



 MHTTC  
*Grief Sensitivity  
Virtual Learning Institute*

A two-part series for those supporting individuals experiencing grief and loss during COVID-19 and beyond

 [bit.ly/mhttc-grief-sensitivity-training](https://bit.ly/mhttc-grief-sensitivity-training)

**Recordings for each session will be made available on our website:**

<https://bit.ly/mhttc-grief-sensitivity-training>



**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

# **Grief Sensitivity Virtual Learning Institute: Trauma Sensitive Mindfulness for Grief: From Theory to Practice in Schools**

Friday, November 13, 2020

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**Kerry Doyle**




*USC Suzanne Dworak-Peck  
School of Social Work*

**Lisa Wobbe-Veit**

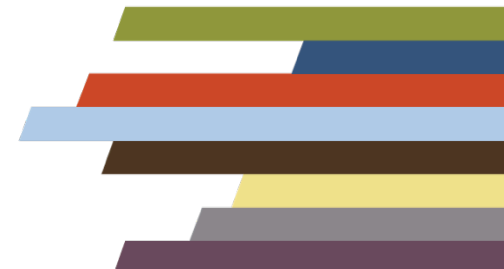
*USC Suzanne Dworak-Peck  
School of Social Work*



# Housekeeping Items

- We have made every attempt to make today's presentation secure. If we need to end the presentation unexpectedly, we will follow-up using your registration information.
- All attendees are muted and cannot share video.
- Have a question for the presenters? Use the Q&A
- Have a comment or link for all attendees? Use the Chat
- At the end of today's training please complete a **brief** survey about today's training.
- You will receive an email on how to access a certificate of attendance; must attend at least half of the session.
- This event is closed captioned! 
- Follow us on social media   @MHTTCNetwork

**Please Note:**  
**Session recording and slide deck will be posted on our website within a week.**



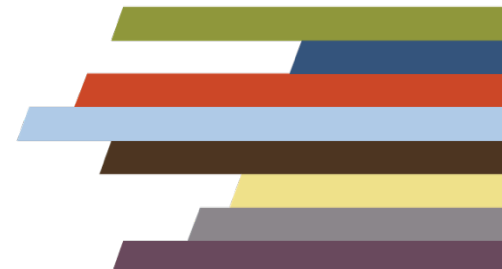
# Additional Information on Grief

## Fact Sheets

- We have a series of fact sheets focused on addressing various grief-related topics
  - [Defining Grief](#)
  - [Responses to Grief Across the Lifespan](#)
  - [Preventive Strategies and Protective Factors](#)
  - [Cultural Responsiveness](#)
  - [Evidence-Based Treatments for Grief](#)

## Webpage

- *Responding to COVID-19: Grief, Loss, and Bereavement* - visit our webpage for events and resources
- <https://mhttcnetwork.org/centers/global-mhttc/responding-covid-19-grief-loss-and-bereavement>





# Grief and Self-Care

- Be sensitive to your own grief and reactions throughout the Learning Institute. Take breaks, stretch, drink lots of water...
- **Helplines and Support**
  - **National Suicide Hotline** - 1-800-273-8255
  - **NAMI** - 1-800-950-NAMI (6264) or [info@nami.org](mailto:info@nami.org)
  - **Mental Health America**- 1-800-273-TALK (8255), text MHA to 741741
  - **SAMHSA's National Helpline** - referral and information - 1-800-662-HELP (4357)
  - **SAMHSA's Disaster Distress Helpline** - 1-800-985-5990 or text TalkWithUs to 66746





MHTTC

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- The MHTTC Network accelerates the adoption and implementation of mental health related evidence-based practices across the nation
  - Develops and disseminates resources
  - Provides free local and regional training and technical assistance
  - Heightens the awareness, knowledge, and skills of the mental health workforce
- 10 Regional Centers, a National American Indian & Alaska Native Center, a National Hispanic & Latino Center, and a Network Coordinating Office
- [www.mhttcnetwork.org](http://www.mhttcnetwork.org)

