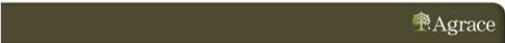




First, a little information about grief:

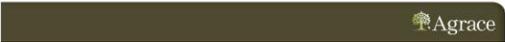
Grief – is our response to loss

What are the losses you experience or observe in your role?

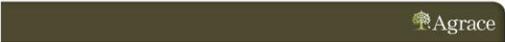


So, a little more information about grief...

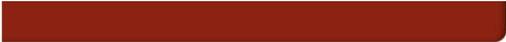
Grief is cumulative



Grief will bump into
and stir up past losses

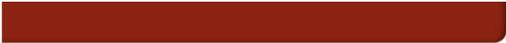


Horizontal lines for writing notes.



Grief symptoms can be experienced in the emotional, physical, spiritual, and social spheres of our life

Grief is not just a sense of sadness

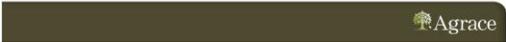


The timing and the method of processing one's grief is different for everyone. There are no rules of how one should cope with grief; only healthy and unhealthy ways of dealing with grief.



Employee especially vulnerable to:

- **Vicarious Grief** – the grief that employees experience via their observation of and exposure to the losses that patients/families experience
- **Disenfranchised Grief** – the grief that employees experience as a result of their involvement with patients/families that is unrecognized and/or not validated by others



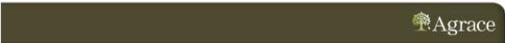


The Caring Cycle

The caring professional must repeatedly engage with clients via empathic attachment, become actively involved with them and then separate.

This cycle of engagement and disengagement happens thousands of times, and can result in diminished capacity to care, compassion fatigue, depletion and residual stress.

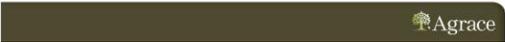
T.M. Skovholt (2001) The Resilient Practitioner





Coping Strategies – Organizational Level

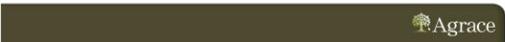
- Modeled by supervisors and leaders
- Validation of the issue
- Forum for discussion and memorialize
- Means for on-going support
- Proactive versus reactive





Coping Strategies – Individual level

- Identify what is good self care: what refuels you emotionally, physically, spiritually?
- Know your limits and practice good boundaries.





So much good comes when caring people
not only care for people, but also care for
themselves.

The world becomes
a better place.

Questions?