



Trauma and Resilience Series: Suggestions For Coping With Grief And Forgiveness

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January 6, 2021



Objective

Through collaboration, discussion, and embodied self-awareness, consider the relationship of the grief and forgiveness processes through the lens of the Stages of Change Model.



Stages Of Change

- Pre-contemplation
- Contemplation
- Determination
- Action
- Relapse
- Maintenance

<https://sphweb.bumc.bu.edu/otlt/mph-modules/sb/behavioralchangetheories/BehavioralChangeTheories6.html>



Grief is Universal

- Change can be difficult, even traumatic.
- Where there is change, there is loss.
- Where there is loss, there is a need to grieve.
- Grief is embodied.



Grief Process

- Emotional
- Physical
- Aces
- Resilience



Forgiveness Process

- A choice
- Many pathways
- Emotional
- Physical



A Forgiveness Model

- Openness
- Awareness
- Curiosity
- Intentionality
- Transfiguration

J. Biernat, 2009



Resources (Grief)

Prochaska and DiClemente, Stages of Change Model

<https://sphweb.bumc.bu.edu/otlt/mph-modules/sb/behavioralchangetheories/BehavioralChangeTheories6.html>

Grief Models

<https://hospiceslo.org/resources/kubler-ross-and-other-grief-models>

Hansen, Brant. Forgiveness In An Age Of Anger

<https://www.youtube.com/watch?v=0Rh8uywILZk>



Resources

Kübler-Ross

<https://courses.lumenlearning.com/suny-lifespandevelopment/chapter/models-of-grief/>

Kübler-Ross, Wright

<http://socialworktech.com/2012/11/13/the-seven-stages-of-grief/?v=f24485ae434a>

Mayo Clinic, 7 Steps For Managing Grief and Loss

<https://newsnetwork.mayoclinic.org/discussion/7-steps-for-managing-grief-and-loss/>



Resources

S. Bloom, S. Covington, “Moving From Trauma-Informed to Trauma Responsive: A Training Program For Organizational Change”

TEAR Grief Model

<http://www.personalgrowthassoc.com/overcominggrief.html>

Wordens Four Tasks For Mourning

<https://whatsyourgrief.com/wordens-four-tasks-of-mourning/7>

Hone, Lucy. Three Secrets of Resilient People

<https://www.youtube.com/watch?v=NWH8N-BvhAw>



Resources

Marion Rosen with Susan Brenner, Rosen Method Bodywork

Grief and hurt – in more ways than one, Harvard Health Letter, February 2019

Bessel Van Der Kolk, M.D., The Body Keeps the Score

Mary-Frances O'Connor, PhD, Grief: A Brief History of Research on How Body, Mind, and Brain Adapt

Relaxation Awareness Resilience, Ivy Green



Resources (Forgiveness)

Arnold, Jehann Chrostoph. “Why Forgive?” Plough Publishing House, 2000

Enright, Robert D. “Forgiveness Is A Choice: A Step By Step Process For Resolving Anger and Restoring Hope,” APA Life Tools, 6th Ed., 2006

Forgiveness Videos:

https://www.ted.com/playlists/213/how_and_why_to_forgive

James, John W, Friedman, Russell, Matthews, Leslie Landon. “When Children Grieve,” Harper Collins Publishing, 2001.



Resources

Karen, Robert. “The Forgiving Self: The Road From Resentment To Connection,” Double Day Publishing, 2001

Kolf, June Cerza. “How Can I Help?: How To Support Someone Who Is Grieving,” Fisher Books, 1999

Moral Injury

https://www.voa.org/moral-injury-center?gclid=EAlaIQobChMIzYral-3X7QIVzb3ACh3legfPEAAYASAAEgl4x_D_BwE

Montanna, Sarah. Why Forgiveness Is Worth It

https://www.ted.com/talks/sarah_montana_why_forgiveness_is_worth_it?language=en