

Grief & Bereavement

Dr Joe Vacher – Clinical Psychologist

Nice to meet you!

Dr Joe Vacher

Clinical Psychologist in Child and
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Wellbeing and Mental Health in
Schools (WAMHS) Project

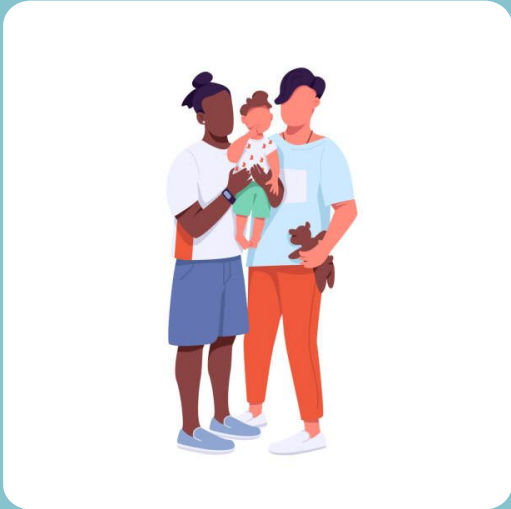


A graphic of a spiral-bound notebook with a white page and an orange background. The spiral binding is at the top. The page contains the title 'Setting the Scene' and a bulleted list.


Setting the Scene

- Your safe space
- Use of jargon/acronyms
- Informal – ask questions!

Goals for today



- To understand how to look after yourself & your child following a death



*A note on
language...*

“They died”

Grief

*A natural emotional response to the loss,
or feared loss, of connection*

Talking about death



- Talk truthfully & directly
- Tell child as soon as possible
- Welcome questions
- Normalise feelings
- Share your own feelings
- Communicate with school
- Speak about the person

