



MyNHPCO

Your Community:
Connect. Learn. Share.

SUPPORT GROUPS: FROM THEORY TO PRACTICE

MyNHPCO Bereavement Professional Community Chat
September 2019

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MyNHPCO: Where do I find it, and what is it?

- Visit: <http://my.nhpc.org/home> and use your NHPCO email and password.
- A collaboration of 15 discipline-specific professional communities and issue-based communities.
- Interdisciplinary-focused
- MyNHPCO contains on-line resources, forums and networking will help you grow professionally, find new solutions, contribute to the field, and elevate the national profile of your program.

MyNHPCO

- Professional communities
- Discussion Posts
- Monthly Chats
- Library entries
- Blog

Please contact us...

- if you have questions about membership
- if you have topics you would like us to discuss
- if you would like to become a community committee member
- stay connected at the [Bereavement Professional MyNHPCO Community](#)



**"The last thing I remember is being
thrown into the dryer."**

Objectives for the day

- Benefits of offering grief support groups
- Key considerations of a support group
- Characteristics of an effective group facilitator
- Open group and closed group formats

Definition of Support Groups

- Characterized as psycho-educational
 - Strong and formal educational component
 - Trained leader
 - Unifying theme and purpose
 - Structure and direction

Purpose

- Provide information and guidance about condition or situation
- Encourage and empower those attending
- Provide an emotional support system
- Helps members derive a greater sense of joy and satisfaction from life
- Provides opportunities to practice and learn new ways of behaving and relating

Research/Theory

- Center for Advancement of Health 2003 study
- Stroebe and Schut 2001 study on “restoration-oriented” coping
- Bonanno 2001 “social-functional” model
- Silverman, et. al. Harvard widow study
- Osterweis, et. al reciprocal relationships of groups

Benefits of Groups

- A safe place to express emotions
- A place to “tell their story”
- Normalize the grief experience

Benefits of Groups (cont.)

- Opportunities to learn new roles, ways to problem-solve and cope with situations
- Develop new friendships
- Cost effective way to providing services
- Chance to laugh

Things to consider

- Demographics
- Needs Assessment
- Format
- Evaluation

Who are you serving?

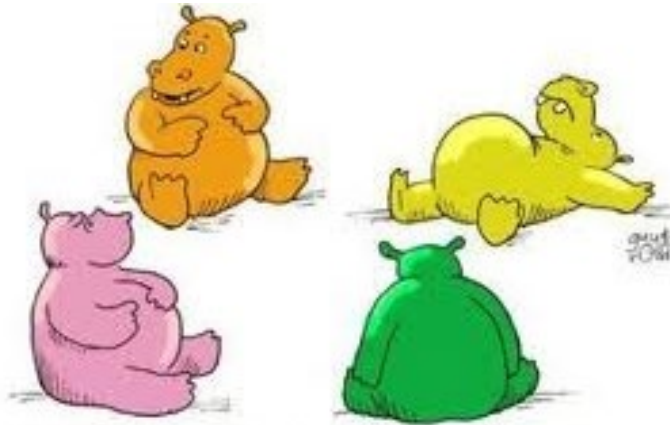
- Urban/rural
- Male/female
- Income
- Education
- Faith based/secular
- Diagnoses of deceased
- Relationship to the deceased
- Sudden or anticipated



Needs Assessment

- Assess demographics
- Determine needs/interests
- Educate community
- Market program

Planning a group



"TO TELL YOU THE TRUTH, I'M NOT EVEN THAT HUNGRY...
BUT WHEN I SEE THOSE MARBLES, I JUST LOSE IT."

- Location
- Group size
- Timing
- Materials
- Fees
- Refreshments? Or not?

Group Format

- Open/closed
- Weekly/monthly
- On-going/time-limited
- On-line
- Registration/Screening

Group Models

- **Open group**
 - **Advantages**
 - Serve more people and greater diversity from which to learn
 - No need for bereaved to make a commitment
 - Demonstrates that people are at different places in their grief and can help each other
 - **Disadvantages**
 - Less bonding and continuity
 - Challenges for facilitator

Models

- **Closed Group**

- **Advantages**

- Trust and sharing
 - Screening may allow for more commonality between participants
 - More time limit

- **Disadvantages**

- Cannot come and go
 - Someone may have to wait
 - May feel it ends too soon

Screening & Intake Process

- Selection Criteria
 - Age
 - Gender
 - Relationship to deceased
 - Date of death