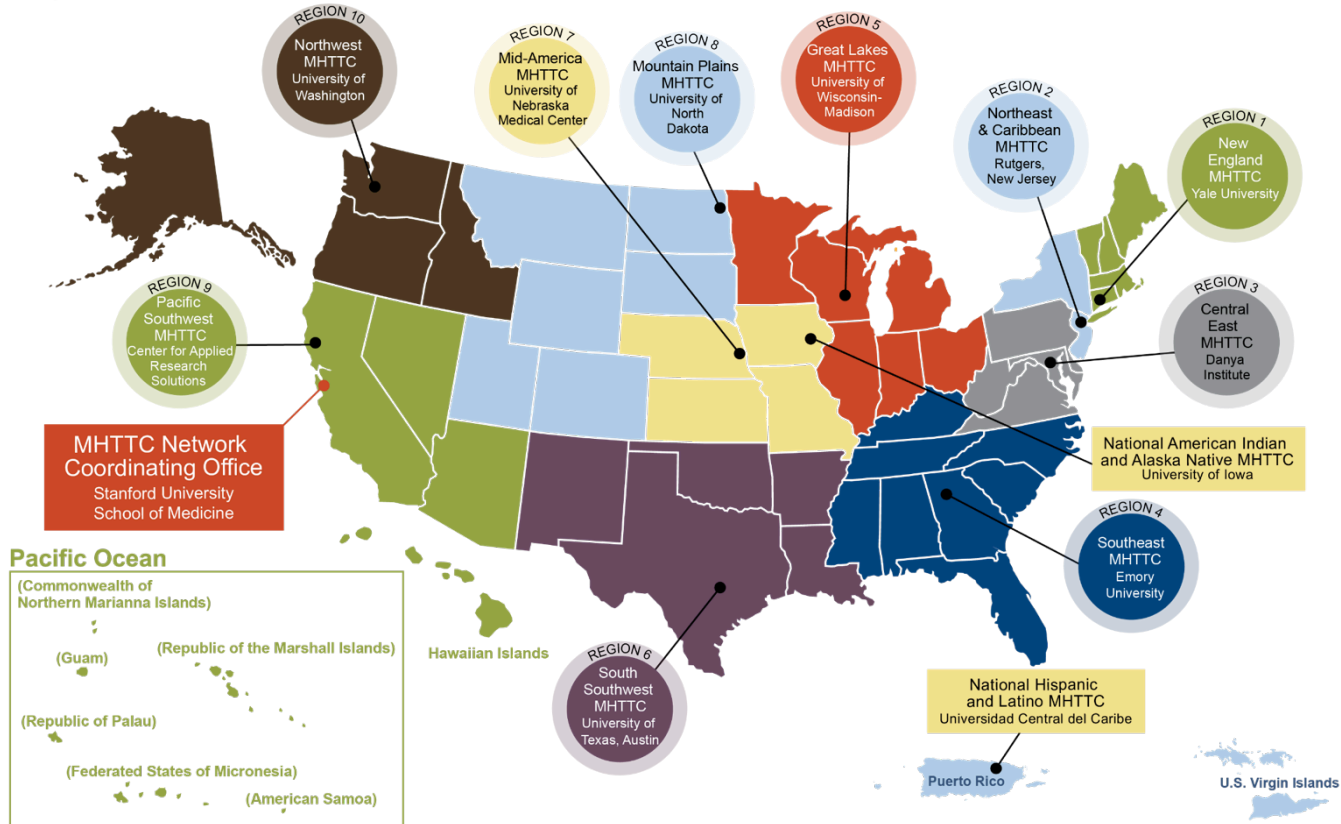


# Connect with Your MHTTC at [www.mhttcnetwork.org](http://www.mhttcnetwork.org)



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**MHTTC Network**

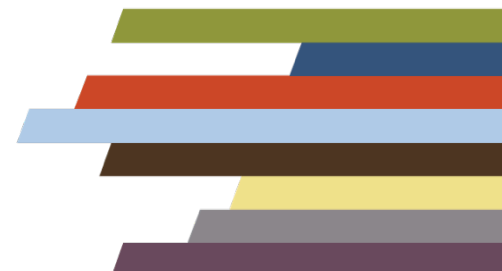


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# Presenters



Kerry Doyle, LICSW, RYT-200 is a Clinical Associate Professor at the University of Southern California Suzanne Dworak-Peck School of Social Work. Her practice experience includes mental health clinical social work in the K-12 school and private practice settings. She co-developed a School Social Work Field Training (SSWFT) program with a trauma focus lens that trains school social work students on topics such as trauma-informed schools, trauma sensitive mindfulness, supporting the grieving student, and working with communities around trauma and grief.



Lisa Wobbe-Veit is a Clinical Associate Professor at the University of Southern California (USC) Suzanne Dworak-Peck School of Social Work. Wobbe-Veit's more than two decades of experience covers a wide range of needs, including individual, family and group therapy in school, hospital and outpatient settings. Her passion for working with trauma exposed youth led to clinical services roles as a Medical Social Worker, Outpatient Therapist, School Social Worker, Behavioral Specialist and School Based Consultant. Wobbe-Veit has participated in