



CERTIFIED GRIEF RECOVERY

Help those with Traumatic, Complicated, and Normal Grief

SATIN Presentation Resources

www.certifiedgriefrecovery.com/events

Complicated Grief Resource List

Baker-McCall, J., *Bereavement Counseling; Pastoral Care for Complicated Grief*. Routledge, Taylor & Francis, NY & London.) (2004).

Rando, T.A., *Treatment of Complicated Mourning*. Champaign, IL; Research Press. (1993).

Hidden Brain Podcast: The Secret Life of Secrets- <https://hiddenbrain.org/podcast/the-secret-life-of-secrets/>

Evidenced Based Modality – The Grief Recovery Method (Normal Grief Recovery)

Rachael D. Nolan & Jeffrey S. Hallam (2019) Construct Validity of the Theory of Grief Recovery (TOGR): A New Paradigm Toward Our Understanding of Grief and Loss, *American Journal of Health Education*, 50:2, 88-98, DOI: [10.1080/19325037.2019.1571964](https://doi.org/10.1080/19325037.2019.1571964)

Grief Tasks

Worden, J. W. (2009). *Grief Counseling and Grief Therapy: A Handbook for the Mental Health Practitioner*, Fourth Edition, Springer, N.Y.)

Normal Sorrow by Definition

Gilbert, Steven P., (2008); Horowitz, A., & Wakefield, J. (2007). *The Loss of Sadness: How Psychiatry Transformed Normal Sorrow Into Depressive Disorder*, *Journal of College Student Psychotherapy*, 23:1, 65-75, <https://www.tandfonline.com/doi/abs/10.1080/87568220802375399>

Traumatic Grief

What is Traumatic Bereavement, (2023) UK Trauma Council; <https://uktraumacouncil.org/resource/what-is-traumatic-bereavement-2>

CGD Criteria; Avoidance Behaviors

(Prigerson, et al., 1999, Prigerson & Jacobs, 2001, Boelen, van den Bout et al., 2006). *Prolonged Grief Disorder: Psychometric Validation of Criteria Proposed for DSM-V and ICD-11*. (2009).

Acceptance and Commitment Therapy

ACT; Batten & Hayes, 2005; Davis et al., 2017.

ACES Interpretations PDF

Felitti, V.J.; Anda, R.F., Nordenberg, D., Williamson, D.F., Spitz, A.M., Edwards, V., Koss, M.P., Marks, J.S., (1998). *Relationship of Childhood Abuse and Household Dysfunction to Many of the Leading Causes of Death in Adults. The Adverse Childhood Experiences (ACE) Study*. American Journal of Preventive Medicine, Volume 14, Number 4.

DOI: [https://doi.org/10.1016/S0749-3797\(98\)00017-8](https://doi.org/10.1016/S0749-3797(98)00017-8)

Dr. Alan Wolfelt – Center for Loss Training: Companionship for Grievers

<https://www.centerforloss.com/trainings/>

Children and Traumatic Grief/ACES Study – Grief Recovery Institute

https://www.griefrecoverymethod.com/sites/default/files/cgrs-support-files/final_cdc_ace_study_1905.pdf

National Alliance for Childhood Grief

Remembrance Activity Worksheet (pp 15-16) National Alliance For Children’s Grief

<https://indd.adobe.com/view/e66b0d18-90f8-4edc-a046-e1cd1b3bd859>

Children and End of Life Rituals

<https://indd.adobe.com/view/196f6f98-b5c6-445a-be4b-070d813eb189>

When Children Grieve - Workshop For Adults – Online or In Person

(March, April, May, June 2024) Certified Grief Recovery, LLC; 903-660-3074; www.certifiedgriefrecovery.com

Six Toxic Responses To Grief

SATIN Presentation, December, 2023

By Tamara A. Bolthouse

1. Don't Feel Bad

She's Just A Bully...So Don't Feel Bad

She's in a Better Place

He Was a Bad Guy Anyway

Just Be Grateful For Today...

God Needed Her More Than You Do

Grandpa Wouldn't Want You To Be Sad

Get Your %\$^& Together, or I'll Give You Something to Feel Bad About*

2. Replace The Loss

Here – Have a Cookie...

You Can Have Another Pet

There Are Plenty of Other Fish in the Sea

Just Focus on The Family You Have Left

You're Healthy, You Can Try Again

At Least You Still Have Your Grandson

3. Grieve Alone

Ask Someone For All The Intrusive and Sordid Details

Keep That Crying to Yourself! I'll Give You Something Real to Cry About

Go To Your Room -The Neighbors Will Hear You

If You Speak It Out Loud, It Makes It True

I'm Sorry... I'm Tearing Up!

If You Cannot Say Something Nice....Don't Say Anything At All

A Sad Widow Just Reminds Everyone Else That Life Is Fragile, I Don't Want to Ruin Their Holidays....

4. Be Strong

What Doesn't Kill You Makes You Stronger...

Don't Let Them See You Sweat...

Act Healed And You Will Be...Fake it To Make It

Your Children Need You To Stay Strong...

I Need To Get My #\$\$%^& Together - I'm Fine!

5. Time Heals All Wounds

Just Give it Time...

You Should Be Over This By Now....

Don't Make Any Decisions for A Year...

It takes time to heal, but time alone does not heal. Taking the right action heals.

6. Keep Busy

Lots of Problems to Solve, So Let's Just Solve Them All!

Distract Yourself, and You'll Be Fine

Take Up A New Hobby to Fill the Empty Space.

Pathological Learning, Travel, Immersive Experiences

Workaholism

The Grief Recovery Institute, Bend, OR, delineates these six toxic responses to grief. Suggestions for how they "sound" are examples gathered directly from clients in grief recovery.

Grief Recovery Method Video: <https://www.griefrecoverymethod.com/cgrs/support/misinformation-about-grief>