An integrative approach to grief counselling

Overarching therapeutic approaches

**Person-centred approach** – a way of ‘being’

**Narrative approach** – a ‘story’ perspective

- **Assess** – formal and informal methods
- **Guide** – provide practical information
- **Support** – empathy, reassurance etc
- **Refer on** – if necessary

(Person-centred and cognitive approaches)

Move focus to resilience

- **Vulnerable** – a state in which personal or circumstantial factors deplete the capacity to manage the consequences of loss

- **Overwhelmed** – feelings swamp and confuse thinking and acting - main focus is on the loss

- **Controlled** – acting / thinking are rationalised to exclude feelings – main focus is getting on with life

- **Resilient** – a state in which the personal resources and circumstantial factors permit effective management of loss

Develop new perspectives in the ‘story’ of loss

(narrative approach)

Develop effective support systems

(systems approach)

Find ways of making sense of loss

(meaning reconstruction approach)

Acknowledge the aspiration for control –

(Cognitive and Person-centred)

Create a safe place for a focus on relationships and experiences which have shaped a perspective on emotions -

(attachment approach)

Review life goals without the deceased

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Therapeutic approaches

Core grief reactions

Coping responses

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