trauma response work within her various positions. As a Parkland resident, she serves as a Broward County Public Schools recovery consultant following the tragic mass shooting at Marjory Stoneman Douglas High School.





# *Trauma Sensitive Mindfulness for Grief: From Theory to Practice in Schools*

Kerry Doyle  
Lisa Wobbe-Veit



# Today's Discussion

- Language surrounding loss and grief?
- How COVID, the Winter Season and the Holidays can impact grief
- Trauma Sensitive Mindfulness: What is it and how can it help those who are grieving?
- Mindfulness Practice





# School Landscape





# What are the Language Considerations of Loss and Grief



- **LOSS** is a term describing things that may return – such as the routines we had before the pandemic.
- **GRIEF** describes something more permanent, such as the death of a loved one.

# When Trauma & Grief Intersect



Psychological trauma is damage to the mind that occurs as a result of a distressing event. Trauma is often the result of an overwhelming amount of stress that exceeds one's ability to cope, or integrate the emotions involved with that experience.

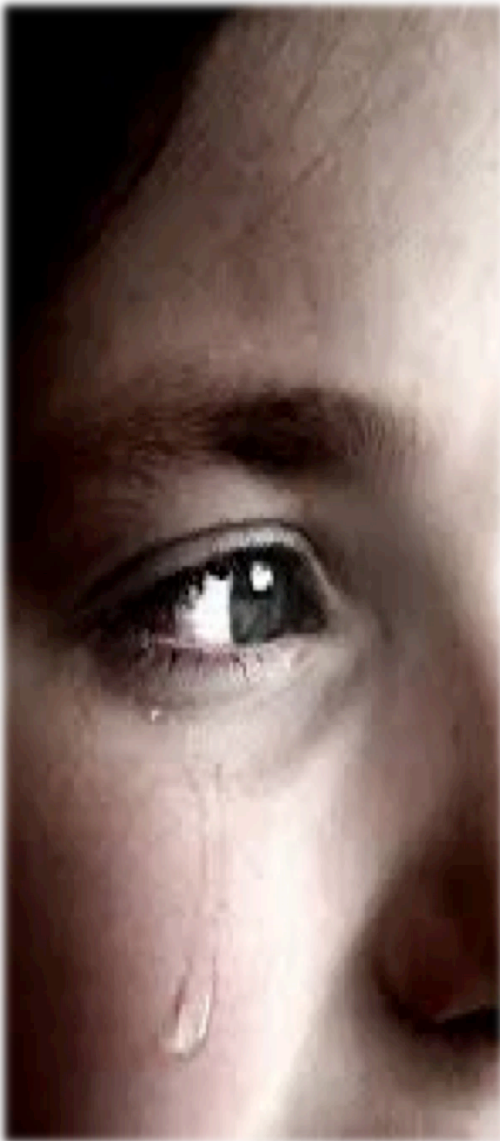


*SAMHSA, 2014*



# Impact of Grief & Loss on School Performance

- Absenteeism
- Difficulty concentrating in class
- Withdrawal/disengagement and less class participation
- Decrease in quality of work
- Less reliability turning in assignments





