

Primary handout for resources for grief and anticipatory grief

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Grief Support Online (See additional handout for more online sources)

- <https://www.mastersincounseling.org/loss-grief-bereavement.html> Lists of grief support groups for a wide variety of losses
- Private Practice Grief, FB group by Debi Jenkins Frankle, <https://www.facebook.com/groups/425374471268235>
- Friday Grief Chat, FB. <https://www.facebook.com/fridaygriefchat>
- <https://heartlightcenter.org/>
- <http://grasphelp.org/> Grief Recovery After SA passing
 - Heartbroken Widows & Widowers is a group associated with Late Night Widows and Widowers. This group is for those of you who loved your spouses but felt betrayed by the actions that was taken by your spouse. Weather you were dealing with abuse, separation or divorce. We are here to cry with you when you need a shoulder or laugh with you when you can tell us a good joke. Most importantly we're here to help each other heal. <https://www.facebook.com/groups/1404437339857115>
- <https://www.facebook.com/groups/797809790861085> Grieving A Loved One Lost To Overdose/Addiction.
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For Children

- Old Turtle, by Douglas Wood, 2007
- The Invisible String, by Patrice Karst, 2000
- The Invisible Leash
- Badger's Final Gifts, by Susan Varley, 1992
- I Miss You- A First Look at Death, by Pat Thomas, 2001
- Gentle Willow (anticipatory grief), by Joyce C. Mills, 2003

Preparing for a Loss

- Final Wishes Organizer, by Robert House
- <http://polst.org/advance-care-planning/polst-and-advance-directives/> A guide with templates for POLST and Advanced Directives, including state specific information.
- 300 Questions to Ask Your Parents Before It's Too Late, by Shannon L. Alder, 2011
- Recorded books for children and grandchildren, read by the dying person
- https://www.hospicenet.org/html/preparing_for.html Describes the dying process
- <https://www.talkofalifetime.org/> National Funeral Director's Association free downloadable fill in workbook to begin the conversation about dying and funeral planning. Absolutely useful!
- On Death and Dying, by Elisabeth Kubler-Ross
- Have the Talk of a Lifetime <https://www.talkofalifetime.org/>

- National Hospice and Palliative Care Organization
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For Adults

- Surviving the Death of a Sibling: Living Through Grief When an Adult Brother or Sister Dies Kindle Edition, by T.J. Wray, 2009
- The Orphaned Adult: Understanding And Coping With Grief And Change After The Death Of Our Parents, by Alexander Levy, 2000
- Midlife Orphan: Facing Life's Changes Now That Your Parents Are Gone, by Jane Brooks, 1999
- The Last Lecture, by Randy Pausch, 2008
- The Beauty of What Remains, by Steve Leder, 2021.
- <https://modernloss.com/?fbclid=IwAR1zi6tIEEqWcEDKIW8mVvtjIfPkkomkSWNjn f8llviPgMDOK3 SpxhqC2g> Modern Loss- also a great place for conversations
- <https://www.thedinnerparty.org/?fbclid=IwAR0ICfygTauHwWaPODTXGOrP87Key w1sC7bOHCqIYF3CojPFjdVyQEKT1uc> The Dinner Party for all losses- great discussion
- Superhero Grief, The Transformative Power of Loss, 2021, ed. Jill Harrington and Robert Neimeyer
- Love's Last Act: Planning a Peaceful Death With No Regrets, 2020 by Deborah Price
- Widowed. Rants, Raves and Randoms, Amazon, 2017
- by John Polo
- It's OK that you're not okay, Megan Divine
- <https://www.cnn.com/2022/01/09/health/sleep-history-wellness-scn/index.html> Sleeping 8 hours is not what used to be- read this!
- <https://seolcare.ca/> - end of life care for disabled adults- Canadian resource

Self-Care when doing grief work

- Book of Evidence to record your experiences and the good you are doing
<http://jomuirhead.com/book-of-evidence/>

Relaxation/Meditation for you and your clients when doing this work:

- <https://insighttimer.com/> Home to more than 5,000,000 meditators, Insight Timer is rated as the top free meditation app on the Android and iOS stores.
- <https://www.calm.com/>
- <https://www.headspace.com/headspace-meditation-app>

References:

Cacciatore J, Thieleman K, Fretts R, Jackson LB (2021) What is good grief support? Exploring the actors and actions in social support after traumatic grief. PLoS ONE 16(5): e0252324. <https://doi.org/10.1371/journal.pone.0252324>

“The burden of loneliness in grief, especially when traumatic, is costly and presents a potential public health crisis, particularly in the aftermath of the COVID-19 pandemic [1, 17, 18, 21]. Findings from this study can be used to help educate others about the needs of griever and how to adequately support them to reduce some of the cost to families and society. Improvements in social support that focus on emotions, in turn, might decrease the common loneliness experienced by griever and thus the associated health risks, both during and beyond the scope of the COVID-19 pandemic. However, pedagogical models, often “woefully deficient in educating its learners about the role of emotions in healthcare,” emphasize, instead, emotional distancing and detachment [69]. Not only is this the case in medicine but also in social work practice [62, 69]. Faculty could restructure educational objectives to ***emphasize the necessity of tending to the emotions of patients and clients in addition to the importance of personal growth toward emotional intelligence. Future research could more precisely explore the effects of emotional support, specifically, in mitigating poor psychological and health outcomes in the bereaved.*** Further, community-based education programs might focus on emotional health, in addition to mental health, with a turn toward coping with painful emotions and helping support others, in faith and school systems, in communities, and at work.

