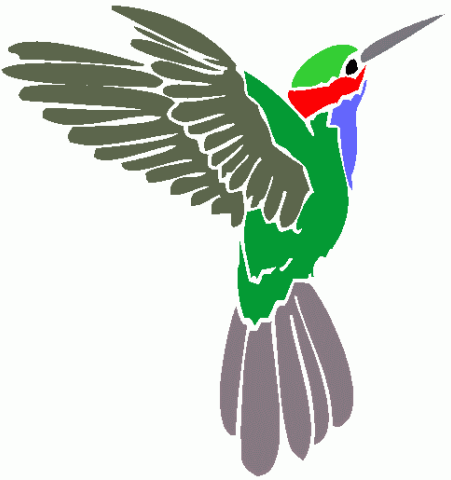


Grieving Children, Adolescents, and Their Families

By: Brandon Ice, BA

This project is/was supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS), under grant #T72MC00002/University of Florida Pediatric Pulmonary Center/PI: Wagner, for total grant amount of \$1,718,631. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government



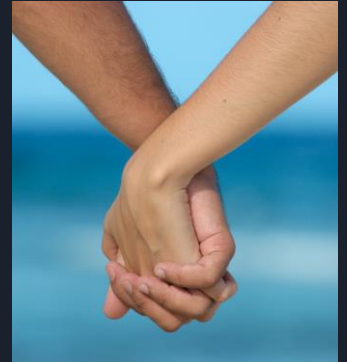


Grief and Loss

Grief: The internal feelings that occur when one faces a major loss

Major losses include:

- Death of a loved one
- Breakup of a relationship
- Job loss
- Loss of a living situation
- Loss of health