Loss Specific Support Groups

- **ADVANTAGES**

- Shared loss
- Feeling of community
- May be facing the same issues
- Greater trust and bonding with other group members

- **EXAMPLES**

- Overdose death
- Perinatal
- Spousal/partner
- Death of a child
- Death of a parent
- Violent death
- Suicide

HEALING ARTS WORKSHOP

LGBTQ Art Therapy Event: *Who am I Now?*



The loss of a loved one affects many aspects of our lives, including our identities. You may not recognize yourself anymore. You may feel differently about many things. Your roles and responsibilities may have changed. In this workshop, you will literally look at yourself in the mirror and draw what you see. This event is for members of the Lesbian, Gay, Bi-Sexual, Transgender Community who have experienced the death of a loved one.

Tuesday, July 25
6:30 to 8:30 p.m.

**The Elisabeth Severance Prentiss
Bereavement Center Art Therapy Studio**
300 East 185th Street
Cleveland, OH 44119
Map on reverse.

Call Mollie Borgione at **216.486.6544** or email **mborgione@hospicewr.org** to register no later than four days in advance of workshop date.
Suggested \$5 donation for supplies.



*Healing Arts Workshops
provide grieving people
with a creative outlet for
their grief and are open
to the community. No art
experience is necessary.*



Funded in part by residents of Cuyahoga County through Cuyahoga Arts & Culture

216.486.6838 | hospicewr.org | /ESPCenter

Restoring Hope

SIX - WEEK SERIES

*This six-week support group
is for those grieving the
death of a loved one from
an overdose. **The groups
are limited in size and
registration is required.***



Mondays
March 18 – April 22
6:30 – 8 p.m.

The LCADA Way
Avon Lake Wellness Center
525 Avon Belden Road, Suite 1
Avon Lake, OH 44012

For more information or to register, please call Judy Beckman at **440.414.1731**.

In response to community needs, new groups are being developed. Please call **216.486.6838** for more information.



216.486.6838 | hospicewr.org | /ESPCenter

Children's groups

- Needs Assessment
- Demographics
- Strategy
- Age appropriate
- Format
- Screening
- Promotion
- Social media



Together We Can

riding through grief

The Healing Power of Horses



This day camp is offered in collaboration with Fieldstone Farm Therapeutic Riding Center and is for children ages 8-12 who have experienced the death of a loved one. Through fun horseback riding lessons and un-mounted activities with horses, they will explore grief issues. The camp is facilitated by trained professionals who work with grieving children.

June 24-28, 2019

9 a.m. - Noon

16497 Snyder Road, Chagrin Falls, OH
Fee: \$75/camper (scholarships are available)

For information or an application,
please call 216.486.6838

Please register by May 31



**WESTERN
RESERVE
GRIEF SERVICES**



Together We Can
Red Oak



A **three-day day camp** for children ages 6-13 who have experienced the death of a loved one. Camp is expressive in nature and led by experienced facilitators in **art, music, play and nature activities.**

August 6-8, 2019

9 a.m. - 3 p.m. ♦ Red Oak Camp, Kirtland, OH

Fee: \$25/camper (scholarships are available)



Please register by July 8. Transportation provided from two convenient locations. To request more information or to pick up a registration packet, please call Western Reserve Grief Services at 216.486.6838.

To learn more about this and other Hospice of the Western Reserve grief camps, visit hospicewr.org/camps.



**WESTERN
RESERVE
GRIEF SERVICES**

HEALING ARTS WORKSHOP

Kids Art: Small Books, Big Stories



The loss of a loved one can be a big story in the life of a child. In this workshop, kids can make a small book through which they can remember the times spent with their loved one. Photos, notes and other two-dimensional items can be incorporated at the workshop if time allows, or may be added at home. Ages 6+. Kids are invited to bring family members along for this workshop.

Light refreshments provided.

Tuesday, July 30, 6:30 to 8:30 p.m.

West Campus
22730 Fairview Center Drive
Fairview Park, OH, 44126

Tuesday, August 6, 6:30 to 8:30 p.m.

Elisabeth Severance Prentiss Bereavement Center
300 East 185th Street
Cleveland, OH, 44119

Maps on reverse.

Call Mollie Borgione at 216.486.6544 or email mborgione@hospicewr.org to register no later than four days in advance of workshop date.

Suggested \$5 donation for supplies.



**WESTERN
RESERVE
GRIEF SERVICES**

Healing Arts Workshops provide grieving people with a creative outlet for their grief and are open to the community. No art experience is necessary.



