

Interactions

COUNSELLING & SUPPORT SERVICES

COPING WITH LOSS OR BEREAVEMENT EVENT?

"ADJUSTING AFTER LOSS OR BEREAVEMENT?"

TIME IS A GREAT HEALER, BUT REMEMBER - HEALING TAKES
TIME

Research into Loss and Bereavement has shown for a person to successfully move on with their life, they need to work through the grieving process.

What kinds of tasks?

- Acknowledge the reality of the loss or death.
- Work through the pain or grief.
- Adjust to an environment in which the deceased is missing.
- Oscillating between loss and restoration.
- To emotionally relocate the deceased and move on in life.

What types of loss are there?

Emotionally we can have the same problems with loss as we do with death - examples being divorce, separation, loss of friends or children, loss of a limb or eyesight.

Another type of loss that we can explore with clients is a loss of childhood, either through having to take on a parental role very early in life or through living constantly in the fear of abuse whether that abuse is verbal, physical or sexual.

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What May Be Normal Grief Reactions?

- **Feelings.** Some of the common feelings that may be manifested during the grieving process are sadness, anger, fatigue, guilt, shock, anxiety, loneliness, helplessness, yearning or relief.
- **Physical Sensations.** These can be overlooked in this time of grieving but similar, common reactions have been reported by clients during grief counselling. They include some tightness in the chest, dry mouth, breathlessness, over sensitivity to noise, muscle weakness, lack of energy and emptiness in the stomach.
- **Reactions and Behaviours.** Common examples of the way we cope with bereavement are:
 - Disbelief.
 - Confusion.
 - Hallucinations.
 - Sleeping problems.
 - Poor appetite.
 - Absent mindedness.
 - Social withdrawal.
 - Dreams of the deceased.
 - Crying.
 - Avoidance.
 - Sighing.

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How can we help?

At Interactions we aim to provide a safe and comfortable setting where you can explore your Loss or Bereavement comfortably and without any judgement.

We will provide an opportunity for you to focus on your loss and to explore thoughts, feelings and reactions which may have accompanied the experience of your loss.

We will work, at your pace, through the issues in order to enable you to feel more empowered to live your life as you desire.

Interactions will provide, in the evening as well as the daytime, bereavement counselling, with continued support, information and training also being available.

We pride ourselves in offering a cost effective resource provided by qualified counsellors to businesses, organisations or individuals.

Do you ask yourself these questions?

- Why does it still hurt after all this time?
- Why can't I grieve like everyone else?
- It has been 3 months since the death so do I need counselling?
- Am I weak if I ask for counselling?
- How many times do I have to come?
- Why am I still bursting out crying?
- Why could it not have been me?
- Will I be like this forever?

The answers to these questions differ for every bereaved person as we are all individual and unique. None of us react in the same way, therefore our needs have to be met in varying ways Counselling will find the right way for you!

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Did you know?

Research shows that grieving may not start for at least 3 months after a bereavement.

Hints and tips?

Acknowledge the pain of memories that might be triggered by music, media or smells. The pain will gradually subside with exposure and other memories will eventually bring comfort.

Give yourself permission to be angry / resentful, speak to yourself or write it out if necessary, but don't act on it immediately.

Accept your own feelings, whatever they are, they are your feelings and they are just as valid as anybody else's feelings.

OTHER SERVICES WE OFFER?"

- Post traumatic stress
- Relationship problems
- Alcohol and substance abuse
- Sexual issues
- Work related stress
- One to one counselling
- Telephone counselling
- Supervision
- Training
- Mediation

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The Text in this document was copied from a Leaflet supplied by Interactions Counselling & Support Services – George Davidson at the FIDN Network Meeting 03/03/2011 Balmullo Village Hall to put onto the FIDN website.
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