

“GOOD GRIEF”

HELPING CHILDREN COPE

Grief is a highly emotional experience. Children in particular feel a sense of abandonment, and loss of security and control when they lose a loved one. Failure to address the needs of grieving children and adolescents can have long range negative consequences such as depression and pathological behavior. In a study of middle school students, 41% reported they had been personally involved with death within the past year and over half had experienced other types of loss. The factor that was found most important in the recovery of children who had suffered significant loss, was the kind of care and support they received after the loss. It is clear that recognizing, and intervening when a child or adolescent suffers a significant loss is of utmost importance. In this workshop you will learn:

- The stages of grief.
- Grief behaviors of children and adolescents.
- Symptoms of posttraumatic stress disorder.
- Appropriate ways to education children about death.
- Effective strategies to use with children/adolescents who have suffered loss due to death and other losses.
- Ways to deal with suicide threats.
- Grief education in the schools.

Helping Children and Teens Grieve

Helping Children and Teens Adjust to Loss

Children and Teens Need to Grieve

Grieving Brings Healing

A guide for helping children and teens

Learning How to Grieve

A guide for helping children and teens

Grief

Helping children and teens cope

You will learn:

The stages of grief and the unique grief behaviors of children and adolescents.

How to assist children and adolescents learn to grieve all losses including separation and divorce, abuse or abandonment, loss of a home, loss due to moving etc.

How to identify and treat posttraumatic stress disorder.

How to help care givers assist children and teens who are grieving.

Appropriate ways to educate children and teens about loss and death.

Ways to help children and teens deal with the strong emotions of grief.

How to evaluate risk and deal with suicide threats.

Course Description

Grief is a highly emotional experience. Children and teens in particular, feel a sense of abandonment, and loss of security and control when they lose a loved one. Failure to address the needs of grieving children and adolescents can have long range negative consequences such as depression and pathological behavior. The breakdown of the nuclear and extended family have exacerbated the negative effects of grieving. The factor that was found most important in the recovery of children and teen who had suffered significant loss, was the kind of care and support they received after the loss. It is clear that recognizing, and intervening when a child or adolescent suffers a significant loss is of utmost importance.

At a time of loss everyone wants to do or say “the right thing,” but many don’t know how. Through this workshop, you will learn how to assist children and the adults that love them, move through the grieving process in a healthy way. You will be given strategies to assist children and teens develop skills to deal with the strong emotions that grief brings. Because unresolved grief can result in Post Traumatic Stress Disorder and/or suicidal ideation, you will also learn to identify and respond to these concerns.