GRIEF

can feel like
many
feelings

anxiety

loneliness

fatigue

sadness

numbness

yearning

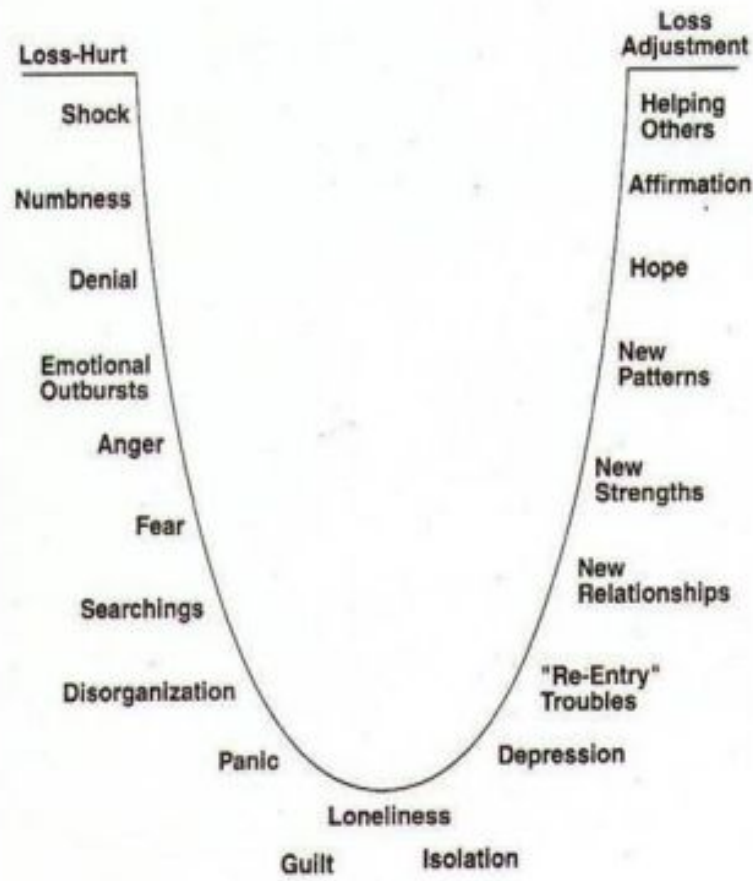
anger

boredom

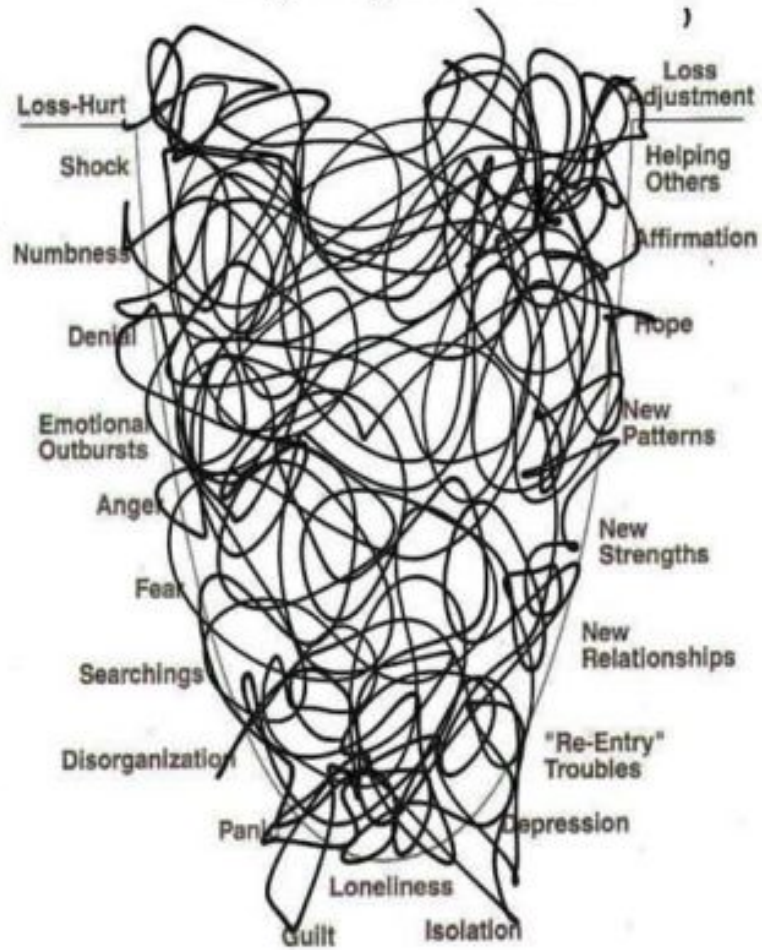
pain

↑
insert your feeling right here

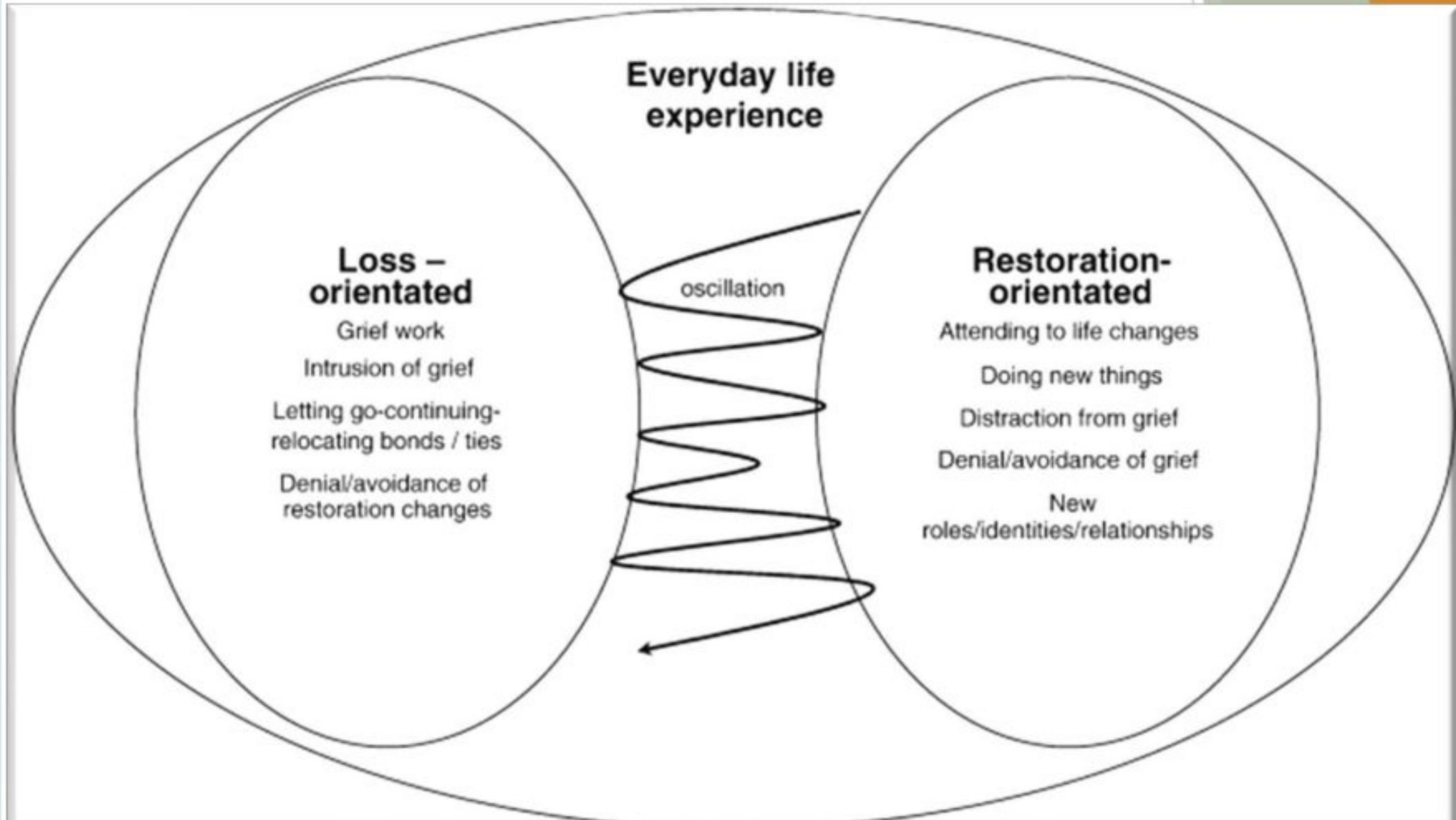
STAGES OF GRIEF



My experience



Stroebe and Schut (1999/2010)



GROWING AROUND GRIEF

HERE IS A NEW WAY OF THINKING ABOUT GRIEF AND RECOVERY:



THIS CIRCLE REPRESENTS A LIFE THAT IS TOTALLY CONSUMED BY GRIEF.



ONE SHOULD ACCEPT THAT THE GRIEF WILL NEVER ENTIRELY DISAPPEAR, BUT OVER TIME IT WILL BECOME A SMALLER, MORE MANAGEABLE PART OF LIFE.



EVEN THOUGH THE GRIEF IS STILL THERE, A NEW LIFE EXPANDS AROUND IT; ONE IS ABLE TO GROW AROUND GRIEF.

Continuing bonds



Religious/faith practice

Memory boxes

Sharing stories

Visiting the burial site

Hackney-based support



St Joseph's Hospice
Serving East London and the City

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What we do and who we care for

Founded in 1905 by the Sisters of Charity, St Joseph's Hospice is one of the oldest and largest hospices in the UK. We provide high quality, specialist palliative care and support to people in our local community who have a life-limiting illness. All our services are free of charge.



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welcome to the gang, the one you never asked to be part of

Thank you!

Any questions?