

VON Virtual Bereavement Support Series

HOPE, RESILIENCE, & POSTTRAUMATIC GROWTH

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I feel the suffering of millions. And yet, when I look up at the sky, I somehow feel that everything will change for the better, that this cruelty too shall end, that peace and tranquility will return once more.

- Anne Frank



Session Objectives

- Review the 5 domains of posttraumatic growth.
- Explore the impact of meaning reconstruction on post-loss adjustment.
- Discuss techniques to cultivate posttraumatic growth.



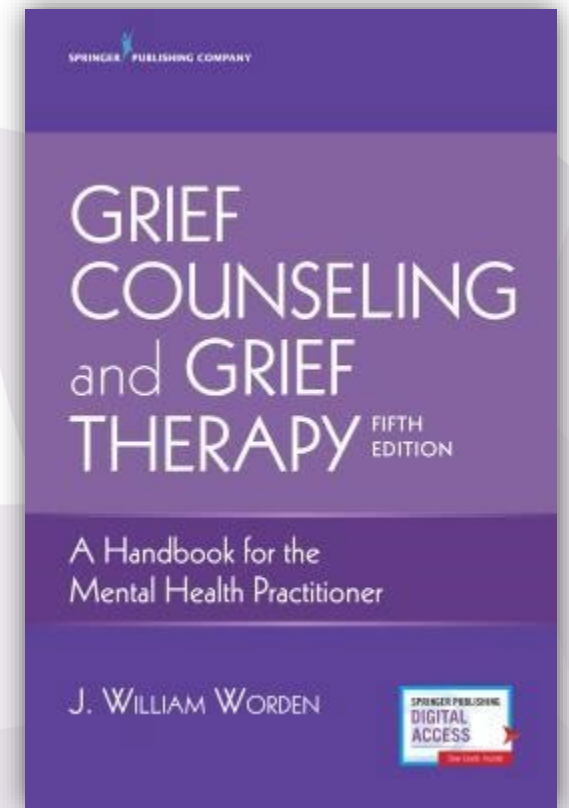
How Grief Impacts Individuals

- Physical sensations
- Feelings
- Thoughts or cognitions
- Behaviors
- Social difficulties
- Spiritual searching




Four Tasks of Mourning

1. To Accept The Reality of the Loss
2. To Process The Pain of Grief
3. To Adjust to a World Without The Deceased
4. To Find An Enduring Connection With the Deceased In The Midst of Embarking On A New Life



Worden (2008)



A landscape photograph featuring a vibrant rainbow arching across a dark, overcast sky. Below the rainbow, a vast field of low-lying, silvery-grey bushes stretches towards the horizon. In the center of the field, a single, larger tree with a dense, rounded canopy of brownish-orange leaves stands out. The overall mood is one of hope and resilience amidst a storm.

“When we are no longer able to
change a situation, we are
challenged to change ourselves.”

- Victor Frankl



5 Domains of Posttraumatic Growth

- Increased Appreciation of Personal Strength
- Sense of New Opportunities & Possibilities
- Deepened Sense of Connection & Compassion
- Appreciation of Life in General
- Spiritual or Religious Growth or Change

Calhoun & Tedeschi (2006)



How To Cultivate Posttraumatic Growth

- Reflect on where you are now & where you have been
- Practice Mindfulness & Compassion
- Reframe Your Response to Stress
- Move Your Body
- Practice Gratitude
- Accept Support & Offer Help



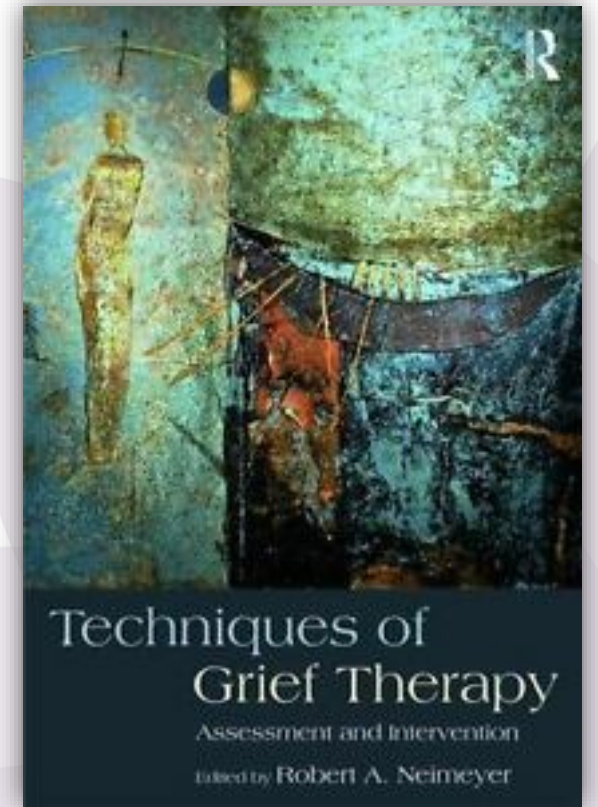
How To Cultivate Posttraumatic Growth

- Try Something New
- Get Clear & Act On Your Values
- Engage With Other People
- Legacy Projects
- Volunteer Your Time
- Share Your Story
- Guided Reflective Journaling



Meaning Making

- Reconstructing meaning is the primary goal
- Uses narrative and expressive arts therapies
- Questions include:
 - “What will my life look like now?”
 - “What did the deceased’s life mean”
 - “How can I feel safe in a world such as this?”
 - “Who am I now that this death has occurred”?”



Neimeyer (2012, 2002, 2001)



Acceptance in the mindful context means that even when the unthinkable happens, we honor our self and our experience with dignity and kindness. Rather than turn our back on our own suffering, we treat ourselves as we would a beloved friend.

Heather Stang

Mindfulness & Grief (2018, P. 15)

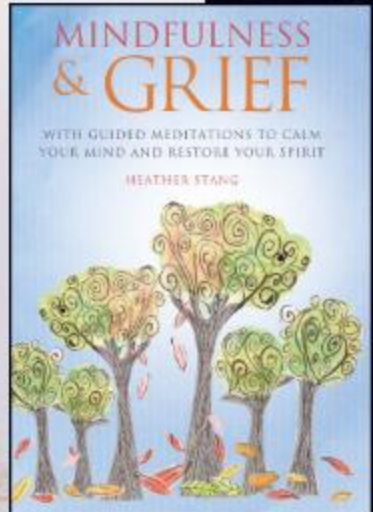




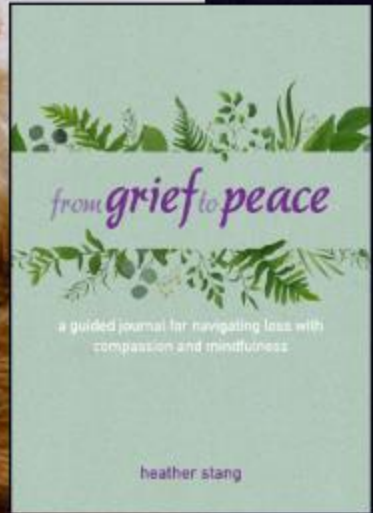
MINDFULNESS
& GRIEF
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AWAKEN
meditation for grief & online support



<http://bit.ly/von-ptgrowth>



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