

2

Understand ways of Providing Support

for caregivers, families, your team and yourself.

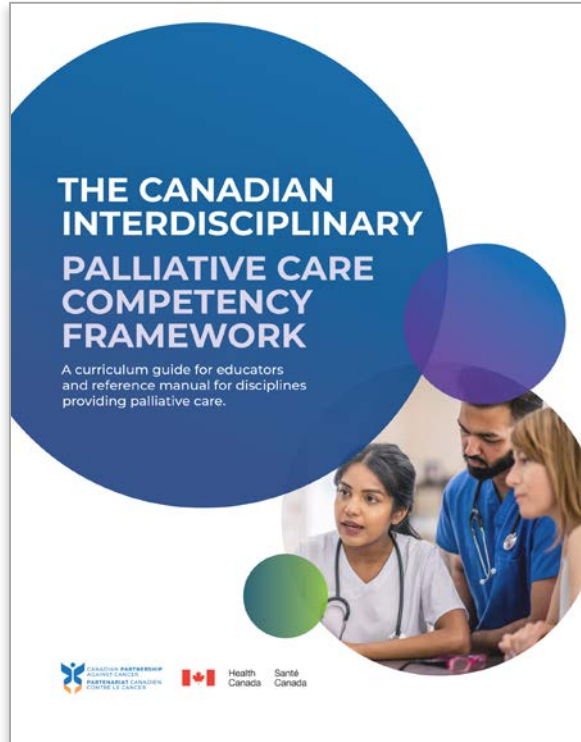
3

Develop Emotional Intelligence Skills

Enhance your ability to recognize, express, and manage emotions to support families, your team, and yourself through loss and bereavement.

Domain 7

Loss, Grief and Bereavement



People, and families and caregivers, may experience loss and grief from the time of diagnosis, during the illness, into bereavement, and after death.

Healthcare providers assess needs, identify issues, and provide information and support.

Competencies



Communications

3.2. Listening and providing emotional support



Loss, Grief and Bereavement

7.1.1 Recognize grief reactions in people (which may occur from the time of diagnosis until bereavement).

7.1.2 Understand grief is a natural, adaptive, expected response to loss that is experienced uniquely by each person.



Self Care

8.3.1 Demonstrate awareness of own response to illness, death and dying.

Understanding Grief and Bereavement

5 Grief Beliefs

Grief is:

1. Natural
2. Personal
3. Purposeful
4. Disruptive
5. Social



Understanding Grief and Bereavement

1. Grief is Natural

Loss (and grief) is a normal part of our human experience. We are hard-wired to seek, form, and hang on to our attachments. This is an instinctive part of our survival. When we are separated from or lose an attachment figure we experience distress. Grief is not something to get over or resolve, but something we learn to live with. The people we've lost remain important to our life story.



2. Grief is Personal

It is shaped by our unique personality, individual preferences, and life experiences. How we adjust to loss is influenced by our strengths, challenges, and resources. It is important that we learn to navigate grief in ways that align with *who we are and what we need* (rather than someone else's advice/expectation).



3. Grief is Purposeful

The painful responses we experience as part of loss help us to adjust to life after loss.

- Intense feelings about the loss motivate us to want to *feel better*
- Distressing thoughts about the loss motivate us to want to *feel connected*



4. Grief is Disruptive

Unwanted and unplanned change is often a companion to major loss. And facing these changes may cause us to question our beliefs and assumptions about the world and our place in it. *Grief impacts every aspect of our lives:* our daily routines, social activities, and engagement with work and family life. Dealing with these many changes can be overwhelming.



5. Grief is Social

The family, culture, and communities we come from shape how we understand, express, and adapt to loss. Also, there may be sociocultural and historical factors that further impact our grief. Access to mentors, elders, and other people who can listen, share wisdom, and understand without judgement, usually helps.



One good theory –The Dual Process Model

It's important that we ensure attention is paid to both loss and restoration activities.

Loss-oriented:

Revisiting places/objects of significance
Sharing stories & reminiscing
Experiencing grief thoughts & feelings

Restoration-oriented:

Learning & adapting to new roles
Returning to hobbies, interests, & activities
Forming new or returning to existing relationships

Dual Process Grief

Dual Process Grief demonstrates how we bounce between loss-oriented coping (things that focus on grief) and restoration oriented coping (things that focus on rebuilding your life).