A particularly interesting finding is the high level of satisfaction reported with animals as sources of social support. Animals may be an especially important source of emotional support during conditions involving social isolation, such as the COVID-19 pandemic when contact with other people is limited, or during experiential conditions such as the loneliness so common in bereavement. Further research could investigate the ways in which animals are perceived as beneficial in grief more thoroughly, but the adoption of pets could be one avenue by which to promote well-being and reduce loneliness during the pandemic, especially for those who are not able to access strong social support networks.

When it comes to good grief support, perhaps we may have much to learn from our fellow non-human animals.”

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Cara L. Wallace, Stephanie P. Wladkowski, Allison Gibson, Patrick White,
Grief During the COVID-19 Pandemic: Considerations for Palliative Care Providers,
Journal of Pain and Symptom Management,
Volume 60, Issue 1,
2020,

Pages e70-e76,

ISSN 0885-3924, Weir, K. (2020, April 1) Grief and COVID 19: Mourning our bygone lives.

Retrieved from <https://www.apa.org/news/apa/2020/04/grief-covid-19>

Position Paper: COVID-19 and Supporting Black Communities at the End of Life Prepared by the Diversity Advisory Council of the National Hospice and Palliative Care Organization August 2020 | nhpc.org

Ridley, J., Dance, D., & Pare, D. (2014). The acceptability of humor between palliative care patients and health care providers. *Journal of palliative medicine*, 17(4), 472–474.

<https://doi.org/10.1089/jpm.2013.0354>

Bennett, K. M., & Soulsby, L. K. (2012). Wellbeing in Bereavement and Widowhood. *Illness, Crisis & Loss*, 20(4), 321–337. <https://doi.org/10.2190/IL.20.4.b>

Bennett, K. M. (2010b). How to achieve resilience as an older widower: Turning points or gradual change? *Ageing and Society*, 30(03), 369–382.

Bennett, K. M., Gibbons, K. & MacKenzie-Smith, S. (2010). Loss and restoration in later life: An examination of dual process model of coping with bereavement. *Omega: Journal of Death and Dying*, 61(4), 315–332.

<https://journals.sagepub.com/doi/full/10.1177/0030222818761461>

Kylie B. Rogalla Anticipatory Grief, Proactive Coping, Social Support, and Growth: Exploring Positive Experiences of Preparing for Loss. *Omega*, Vol 81, Issue 1, 107-129, Pub. 3/8/18.

This investigation expanded upon a unique strength-based theory of grief by validating its merit in a group of adult anticipatory grievers. Several facets of human behavior were uncovered as containing importance. Both PTG and PG were detected and determined to be both statistically and practically relevant for practicing health professionals to consider

when working with this population. Anticipatory grievers who employ proactive coping techniques when facing the expected death of a loved one may exhibit more evidence of growth than those who remain inactive in their coping processes. These proactive methods include reframing the approaching loss as a challenge to overcome, as opposed to a psychological threat. Specifically, proactive coping involves accessing or accepting social support resources, which is significantly related to higher growth during anticipatory grief.

Patricia Mac Elveen-Hoehn, MD, Sexual Responses to the Stimulus of Death

By Patricia MacElveen-Hoehn

Book [Personal Care in an Impersonal World: A Multidimensional Look at Bereavement](#)

Edition 1st Edition

First Published 1993

Imprint Routledge

Pages 25

eBook ISBN 9781315223926

This chapter discusses the need for a more comprehensive exploration of the relationship between sexual behavior and the stimulus of death. Review of the literature are focused first on the inhibition of sexual activity and experience in response to death. A beginning continuum of sexual responses to death is offered and possible explanations for understanding these responses are explored. The dynamics of the inhibition of libido and sexual activity associated with the stimulus of death are clearly understood. The information here is useful in extending the awareness of the spectrum of sexual responses to death but it is anecdotal and therefore will figure in the continuum to be described below. The stimulus of the presence of death or the threat of death has been demonstrated to have an impact on some people's sexual experience and to evoke a sexual response in some but certainly not all people.

Sex and Death, Penny MacElveen-Hoehn. Penny described the research she has been collecting on some people's heightened sexuality when confronted with death or in extremely dangerous circumstances. Few people who had these experiences had ever spoken of them before to anyone, including the people with whom they had shared sex with. Perhaps to think of mixing the excitement of seduction and orgasm with the grief or fear of dying overwhelms what people are prepared to bear.

We don't like trying to balance starkly contrasting emotions. We want sex to be joyful and death to be grief-full.

Patricia MacElveen-Hoehn, Ruth McCorkle,
Understanding sexuality in progressive cancer,
Seminars in Oncology Nursing,
Volume 1, Issue 1,
1985,
Pages 56-62,
ISSN 0749-2081,
[https://doi.org/10.1016/S0749-2081\(85\)80034-6](https://doi.org/10.1016/S0749-2081(85)80034-6).
(<https://www.sciencedirect.com/science/article/pii/S0749208185800346>)

DOI:10.1191/0269216304pm941oaCorpus ID: 23320969

Sexuality in palliative care: patient perspectives

Laurie Lemieux, S. Kaiser, +1 author L. Meadows

Published 1 October 2004

Medicine

Palliative Medicine

This qualitative study investigated the meaning of sexuality to palliative patients. Face-to-face interviews were conducted with ten patients receiving care in a tertiary palliative care unit, a hospice or by palliative home care services in their homes. Several themes emerged. Emotional connection to others was an integral component of sexuality, taking precedence over physical expressions. Sexuality continues to be important at the end of life. Lack of privacy, shared rooms, staff intrusion and single beds were considered barriers to expressing sexuality in the hospital and hospice settings. Only one subject had previously been asked about sexuality as part of their clinical care, yet all felt that it should have been brought up, especially after the initial cancer treatments were completed. Home care nurses and physicians were seen as the appropriate caregivers to address this issue. Subjects unanimously mentioned that a holistic approach to palliative care would include opportunities to discuss the impact of their illness on their sexuality.