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strengthening community

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HEALING ARTS WORKSHOP

Kids Art: Memory Boxes



These Memory Boxes are inspired by artist Joseph Cornell's boxes of assembled artifacts. Participants will line a wooden cigar box with photos, fabric or paper and assemble small mementos and objects inside it such as keys, marbles, jewelry, natural objects, thimbles, buttons, coins, and any other meaningful items that remind them of their loved one(s).

Tuesday, April 9, 6:30 to 8:30 p.m.

The Elisabeth Severance Prentiss Bereavement Center
300 East 185th Street
Cleveland, OH, 44119

Tuesday, April 30, 6:30 to 8:30 p.m.

West Campus
22730 Fairview Center Drive
Fairview Park, OH, 44126

Maps on reverse.

Ages 6+. Kids are invited to bring family members along for this workshop. Light refreshments provided.

Call Mollie Borgione at 216.486.6544 or email mborgione@hospicewr.org to register no later than four days in advance of workshop date. Suggested \$5 donation for supplies.

Healing Arts Workshops provide grieving people with a creative outlet for their grief and are open to those who have lost a loved one. No art experience is necessary.



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S.T.A.R.S.

Supporting Tears, Anger, Remembrance & Sadness



An in-school grief support group for students who have experienced the death of a loved one.

Groups will address students' grief reactions and promote effective coping skills.

- Groups are co-facilitated by a counselor from Western Reserve Grief Services and a staff member (social worker, counselor, nurse, etc.) from your school.
- Groups consist of 4-10 students, grouped together by age/grade range, or specific death if desired.

For information, please call 216.486.6838 or email thebereavementcenter@hospicewr.org.



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S.T.A.R.S.

Supporting Tears, Anger, Remembrance and Sadness



An eight week in-school grief support group for students who:

Have Experienced the Death of a Loved One

- The death should not be too recent — at least 4-6 weeks prior to start of group.
- A death one, two or more years prior is OK because we understand the long-term effects of a loss on young people.

Are Seeking Support From Peers and Professionals

- Groups are co-facilitated by a counselor from Western Reserve Grief Services and a staff member (counselor, nurse, psychologist, etc.) from your school.

- Groups consist of 4-10 students, grouped together by age/grade ranges.

Can Make a Commitment

- Regular attendance is important for the group to succeed. S.T.A.R.S. groups are closed. No students are admitted after group series begins.

- Program consists of eight consecutive sessions.

- Group appropriate behavior is expected; special needs students will be considered on a case-by-case basis.

Complete and Return

- Letter of Parent/Guardian Consent

For more information, please call 216.486.6838 or email thebereavementcenter@hospicewr.org.



**WESTERN
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GRIEF SERVICES**

300 East 185th Street | Cleveland, OH 44119-1330
216.486.6838 | hospicewr.org/griefandloss

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Facilitators – Knowledge Base

- Grief process
- Signs of complex or complicated grief reactions
- Impact of different types of losses on the grief process
- Group process: how to respond to and manage group behavior
- Community resources

Facilitators - Characteristics

- Accepting
- Nonjudgmental
- Skilled at listening
- Demonstrates compassion, empathy, respect and authenticity
- Sets and keeps boundaries
- Flexible to meet needs of group

Group Guidelines

- Assure confidentiality.
- Be respectful and non-judgmental.
- Feelings will be accepted, supported and listened to with care.
- Allow others the opportunity to speak or be silent.
- Use “I” statements when sharing.
- Be on time. Turn off cell phones.

Group Evaluations

- Rate helpfulness of group
- Number of sessions
- Format
- Most helpful
- Least helpful
- Any issue not covered
- Suggestions/comments



What to do in groups

- Topics: Feelings - Changes in identity - Family dynamics
- Coping Strategies
- Rituals
- Videos

Group activities

Letter writing

Journals

Collages

Memory boxes

Shadow boxes

Other Options

Workshops

Online

Phone

Social

SPECIAL EVENT

Mother's Day Tea



For those who have experienced the death of their mother or **mother figure**, please join us for a Mother's Day tea where we will honor the memory of those relationships.

Saturday, May 4
Noon to 2:00 p.m.

Hospice of the Western Reserve
Headquarters
17876 St. Clair Avenue, Cleveland, 44110

Map on reverse.

Call **216.486.6838**
to register by April 26.