Grief and Loss

Stages of the Grief Cycle

"NORMAL" FUNCTIONING



Shock and Denial

- Avoidance
- Confusion
- Fear
- Numbness
- Blame

Anger

- Frustration
- Anxiety
- Irritation
- Embarrassment
- Shame

Depression and Detachment

- Overwhelmed
- Blahs
- Lack of energy
- Helplessness

- Empowerment
- Security
- Self-esteem
- Meaning

RETURN TO MEANINGFUL LIFE

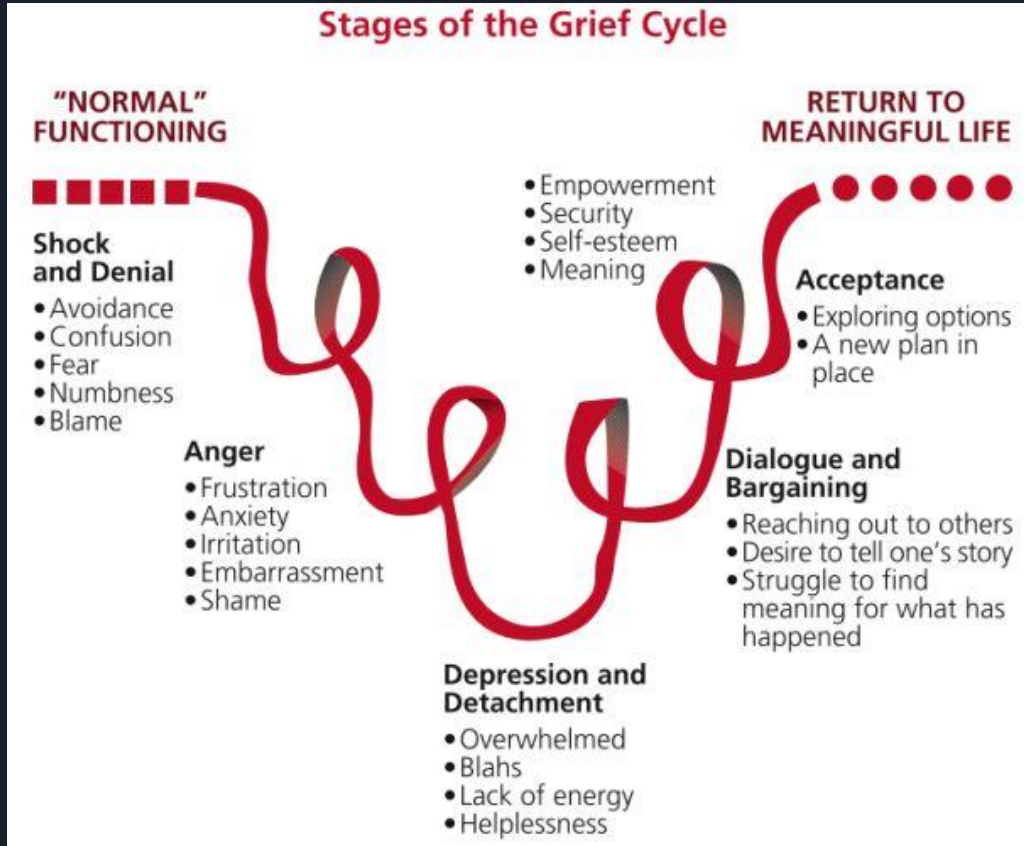


Acceptance

- Exploring options
- A new plan in place

Dialogue and Bargaining

- Reaching out to others
- Desire to tell one's story
- Struggle to find meaning for what has happened



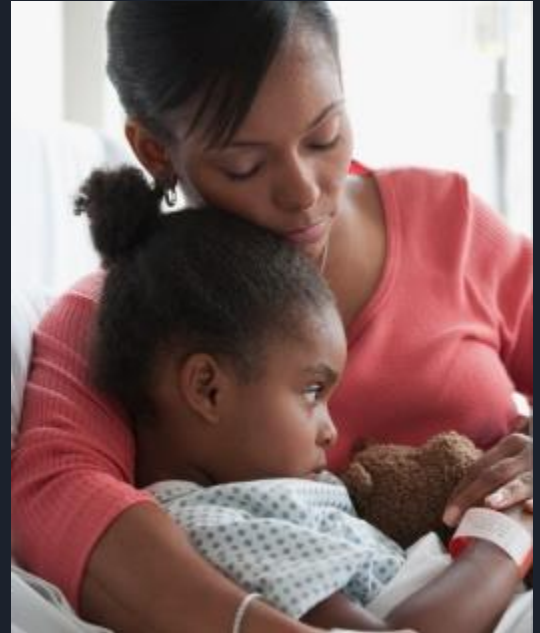
Features of Grief in Children

- Avoidance of conversation
- Less interested in regular activities
- Loss of sleep
- More irritable
- Decreased concentration
- Easily Startled
- Decline in academic performance
- Difficulty relating to peers/making friends
- Everyday tasks may be more difficult
- Generalized sadness



How to Help

- Face-to-face support
 - Parents/Guardians
 - Child
- Group Therapies
- Play Therapies
- Music Therapies
- Referring
 - Social Workers
 - Psychologists



