

A SMORGASBORD OF GRIEF COUNSELING TOOLS

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Counselor Preparation

Ho'oponopono

Meaning of word

Dr. Ihaleakala Hew Len

We are 100% responsible for the problem

Examples

Zero State

The four statements

Grief Diaries

- Chapter One: My thoughts or feelings about my value as a person
- Chapter Two: My thoughts or feelings regarding a power greater than me
- Chapter Three: My thoughts or feelings about my future

Making Memories Manifest

- Memory Books
- Memory Jars
- Memory Quilts
- Memory Sculptures

The Grief Recovery Handbook

James & Friedman

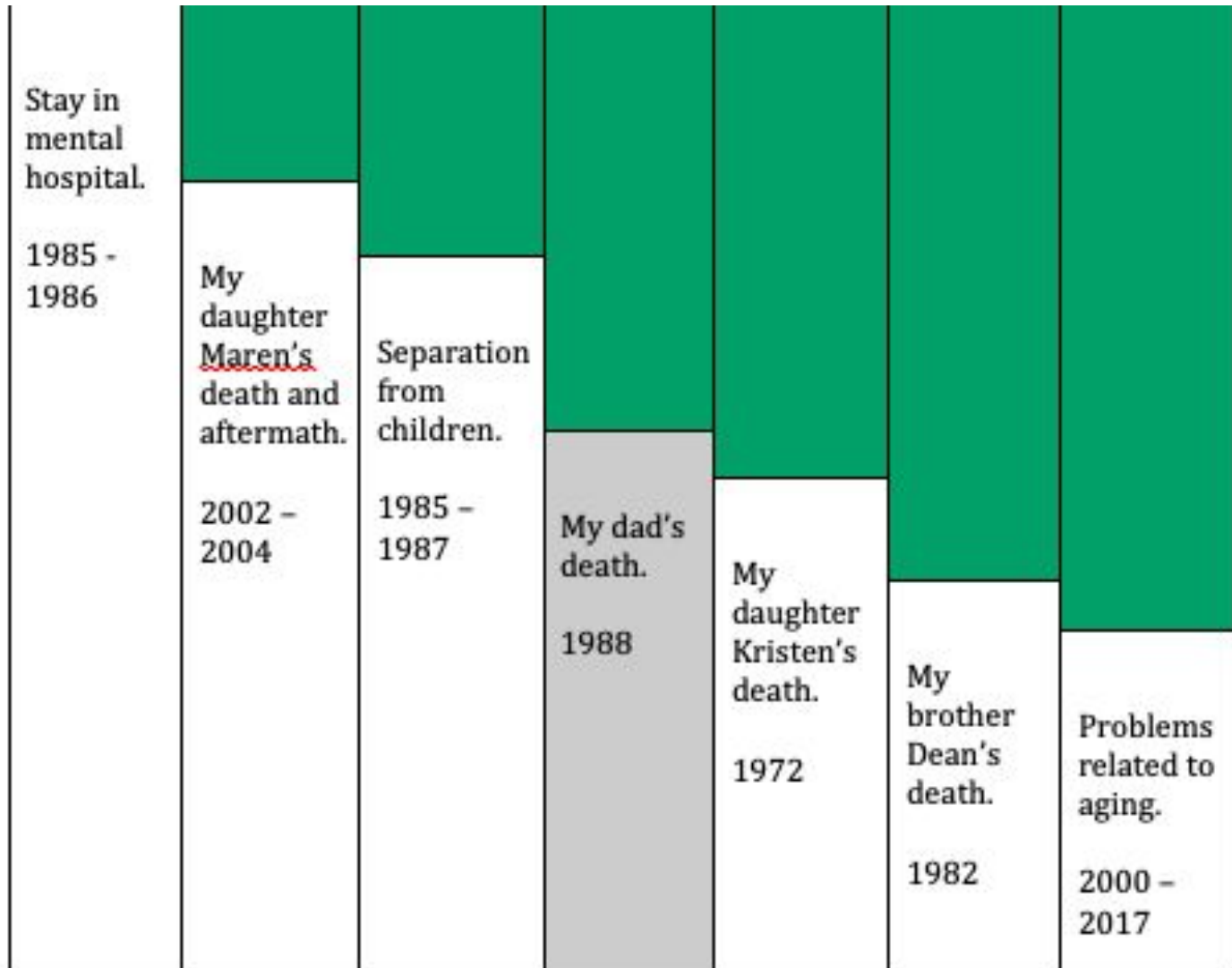
2009

Loss Intensity Graph

Relationship Complexity Graph

Letter to Finish The Unfinished

Loss Intensity Graph



Relationship Complexity Graph

Positive Moments

Conversation after Dean's funeral. 1982			
	Our last six months together. 1988	His acceptance of me after my mental breakdown. 1986	His call for help with Dan. 1971

Negative Moments

His death. 1988		
	His treatment of my mother. 1961 - 1988	The promise he broke to me when I was in fifth grade. 1958

Letter to Finish the Unfinished

- Address the person by name
- Begin: “I’ve been examining relationship . . .
- Offer apologies
- Offer forgiveness
- State some positives?
- Declare wishes?
- Say: “Goodbye”

Wounded Healer Resume

- List your major losses, shortcomings and imperfections, biggest personal failures, physical handicaps, and emotional handicaps.
- Elaborate on what you've learned from all these things.
- Create a job title and job description based upon what you've learn.

Breath Meditations

- The word “breath”
- Thich Nhat Hahn
 - Strong/Mountain
 - Fresh/Flower
 - Calm/Smile
- “Breathe on me, Breath of God . . . ”

Tonglen

- Breathe in pain and suffering
- Breathe out joy and happiness

individual to individual
client's personal practice
team to individual
individual to world

Collaborative Prayers

- Direct approach
- Do you mind if I pray in the way that . . .
- Generic prayer
- Let's pray together, you begin . . .
- Let's pray in silence, I'll be praying for . . .
- I have you now and I will keep you . . .

Guided Imagery

- Review guided imagery format
- Use client's resources whenever possible
- Provide an escape mechanism
- Ease into experience
- Emphasize gender neutral words
- Refer to multiple senses
- Ease out of experience
- Always process

Virtual Dreams

- Addressing Issues of Addiction: yourself; your drug of choice; someone who is crying; someone who is angry; a fortune teller; a teaching moment with a child.
- Your Spiritual Mission: yourself; a boat; a dangerous voyage; a holy woman on an island; her message to you; a voyage hom.

Forgiveness Flowers

Self or Other

Red = words or deeds that caused anger

Yellow = words or deeds that caused sadness

Green = all the other hurtful things

Silence

Tools for the Holidays

Thanksgiving Tablecloth

Gift-giving Holiday

When None of the Above Works

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References

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