# Impact on Families

- Don't let fears about saying or doing the wrong thing stop you from reaching out
- Understand that everyone grieves differently and for different lengths of time
- Listen
- Anticipate needs
- Provide ongoing support







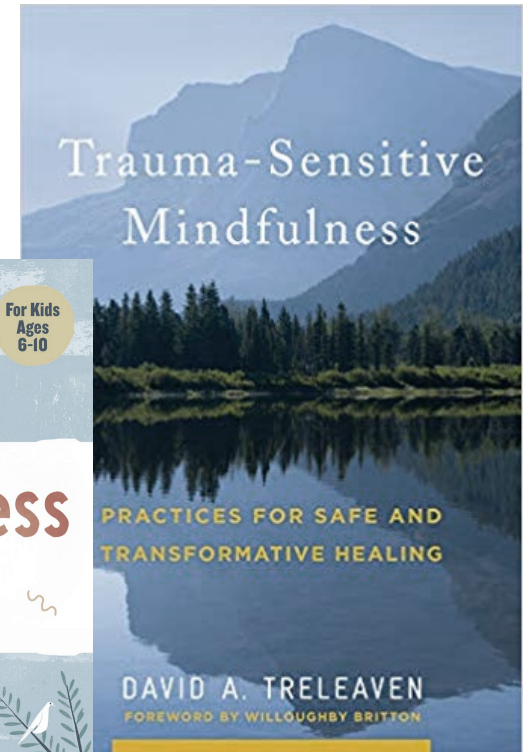
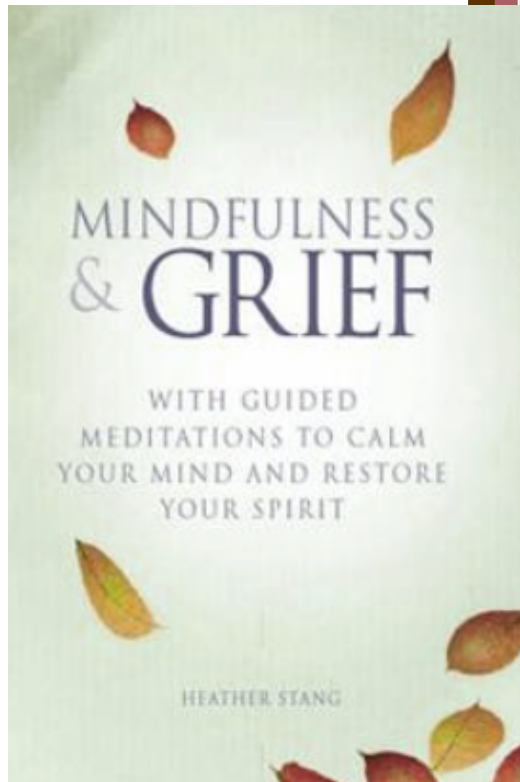
# Additional Grief Stressors

- COVID Impact
- Winter Weather
- Holiday Season





# Mindfulness





# What Exactly Is Mindfulness?

- “The awareness that emerges through paying attention on purpose, and nonjudgmentally, to the unfolding of experience moment to moment.”  
(Kabat-Zinn, 2003, p. 145)
- “Mindfulness is a form of present moment awareness that promotes the ability to attend to, accept, and work with experience as it occurs.”  
(Gockel, Cain, Malove, James, 2013, p. 36)





# What Mindfulness Is NOT

- Panacea or cure for everything
- A good fit for every individual
- A “quick fix” or stand alone intervention
- A One-Time Practice



# What does the Present Moment feel like?



## Past

Regret  
Replaying  
Rehashing

## Future

Anxiety  
Catastrophizing  
Rehearsing

# Impact of Mindfulness Practice



- Increase self awareness
- Reduce emotional reactivity and associated negative emotional states
- Increase compassion and open heartedness toward self and others
- Decrease in symptoms of anxiety, depression, and trauma
- Increase in student academic performance, organization, and executive functioning

Baer, R. A. (2006)



# Mindfulness for Grief

“Compassion is the medicine we most need as individuals and as a species to heal suffering and free our spirits. And while we each have the capacity for love and compassion, it is by intentional practice that we develop a truly wise and caring hearts.”



