

## Grief Theories

### Bereavement Professional Chat Box Transcript

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**NHPCO Staff:** The slides are in the MyNHPCO library at: <http://my.nhpco.org/viewdocument/grief-theories-chat-slides?CommunityKey=191c46b6-05de-4f1d-8e1e-dca744cc7879&tab=librarydocuments>

**Jennifer Nash:** Can you share the link to the article referenced?

**Diane Snyder Cowan:** I will get the Alan Wolfelt's article title the next time Sarah pauses.

**Diane Snyder Cowan:** Seek reconciliation not resolution, by Alan Wolfelt.

**Jennifer Nash:** Thank you!

**Leann P. McConchie:** It would be fantastic if the article could be housed in the library.

**Diane Snyder Cowan:** Good idea. We need to see if we can get permission to do so.

**Leann P. McConchie:** Thank you Diane.

**Belinda Brauer:** Can you tell the name of the writing group?

**Leann P. McConchie:** ...and the protocol to frame the group work?

**Wes Sturgis:** I've noticed more clients wearing memorial tattoos, a ritual that suggests that the person may have died, but the impact on one's life is ongoing...

**Deborah Pausig:** I have suggested some clients "email" letters to their loved ones. They are creating a "special" email account (Gmail, etc.) and write to their loved one. It becomes a type of online diary that they can print out in the future. They love the idea and have found it very cathartic.

**Lori Williams:** What a great idea Deborah!

**Claudia Forest:** What do you think about the impact that Facebook generated reminders of events has on grievers? E.g. The anniversary of a birth, death, loss, etc.

**Jeni Emerizy:** I did day of the dead mini-shrines with four kids after grandpa died; it was so powerful and brought a lot of storytelling.

**Megan Kale-Cheever:** Is the "in your own words" training and curriculum something we could access?

**Leann P. McConchie:** Ideas to support men or women who "do OK" during the day - but come home to an empty house and they crash.

**Jeni Emerizy:** Leann I agree, I hear so often people come home and the evening/night time is the hardest. Any ideas would be great!

**Lori Williams:** I've encouraged people to get those battery operated candles with a timer and set them to come on in the evening so that light is there to greet them.

**Richard Mercer:** There's a similar phenomenon of increased acute grief after coming home from a trip.

**Megan Kale-Cheever:** Along those same lines, how do you reduce loneliness among older adults who have lost spouses? Where "small talk" and companionship are most missed?

**Nora Gravois:** I have always told folks to ask themselves, "what healthy support will bring me comfort and peace at this moment", and give themselves permission to answer yes or no with whatever is standing before them whether it is Facebook or some other "public" option.

**Wes Sturgis:** Andy, I would say the Dual Model would help the surviving spouse understand the weight of grief that he or she is experiencing...

**Megan Kale-Cheever:** It seems like \*online\* safety is an issue among my clients recently, when they have tried online dating... catfishing of older adults seems to be on the rise...

**Wes Sturgis:** Smile.

**Leann P. McConchie:** Thank you.