

9:00 am-12:00 pm:

# HELPING BEREAVED CHILDREN, ADOLESCENTS AND FAMILIES NAVIGATE GRIEF AND TRAUMA



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Level of Instruction: Beginner

**Presentation Summary:** Recent years have seen an increase in childhood bereavement rates, complicated by the pandemic, a youth mental health crisis, and a rise in traumatic deaths by suicide, overdose, gun violence, and school and mass shootings. Professionals working with bereaved children, young people, and families have an opportunity to help support them in navigating their experiences of grief and trauma after a death, while also strengthening their resilient adaptation to future challenges and adversity in life. This workshop will share principles and practices that can guide this transformative work, including specific examples of theory-driven and research-informed interventions provided within the Comprehensive Grief Care model and *Pathfinders* program of Judi's House/JAG Institute. Participants will learn trauma-informed, grief-focused approaches for effectively promoting healthy coping skills, communication, connection, meaning making and posttraumatic growth in youth and families as they integrate their losses into their larger life stories. As professional caregivers, we will also explore meaningful ways that we can better support one another and ourselves—focusing on the importance of not only self-care but of *receiving* care—so that we can sustain this difficult but deeply rewarding work in bereavement, while nurturing greater joy in our lives.

**Objectives:** *Upon completion of this lecture, the participant will be able to:*

- List ten Milestones of Healing that can be supported in the care of bereaved children adolescents, adults and families
- Describe specific, developmentally appropriate interventions effective for helping young people cope with the interface of grief and trauma after a death.
- Identify personal strategies for self-care, asking for help and coping with vicarious trauma and compassion fatigue to sustain every for this vital work in bereavement.

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# HELPING BEREAVED CHILDREN, ADOLESCENTS AND FAMILIES NAVIGATE GRIEF AND TRAUMA - CONTINUED



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## References:

Griese, B., Burns, M., & Farro, S. (2018). [Pathfinders: Promoting healthy adjustment in bereaved children and families](#). *Death Studies*, 42(3), 134-142.

Griese, B., Burns, M. R., Farro, S.A., Silvern, L., & Talmi, A. (2017). [Comprehensive grief care for children and families: Policy and practice implications](#). *American Journal of Orthopsychiatry*, 87(5), 540-548.

Kilmer, R. P., Gil Rivas, V. Griese, B., Hardy, S. J., Hofstad, G. S., & Alisic, E. (2014). [Posttraumatic growth in children and youth: Clinical implications of an emerging research literature](#). *American Journal of Orthopsychiatry*, 84(5): 506-18.