(Brach, 2020)



# How Mindfulness Can Help

- Reduce physical symptoms
- Assist with regulation of emotions
- Present moment awareness
- Increase compassion for self & others
- Calm the mind

(Stang, 2014)



# Your Stress Response

**Sympathetic**  
"Fight or Flight"

**SYSTEMS**

IMMUNE  
DIGESTION  
REPRODUCTION  
THYROID



**SYMPTOMS**

ALLERGY (FOOD/ENVIRONMENT)  
INFECTION  
IBS (IRRITABLE BOWEL SYNDROME)  
PMS/MENOPAUSAL SYMPTOMS  
THYROID DISORDERS

**SYMPTOMS**

CHRONIC FATIGUE  
CHRONIC PAIN  
ANXIETY  
INSOMNIA

**SYSTEMS**

HEART  
LUNGS  
METABOLISM

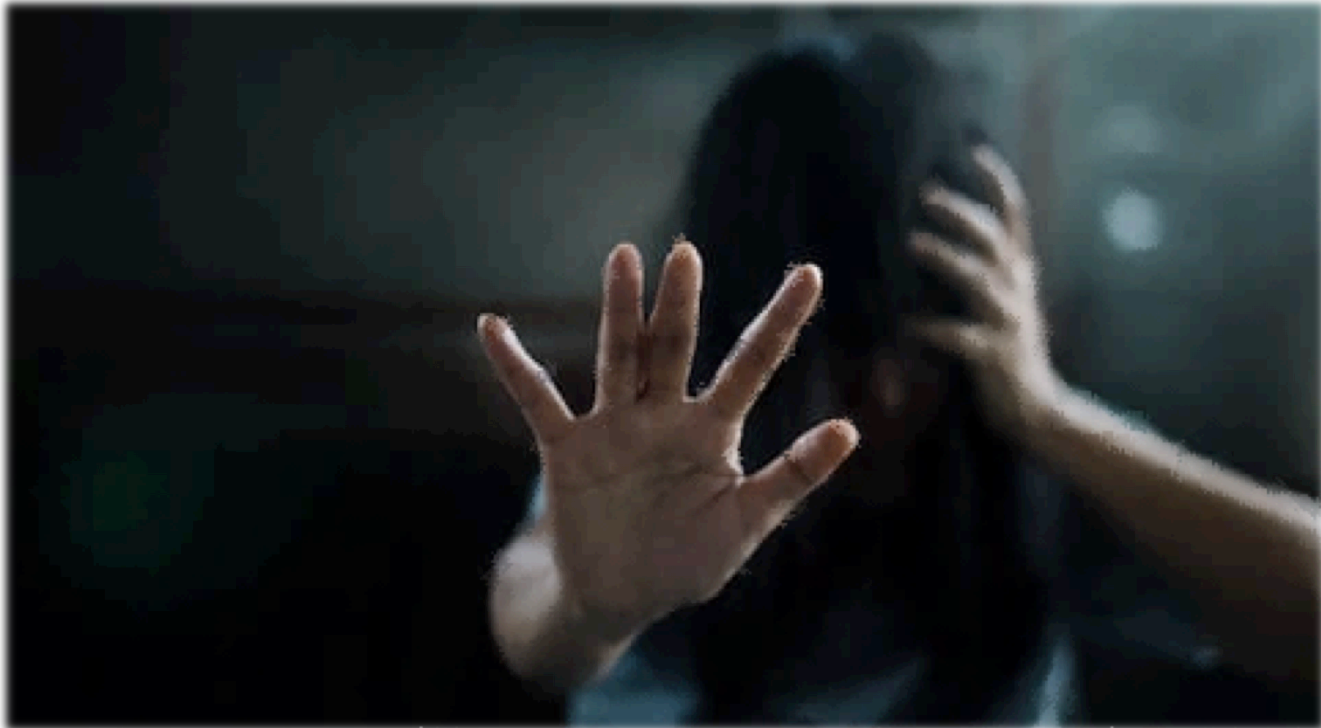


**Parasympathetic**  
"Rest and Digest"





# Every Practice Is Not For Everyone



# The Four Rs of Trauma Informed Care



- Realize the impact of trauma
- Recognize the signs and symptoms of trauma
- Respond by fully integrating knowledge into practice
- Resist re-traumatization





# Grief & Trauma

## Sensitive Approaches

- Educate about Window of Tolerance
- Mindful Gauges
- Give options – eyes closed/open, permission to take a breaks
- Invitation for physicality
- If meditation or breath based-keep it brief
- Sensory based activities



# “Applying the Breaks”



- Open eyes
- Take breaks
- Take a few deep slow breaths
- Engage in shorter period of practice
- Engage in soothing form of self-touch- hand on heart
- Focus on helpful external environment objects.



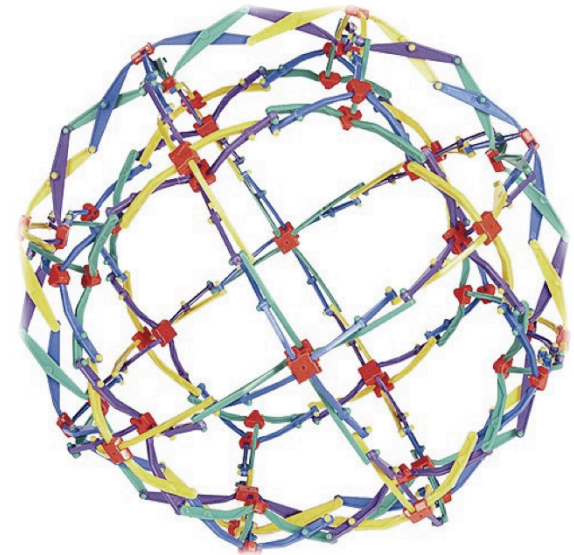


