



SESSION 3 GRIEF AND LOSS: A FRAMEWORK



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INTRODUCTIONS



Erin Emery-Tiburcio, PhD, ABPP is the Co-Director of the E4 Center and a nationally recognized leader in aging, behavioral health, and improving care across all communities. She serves as Professor of Psychiatry & Behavioral Sciences and Geriatric Medicine, Director of Geropsychology, and Co-Director of the RUSH Center for Excellence in Aging.



Caryn Blanton, LCSW, ASW-G is the Program Manager for the E4 Center, bringing extensive clinical social work experience with adults and older adults, as well as years of experience with program management at RUSH. She also incorporates mind-body practices into her work as a certified yoga teacher with training in yoga-informed psychotherapy.

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Program Overview

	Date	Title
Session 1	Feb 24	Common Challenges in Caregiving
Session 2	Mar 4	Compassion Fatigue
Session 3	Mar 11	Grief and Loss
Session 4	Mar 18	Cultural and Language Considerations
Session 5	Mar 25	Managing Caregiver Needs in the Room

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To obtain credit you must:

Complete an electronic evaluation and generate your certificate.

Accreditation Statement:

In support of improving patient care, RUSH University Medical Center is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Credit Designation Statements

For Medicine:

Rush University Medical Center designates this live activity for a maximum of 1.00 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only credit commensurate with the extent of their participation in the activity.

Successful completion of this CME activity, which includes participation in the evaluation component, enables the learner to earn credit toward the CME of the American Board of Surgery's Continuous Certification program. It is the CME activity provider's responsibility to submit learner completion information to ACCME for the purpose of granting ABS credit.

For Nursing:

Rush University Medical Center designates this live activity for a maximum of 1.00 nursing contact hour(s).

For Psychologists:

Rush University Medical Center designates this live activity for 1.00 CE credits in psychology. Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs.

For Social Work:

As a Jointly Accredited Organization, Rush University Medical Center is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved continuing education (ACE) program. Organizations, not individual courses, are approved under this program. Regulatory boards are the final authority on courses accepted for continuing education credit. Social workers completing this course receive 1.00 general continuing education credits.

For Dietitians: This live activity has been approved by the Commission on Dietetic Registration. Completion of this activity awards 1.00 CPEUs.

For physical therapy or occupational therapy:

RUSH University Medical Center is an approved provider for physical therapy (216.000378) and occupational therapy (224.000220) by the Illinois Department of Professional Regulation. Rush University Medical Center designates this live activity for 1.00 continuing education credits.

NBCC Credit:

RUSH University Medical Center is an approved provider by the National Board for Certified Counselors (NBCC ACEP No. 7599). This activity has been approved for 1.00 NBCC credit hours.



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Grief and Loss: A Framework

Erin E. Emery-Tiburcio, Ph.D., ABPP
 Professor, Rush University Medical Center
 Director, Geropsychology
 Co-Director, Rush Center for Excellence in Aging



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Learning Objectives

- Define grief terms
- Explain the Tasks of Grieving and help others complete them
- Discuss treatment options for grief

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Definitions

- **Bereavement** refers to situation of having lost someone (or some very important thing).
- **Grief** is the emotional response to the loss.
- **Mourning** includes the social, cultural response to bereavement.

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Normal Grief

- Stunned, shocked
- Sadness
- Loneliness since the loss
- Feeling part of oneself has died
- Identity and self-efficacy remain intact
- Willing to re-invest in relationships and activities
- Life remains meaningful



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Normal Grief

- Symptoms occur within 2-6 months after loss (sometimes much longer)
- Symptoms do not impair functioning after first two months (sometimes longer)
- Symptoms gradually diminish to normal functioning



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Managing Grief



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Immediately after the loss: What to Say

- Frame: Each person’s experience is unique. Feel what you feel.
 - I can *only imagine* what you’re going through
 - Sending you all of the peace that your heart can hold
 - My heart is with you