800.707.8922 | hospicewr.org

Pet Grief Workshop



As a pet owner, animals hold a special place in your heart and life. It is natural to grieve when these treasured friends die. This workshop for adults will offer suggestions on ways to remember your special friend, whether **"furry, feathered or finned."**

Please bring a photo of your pet if you have one.

Thursday, August 15
6 to 7:30 p.m.

The Elisabeth Severance Prentiss
Bereavement Center
300 East 185th Street, Cleveland, 44119

Map on reverse.

To register, please call **216.486.6838**. **RSVP by August 8.**

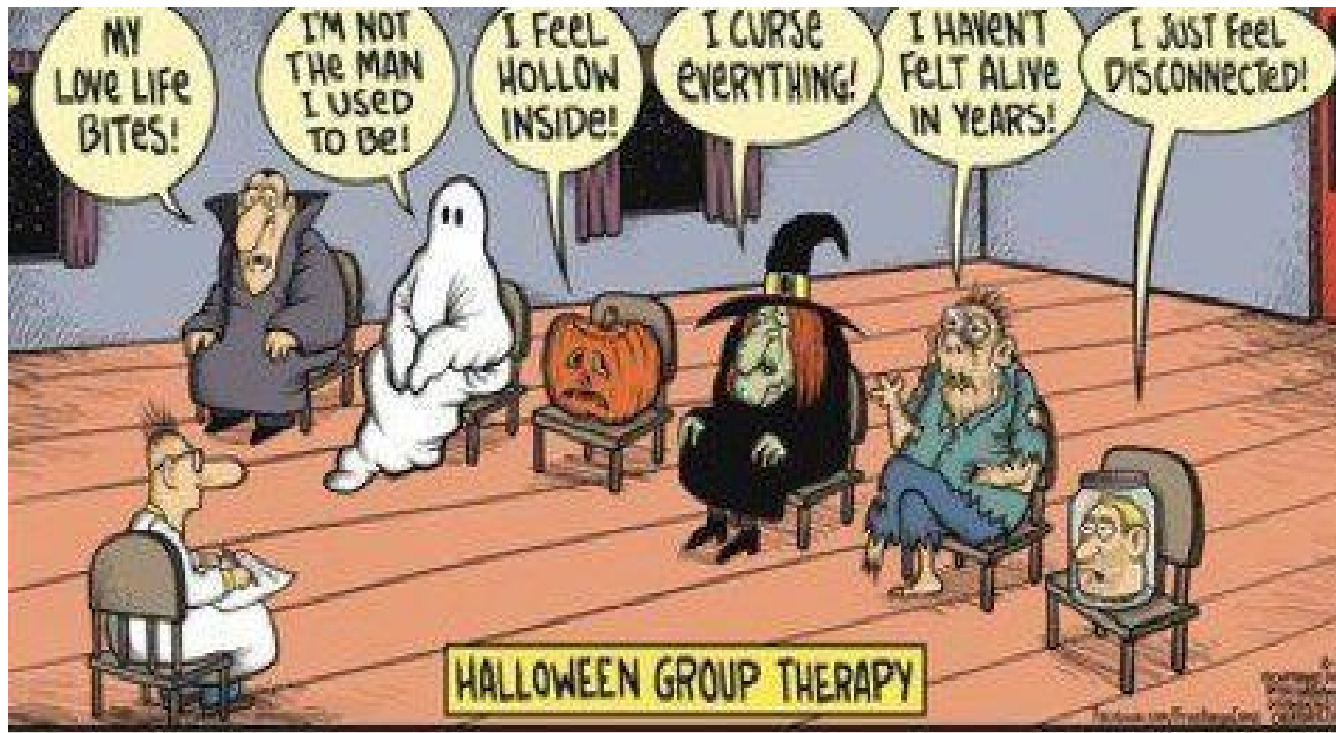


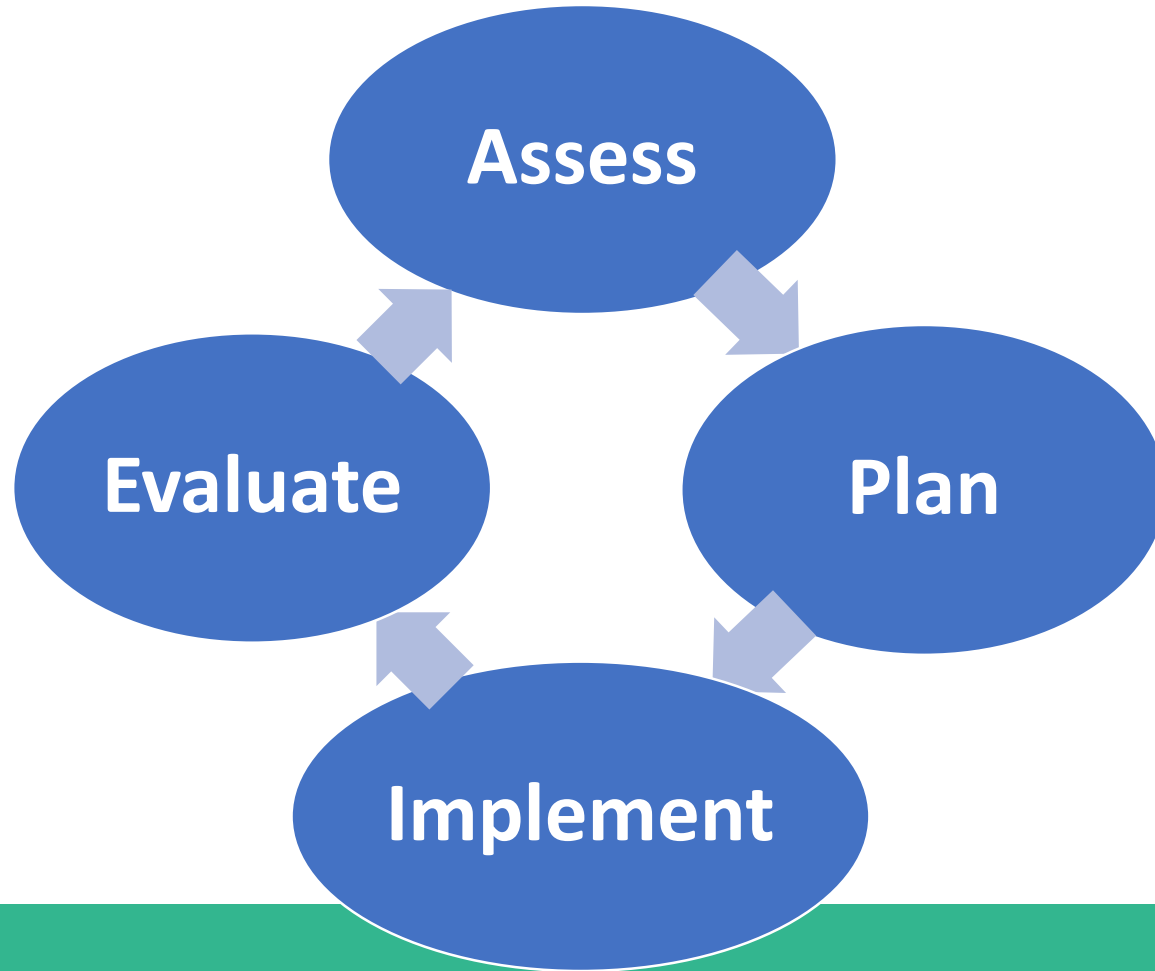
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More Options

- Retreats
- Camps
- Family programming
- Educational series
- Art, music, yoga







Suggested readings and references

- Belmont, Judith; (2006) 103 Group Activities and TIPS, Eau Claire, WI; Premier Publishing and Media.
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- Cook, Alicia Skinner & Dworkin, Daniel; “Healing Through Group Interaction” in Helping the Bereaved; Basic Books, 1992. pp.93-117
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- Lehman, Linda, (2000) Grief Support Group Curriculum: Facilitator’s Handbook; New York, NY, Routledge/Taylor and Francis
- Lindsey, Robyn (2012) Journal Through Your Grief: Guided Journal Handbook to Work Through Loss; Seattle, WA; Createspace
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- Sherman, Nancy; “The Whys and Wherefores of Support Groups: Helping People Cope”; in Altilio, T. and Otis-Green, S. ed., Oxford Textbook of Palliative Social Work; New York, NY; Oxford University Press (2011)

- Silverman, P, MacKenzie, D., Pettipas, M. & Wilson, E. (Eds.), (1974), Helping Each Other in Widowhood, New York: Health Services.
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- Stroebe, M & Schut, H, (2001), “Meaning making in the dual process model of coping with bereavement” in R. Neimeyer (ed), Meaning reconstruction and the experience of loss, Washington, DC, American Psychological Association.
- Wolfelt, Alan; (2004) The Understanding Your Grief Support Group Guide: Starting and Leading Bereavement Support Groups; Bozeman, MT. Companion Press.