

GRIEF SUPPORT 9-SESSION PSYCHOEDUCATIONAL AND SUPPORT GROUP

Group Description: The Grief Support psychoeducational group provides information about the grief experience and a setting in which group members may share their grief experiences and develop safe, healthy and effective coping strategies.

Objectives:

- To provide general information about the grief process
- To learn about grief reactions to various situations
- To explore coping mechanisms to grief reaction
- To provide an environment for safe discussion of grief experiences
- To explore ways to handle grief positively over time

Group Structure: Modules developed for group meeting once a week for 9 weeks. Because the modules build on each other, it is preferable for participants to join the group at the beginning rather than later in the module series.

- Module 1: Grief and Mourning
- Module 2: Grief Cycles and Reconciliation
- Module 3: Types of Grief
- Module 4: Communication with Others
- Module 5: Pain and Sadness: Confrontation and Escape
- Module 6: Grief and Anger
- Module 7: Grief and Guilt
- Module 8: Caring for Yourself
- Module 9: Reconciliation

The Grief Support Group should include from four to eight inmates. A small group is recommended to permit time for each member to express his/her story and discuss his/her feelings. Some of the group modules may take longer than 40 to 60 minutes, and can be split up into separate modules if needed. Three of the modules have homework assignments to be completed between sessions, and group members are encouraged to journal about their grief from the third session forward. All of the modules have handouts to facilitate psycho-education and discussion. In addition, you will need a flipchart or white board for several of the exercises.

Materials to Facilitate Group Process:

- Handout: Group Participation Agreement
- Handout: Common Grief Feelings
- Handout: Identifying Your Feelings
- Handout: Pre-Test & Self-Assessment
- Handout: Grief Reconciliation and Reorganization
- Handout: My Grief
- Handout: Grief Writing
- Handout: Grief Communication
- Handout: Please See Me Through My Tears
- Handout: Please Listen
- Handout: The Photo Album of My Mind
- Handout: Johari's Window

Handout: Natural versus Distorted Emotions
Handout: Anger through the Years
Handout: Viewing Anger through the Vision of a Rainstorm
Handout: Externalizing Grief from the Inside
Handout: Grief and Acceptance in the Cycles of Grief
Handout: Developing a Personal Care Plan
Handout: Relaxation Through Breathing
Handout: Calm Scene
Handout: Pre-Test & Self-Assessment
Handout: Tasks of Reconciliation
Handout: As We Close
Certificate of Completion