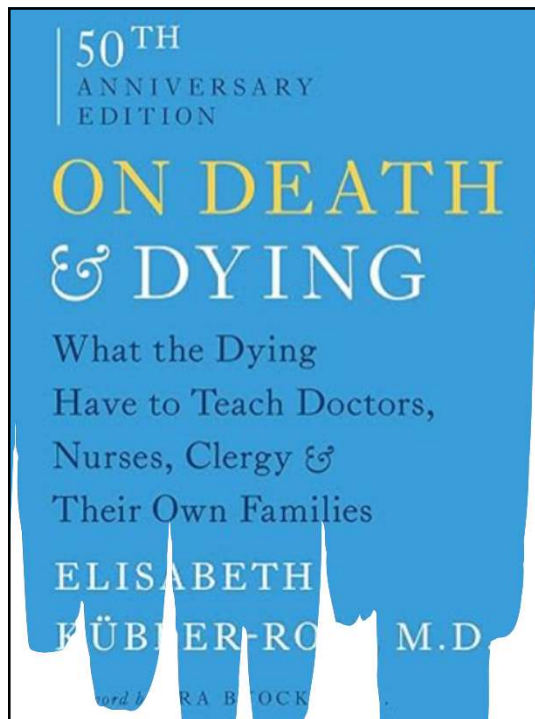
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Immediately after the loss: What to Do

- Frame: Each person's experience is unique. Feel what you feel.
 - Sit in silence; hold a hand
 - Create a space to honor
 - Tell me about your [person]
 - Pictures

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Kübler-Ross (1969) Stages

- Denial and Isolation
- Anger
- Bargaining
- Depression
- Acceptance
- Hope

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Tasks of Grieving¹

- Accepting the reality of the loss
- Doing one's duty to the deceased
- Taking/letting go of control
- Finding a sense of purpose
- Relearning the world

¹Adapted from Worden and Rando



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Tasks of Grieving¹

- **Accepting the reality of the loss**
- Doing one's duty to the deceased
- Taking/letting go of control
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- Relearning the world

¹Adapted from Worden and Rando



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Accepting the reality of the loss

- Numbness/disbelief
- Intellectual vs. emotional acceptance
- Obsessional review



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Accepting the Reality: What to Do

- Attend to emotions
 - Permission to feel
 - Physiology: tears will end
- Tell the story of the death – TABOO!
 - Present vs. Distant
 - Sights, sounds, smells, touch
 - Emotions
 - Reactions to others



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Tasks of Grieving¹

- Accepting the reality of the loss
- **Doing one's duty to the deceased**
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- Finding a sense of purpose
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¹Adapted from Worden and Rando



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Doing one's duty to the deceased

- Guilt
- Hindsight bias
- Duty to suffer
- Idealizing/Devaluing

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Doing one's duty to the deceased

- Encourage a balanced view of the deceased
- “Rules” about length of suffering
- Examine reality of “would’ve, could’ve, should’ve”
- Write a letter to the deceased
- Honor the deceased
 - Continue their work/tribute
 - Prevention/awareness

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Tasks of Grieving¹

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- **Taking/letting go of control**
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¹Adapted from Worden and Rando



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Taking and letting go of control

- Confronting helplessness
- Making creative, meaningful choices



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Taking and letting go of control: What to Do

- Acknowledge emotions: feel what you feel
- Reinforce opportunity to make creative meaningful choices
- What gifts did the deceased impart that are still valued?
- How can you share those gifts?
- What lessons did you learn from, or because of the deceased?



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Tasks of Grieving¹

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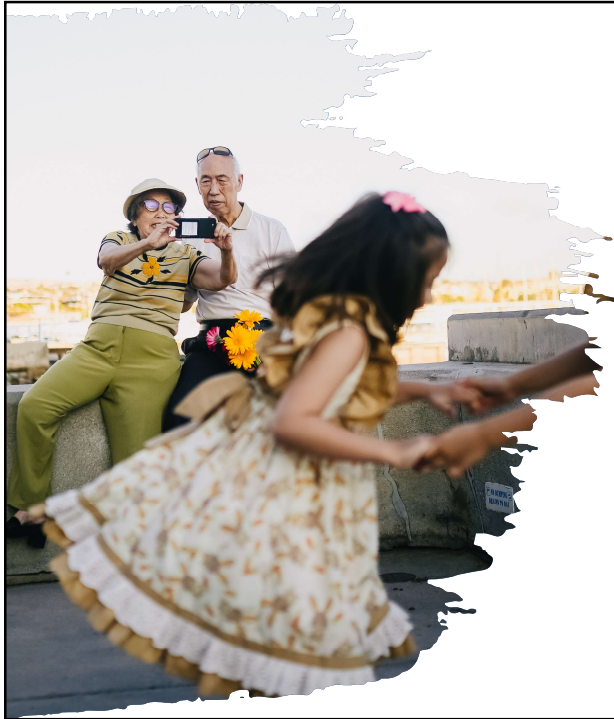
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Finding a sense of purpose

- Seeking meaning
- Shattered Assumptions Theory
- Re-defining meaning

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Finding a sense of purpose: What to Do

- Notice questions that have no real answers
 - Blame
- Why did s/he die vs. *live*?
- Why am I alive? [different from “why didn’t I die?”]