One misused theory –The 5 Stages of Grief Model

The five stages of grief are ingrained in our cultural consciousness as the natural progression of emotions one experiences after the death of a loved one. However, it turns out that *this model is not science-based, does not well describe most people's experiences, and was never even meant to apply to the bereaved.*

-McGill University –Office for
Science and Society

The 5 Stages of Grief

1. There is no stage
2. There is no stage
3. There is no stage
4. There is no stage
5. There is no stage

@giftsfromgrief

Understanding Grief and Bereavement

What is it to be grief literate?

- People who are grieving no longer have to hide their grief or pretend to be 'okay.'
- Everyone understands that grief can happen in many ways.
- Neighbours know to ask about a loss week, months, even years after the original event.
- Grieving children are just children, and are supported by their peers and the adults in their lives.
- Workplaces proactively offer a suite of bereavement resources before the grieving employee even has to ask.

-International Work Group on Death,
Dying, and Bereavement

Ideas to support someone who is grieving

Acknowledge. Show up. Check in.

Acknowledge:

The loss

"I'm sorry this happened to you."

The grief

"I won't pretend to know what you're going through or how you feel, but I'm here for you."

Support:

Offer to spend time together

"Would you like some company? We could go for a walk."

Support how they need to grieve

"Whatever you're feeling is alright. I'm here even if you don't know what you need."

Be specific with offers of help

"Can I walk your dog? Bring you dinner? Mow your lawn?"

Keep checking in

"Just letting you know I'm thinking of you."

Know the importance of small gestures

"You're welcome to join us for dinner if you're feeling up to it."

Show you care, follow their lead, and listen

"If you would like to talk, I'm here to listen."

Don't let discomfort stop you

"We don't have to talk. We can just be together."



CANADIAN
VirtualHospice

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Canadian Grief Alliance
CanadianGriefAlliance.ca

Understanding Grief and Bereavement

Tips for Welcoming Grief

- **Start conversations** - about the illness, deceased person, death, dying process
- **Listen wholly** - to the story that is shared-with patience, attention and presence
- **Be open** - remember there's a wide range of normal - don't judge, prescribe, or fix
- **Identify resources** - the person's own and others




Understanding Grief and Bereavement




What about
when you grieve
the loss of a
client/patient?

Understanding Grief and Bereavement




Healthcare Provider Grief: Recognizing and Responding

Recognizing your grief is a necessary but often forgotten part of working in healthcare. We hope these modules will help you and your healthcare team support each other and share your own stories about grief and meaning to improve your own health, well-being, and work.




OVERVIEW

START NOW >




MODULE 1
Recognizing and understanding your grief

START NOW >




MODULE 2
Recognizing and responding to workplace stress

START NOW >



MODULE 3
Living with grief

START NOW >


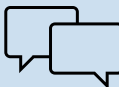






MODULE 4
COVID-19 and grief

START NOW >

Canadian Virtual Hospice – The Learning Hub

INPUT/ Peer Debriefing

I	INTRODUCTION The goal is to acknowledge the death of the person/client and the impact that the death has had on team members	
N	NEED TO SAY The goal is to provide an opportunity for members of the team to discuss any aspect about the person, the person's death or the impact it had. This may include sharing memories about the person.	
N	NEED TO DO The goal is to determine the team's emotional, physical and self-care needs.	
P	PLAN The goal is to solidify planning for each individual and/or group. How will you support each other to action what you need to do?	
U	UNDERSTANDING The goal is to provide an opportunity for staff to acknowledge their experience, normalize their reactions, and promote a sense of collegial support.	
T	THANK YOU The goal is to work towards closure of debriefing, allowing for emotion stability and acknowledging the group's efforts.	

Acknowledgement



Competency Development and EI



Practicing



What are you going to practice next?

1) Self-Care

- River of Wellbeing/emotional regulation

2) Compassionate & Collaborative Communications

- Noticing/Listening (at all three levels)
- Adapting (ACT, DISC, 3 Ws and 6 Cs)
- Integrating the Conversation Guides
- Identifying “What matters to you?”
- Sharing information as a team

3) Attending to Grief

- Paying attention to loss & restoration,
- Welcoming Grief
- Debriefing

Resources

MyGrief.ca

Center *for* Loss
& Life Transition®

www.centreforloss.com
(Dr. Alan Wolfelt)



refugeingrief.com
(Megan Devine)

Questions?

