## Grief Definition:

Grief is the anguish experienced after significant loss, usually the death of a beloved person. Grief may also take the form of regret for something lost, remorse for something done, or sorrow for a mishap to oneself. (APA definition)

Experiencing the conflicting feelings caused by the end of or change in a familiar pattern of behavior. (Grief Recovery Method)



## Examples of Non-Death Grief Events:

- Job/Career changes (could include retirement)
- Moving
- Infertility
- COVID-19
- Changes in Relationships
- Chronic Health Concerns
- Trauma (single incident or developmental trauma)



## Tasks of Grief:

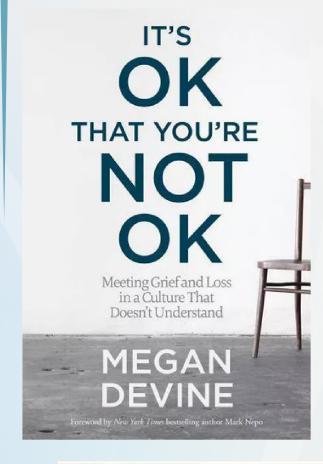
- Accepting The Reality Of The Loss
- Feeling The Feelings
- Adjusting
- Moving Forward





## Resources:

- It's OK That You're Not OK Megan Devine
- Finding Meaning: The Sixth Stage of Grief David Kessler
- Conscious Grieving Claire Bidwell Smith



"This gentle book will walk you through the darkest valley.

Warm, practical, and kind, it will lift your spirit and tell

you the truth—you are not alone."

—Kate Bowler, New York Times bestselling author of No Cure for Being Human

Conscious Grieving



A Transformative
Approach to
Healing from Loss

Claire Bidwell Smith, LCPC