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Tasks of Grieving¹

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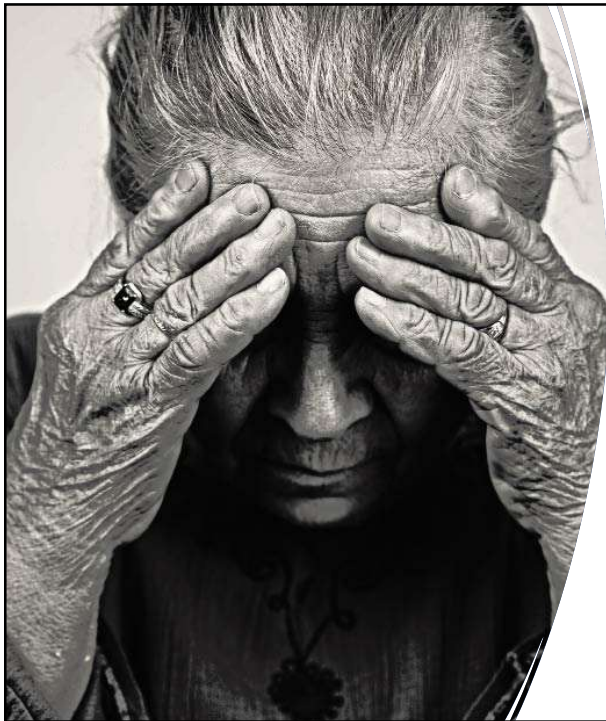
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Relearning the World

- Maintaining or establishing new relationships
- Embracing new life perspective
- What can I count on?
- “STUG” reactions



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STUG Reactions

Sudden
Temporary
Upsurges of
Grief

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Relearning the World: What to Do

- Acknowledge ambivalence
- Learn new things
- Reconnect with self
- Reconnect with others
- Laughter



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Tasks of Grieving¹

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Treatment Options

- Death preparation: pre-death psychotherapy
- Psychotherapy
 - Complicated Grief Therapy
 - Healthy Experiences After Loss (HEAL) – online
 - Interpersonal Psychotherapy
- Support groups
- Medications
 - Depression and Anxiety
 - *Not* grief



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Lifestyle Adjustments

- Sleep 6.5 - 9 hours/day associated with better quality of life (global, psychological, physical functioning)
- Exercise *at least* once per week (more is better)
- Stable active routines associated with better bereavement adjustment
 - Better quality of life
 - Less depression



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RUSH Caring for Caregivers

Caring for Caregivers aims to support family or friends that are providing care for adults 60 and older. Focusing on What Matters to the caregiver, we assist in developing a plan for the caregivers' health and well-being that incorporates the care needs of the older adult.

1. **Skill Building Meetings** can include occupational therapists, nurses, pharmacists, or nutritionists in teaching skills to caregivers, such as transferring patients without injuring themselves or performing basic medical care.
2. **Planning for What Matters Sessions** with our social worker to discuss what matters most to both caregiver and care recipient and develop health and life plans that reflect your preferences.
3. **Care Team Planning Meetings** involve learning to create and work with care teams most effectively, focusing on communicating effectively and ensuring that older adults and their caregivers are included in planning for care.

Initial session is provided at no cost. Additional services are covered by most insurances. Support for Rush Caring for Caregivers is made available through a generous grant from the RRF Foundation for Aging.

For more information,
call 312.563.0350 or
email us at
caregivers@rush.edu

Tower Resource Center
1620 W. Harrison St.
4th Floor, Suite 04527

**Services can be provided
by phone, virtual or in-
person.**

Parking is available at the
Rush garage on the
southeast corner of Paulina
and Harrison Streets.

From the 4th floor, follow
the signs to the Tower.

Valet parking is also
available in front 1620 W.
Harrison Street. Parking at
both locations will be
validated in full.



Excellence is just the beginning.

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Summary

- Defined grief terms
- Discussed the Tasks of Grieving and ways to help others complete them
- Presented treatment options

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Contact Us

To join our mailing list or learn more about upcoming opportunities, please email

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SESSION 3
GRIEF AND LOSS
Q&A



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