# Creating a Mindfulness Toolbox



*Teddy Bear Breathing*

*Sphere  
Breathing*





# Creating a Mindfulness Toolbox

## *See- Feel- Hear*

5 List 5 things you can SEE



4 List 4 things you can FEEL



3 List 3 things you can HEAR





# Creating a Mindfulness Toolbox



*Mindful Eating*



*Mindful Walking*





# Loving Kindness Meditation

- Compassion for ourselves
- Compassion for others
- Compassion for the “we”



# Resources



- Treatment and Services Adaptation Center, Resiliency, Hope, and Wellness in Schools
  - <https://traumaawareschools.org/>
- National Center for School Crisis & Bereavement
  - [www.schoolcrisiscenter.org](http://www.schoolcrisiscenter.org)
- Mental Health Resources
  - <https://www.nctsn.org/>
  - [www.nami.org](http://www.nami.org)
- Trauma Sensitive Mindfulness
  - Mindful Schools – [www.mindfulschools.org](http://www.mindfulschools.org)
  - David Treleaven – [www.davidtreleaven.com](http://www.davidtreleaven.com)
- Mindfulness and Grief Institute -  
<https://mindfulnessandgrief.com/heather-stang/>

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# Q & A



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## **Next Session**

### **Grief Sensitivity Virtual Learning Institute:**

# **Listening & Loving: A Conversation with Youth Leaders about Grief and Healing**

**Latrinity Gulley**  
**Monica Tello**  
**Carizma Hughes**

<https://bit.ly/GSVLIClosingSession>  
Passcode: 111220

