

## 3 Tasks

### **CLARIFICATION: Grief and Identity Work**

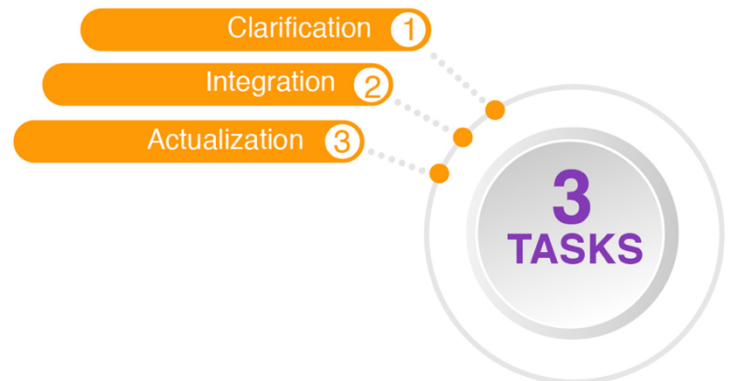
Life Events are explored using 7 skills to provide opportunities to answer questions related to trauma, loss experiences, and identity

### **INTEGRATION: Relationship Building Work**

Child/Youth/Parents explore meaning to relationships important to them as they make sense of where these relationships fit in their lives

### **ACTUALIZATION: Claiming/Belonging Work**

Points of relational permanency are identified towards readiness for the decision to actualize relationships that provide permanency through belongingness and commitment



## 5 Questions

### **WHO AM I?**

Identity formation

### **WHAT HAPPENED TO ME?**

Separation and loss; the grieving process

### **WHERE AM I GOING?**

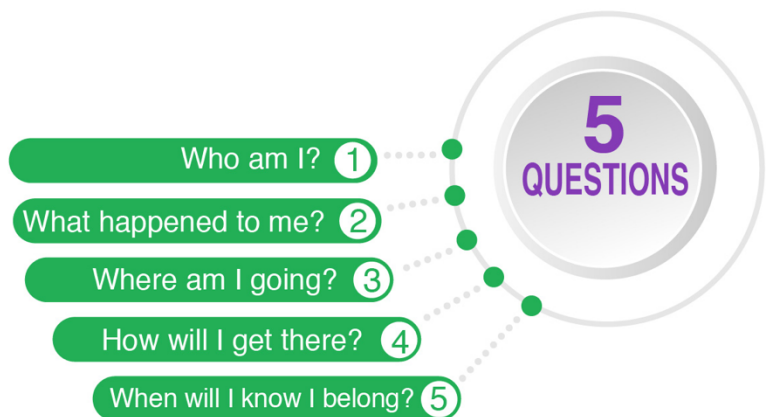
Trust and safety in relationships; attachment

### **HOW WILL I GET THERE?**

Recognizing those who will continue to provide support; honoring relationships

### **WHEN WILL I KNOW I BELONG?**

Feelings of safety and well-being, finding relational permanency



## 7 Skills

### Establishing the perception of **SAFETY**

Establishing the perception of safety through authentic listening, physical location and continuity of time spent sets the stage for the work.

### Providing **OPPORTUNITIES** to **EXPLORE** feelings and life events

Exploring the past in the present is not about reliving experiences, but about talking about past events and supporting the youth as they give meaning to these events.

### **BEING PRESENT** to the individual

Workers who are present provide reflection as the youth makes decisions about the significance of events and the meaning of relationships.

### **LISTENING** to the stories

Listening gives youth the space to think and process. Practice making just one statement at a time, and then follow the youth's lead from there.

### **AFFIRMING** perceptions and feelings

When you see an expression of feeling, just respond in some way. Saying something as simple as "I know you hurt" can convey understanding.

### **BRIEFLY SPEAKING** in response to questions, comments, and reactions of individual

Only respond to the comments and expressions that the child makes. Youth who are grieving can only take in small amounts of information at a time. This is why speaking briefly is such an important skill.

### **RECOGNIZING** and **ACCEPTING** that current **BEHAVIORS** reflect **GRIEF RESPONSES**

We must always recognize behaviors as expressions of grief. When we acknowledge feelings as part of grief we can be empowered to help.

