Trauma-Informed Bereavement Care

Objectives

1. Outline sources of trauma
2. Discuss supportive environment for bereavement
3. Review evidence-based interventions

Trauma Across the Care Continuum

Relationships Matter All The Time

“Sawa Bona” – “I see you...”
“Sikkona” – “I am here...”

What is Trauma?

Working with Grief

Diagnosis - Serious Illness – Palliative Care – Hospice – Death - Bereavement

“Sawa Bona” – “I see you...”
“Sikkona” – “I am here...”


Group Participants
Family
Self
Volunteer
Client
Staff
Grief Trauma
UNDERSTAND RISK FACTORS
The Impact of Healthcare

"Many people find themselves unable to stop thinking about the suffering they witnessed, which is so powerfully seared into their brains that they cannot push it away.” Graham J, 2013

What is “Trauma-Informed?”

Fundamental Principles

- SAFETY
- TRUST & TRANSPARENCY
- PEER SUPPORT
- COLLABORATION & MUTUALITY
- EMPOWERMENT
- CULTURAL SENSITIVITY

Adverse Childhood Experiences

ACES Study: Why it matters.

Early Trauma & Brain Development

Anda & Felitti, 2012
Adverse childhood experiences are the most basic and long lasting cause of health risk behaviors, mental illness, social malfunction, disease, disability, death and healthcare costs.


Why Attachment Matters

Reactivity vs. Responsiveness

Emotional Regulation

Self Regulation

Co-Regulation
Personality interacts with trauma


Lost childhood messages

1. You are good
2. You are wanted
3. You are loved for yourself
4. You are seen for who you are
5. Your needs are not a problem
6. You are safe
7. You will be taken care of
8. You will not be betrayed
9. Your presence matters

Working with grief...

Do not judge my story by the chapter you walked in on. ~Unknown

How are you doing?

Loss

~FOREVER LOVED
For even as love crowns you so shall he crucify you.
Even as he is for your growth so is he for your pruning.
Even as he ascends to your height and caresses your tenderest branches that quiver in the sun,
So shall he descend to your roots and shake them in their clinging to the earth.

Kahlil Gibran
Use tools from neuroscience

Teach Mindfulness

Encourage Somatic Interventions

Use the Healing Power of Imagination

Hold on to the Good Stuff
- Notice something good that happened
- Tell someone (imagine it again)
- Write it down
- Add it to your gratitude list

Encourage Mini-Vacations from Grief
References 1


References 2


References 3