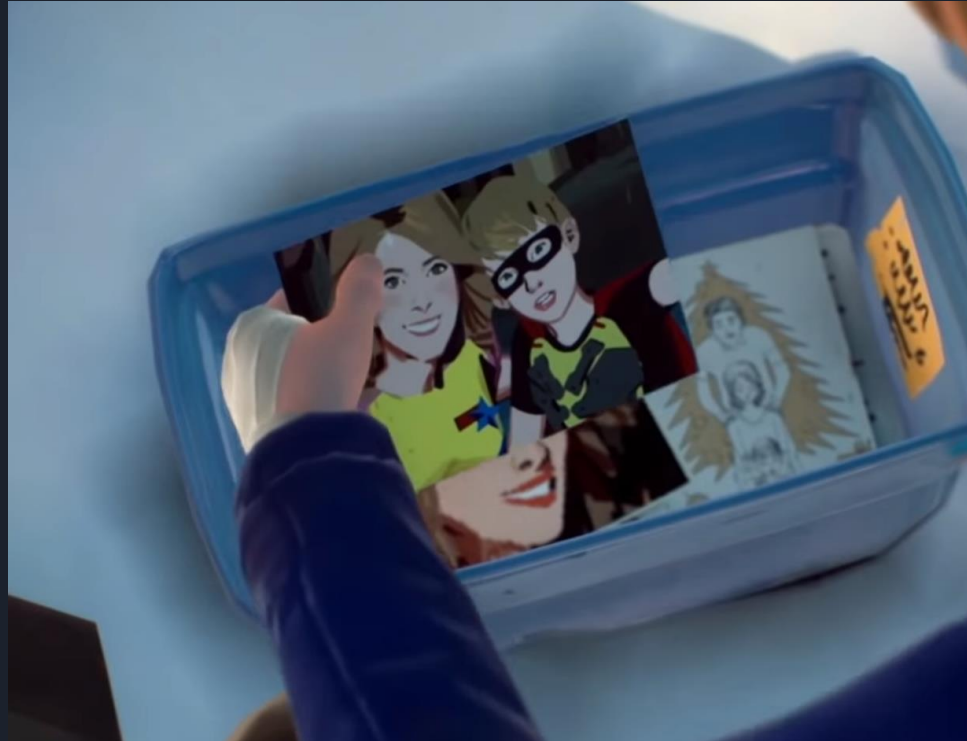
How to Help




- Few measurements
 - The GCQ-C and the IPG-C
- There needs to be more research to assess the nuances of children and adolescent grieving.
- This topic is often avoided with children
 - Misconception that they do not grieve
 - Uncomfortable
 - Grieving themselves



The Awesome Adventures of Captain Spirit



A woman with short dark hair, wearing a red and blue superhero costume with a yellow chest emblem, is shown in profile from the chest up. She is looking towards the right. The background is a dark, reddish-purple gradient.

THE AWESOME ADVENTURES OF

**CAPTAIN
SPIRIT**

VS.

MANTROID



Discussion

Who was the villain?

Was this play?

Do you think this could be an effective tool?



Wrap Up

- Grief counseling for children is important
- Must utilize all options that are currently available (even unconventional)
- Would greatly benefit from future research





Sources

#ILLUMINAT3D (Producer). (2018, June 26). *Captain Spirit Vs. Mantroid | The Awesome Adventures of Captain Spirit [Boss Fight]*[Video file]. Retrieved from https://www.youtube.com/watch?time_continue=300&v=C8VrZ_-x2SQ

Dalton, T. A., & Krout, R. E. (2006). The Grief Song-Writing Process with Bereaved Adolescents: An Integrated Grief Model and Music Therapy Protocol. *Music Therapy Perspectives*, 24(2), 94-107. doi:10.1093/mtp/24.2.94

Mannarino, A. P., & Cohen, J. A. (2011). Traumatic Loss in Children and Adolescents. *Journal of Child & Adolescent Trauma*, 4(1), 22-33. doi:10.1080/19361521.2011.545048



Sources

Smith, M., Robinson, L., & Segal, J. (2018, July). Coping with Grief and Loss. Retrieved from <https://www.helpguide.org/articles/grief/coping-with-grief-and-loss.htm>

Spuij, M., Prinzie, P., Zijderlaan, J., Stikkelbroek, Y., Dillen, L., Roos, C. D., & Boelen, P. A. (2011). Psychometric Properties of the Dutch Inventories of Prolonged Grief for Children and Adolescents. *Clinical Psychology & Psychotherapy*, 19(6), 540-551. doi:10.1002/cpp.765

Spuij, M., Prinzie, P., & Boelen, P. A. (2016). Psychometric Properties of the Grief Cognitions Questionnaire for Children (GCQ-C). *Journal of Rational-Emotive & Cognitive-Behavior Therapy*, 35(1), 60-77. doi:10.1007/s10942-016-0236-0



Sources

Webb, N. B. (2003). Play and expressive therapies to help bereaved children: Individual, family, and group treatment. *Smith College Studies in Social Work*, 73(3), 405-422. doi:10.1080/00377310309517694