

Supporting Working Bereaved Adults who are Caring for Grieving Children

Sudden, major loss creates immense challenges for bereaved individuals returning to work and domestic responsibilities. Losses such as suicide, homicide, drug over-dose may exact trauma and a sense of altered reality for the survivors.

Two Track Model of Bereavement, Simon Shimshon Rubin. Functioning and emotional perspectives.

Track 1- Biopsychosocial functioning after loss.

Track 2- Ongoing emotional attachment and relationship with the deceased./

Support organizations for bereaved children:

Mover Foundation

Dougy Center

Family Lives On Foundation

National Alliance for Grieving Children

Willow House

Barr-Harris Grief Center

LOSS Program for Children and Youth, Catholic Charities (non-denominational clinical program)

Support organizations for bereaved adults

LOSS, Catholic Charities (non-denominational) Suicide loss. Support groups and individual counseling

Peace Center, Catholic Charities

Journey Care

Journaling and Reading for grieving adults

Knowing what grief looks like in children:

Not all children want to talk about the loss.

Grief responses are influenced by personality.

Some grief responses look bizarre, children don't have conditioned behaviors.

Some grief responses look like reactions to something else.

Integration of the loss may take a life time.

Themes and manifestations of grief in children:

Attachment disruptions, sense of abandonment

Physical and emotional dysregulation

Developmental challenges in understanding death, suicide, etc.

Guilt, denial

Fear of own clients

Protection of parents

Difficulty imagining future

Sadness

Therapeutic goals for grieving children:

Who died?

How did the person die?

Explore nature and permanence of death

Be able to ask vulnerable questions

Address trauma and environment for recovery, including caregiver's needs.

Books about parenting grieving children:

Grief as a Family Process by Esther Shapiro

Ten Steps for Parenting Grieving Children by Ann hatcher Berenberg, Vicki Scalzitti and Jack Cain

Helping Children Cope with Grief by Alan Wolfelt