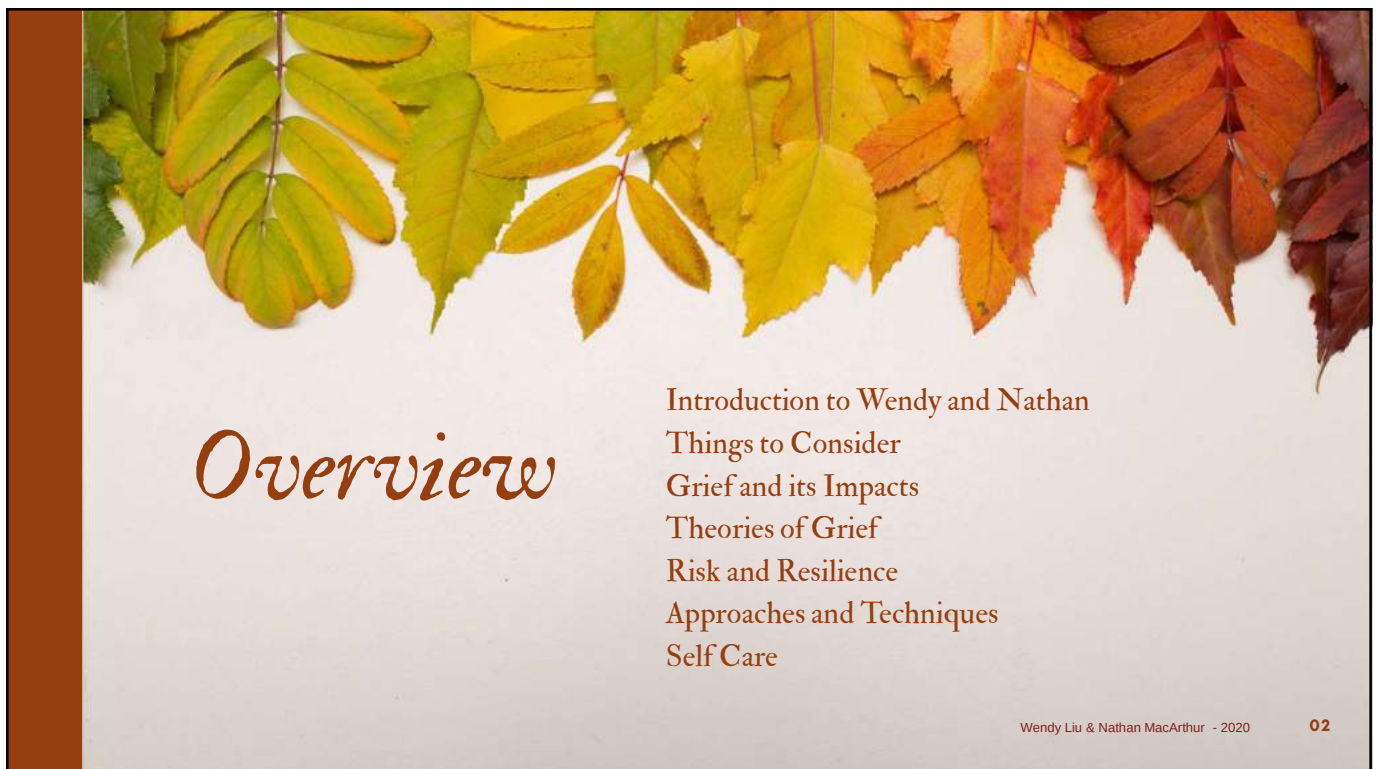


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2



WENDY LIU

- Bachelor of Social Work
- Grad. Cert. in Social Work: Dying, Death & Palliative Care
- Master of Couple & Family Therapy
- Worked in Forensic Medicine & Coroners Court, Palliative Care, Oncology, Aged Care
- Worked in Australia, UK & NZ
- Now in Private Practice
- 'Chanel Suit'

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3

NATHAN MACARTHUR

- Master in Psychology
- Master in Social Work
- Post Graduate Diploma in Relationship Counselling
- PhD candidate
- Worked in Residential Aged Care, Hospitals and NGOs
- Now in Private Practice
- 'Bank Manager'



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4

For our consideration

We will be recording this session

Introductory professionals session

Talking about sensitive topics

Mix of people with different experiences of loss

Be mindful of personal or graphic details

We don't know it all, share your insights with us

Ask us questions in chat box

Slides, follow-up email and short evaluation



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5

QUESTION:

What are all the words we use to avoid saying dead, die, death?



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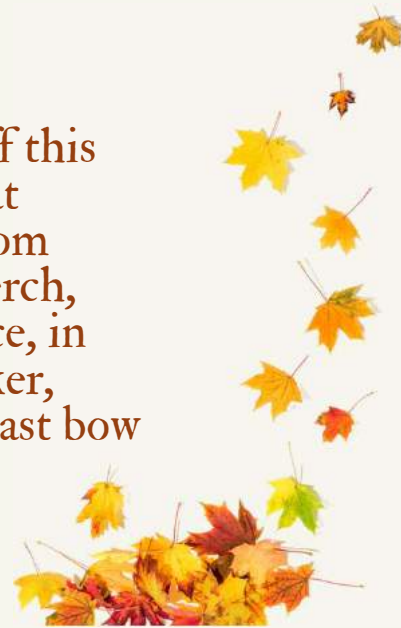
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6

Passed away, gone to sleep, in
 heaven, kicked the bucket, shuffle off this
 mortal coil, pushing up daisies, at
 peace, bite the big one, assume room
 temperature, croak, fall off one's perch,
 give up the ghost, go to a better place, in
 Abraham's bosom, meet one's maker,
 pop one's clogs, take a dirt nap, take a last bow

=

Dying, die, dead, death



7

07



Responses to Grief

ALL THE DIFFERENT WAYS WE EXPERIENCE GRIEF

8

Emotional & Mental Responses to Grief

- Sadness
- Helplessness & hopelessness
- Anger and irritability
- Anxiety
- Longing and yearning
- Guilt
- Dread
- Not wanting to live
- Numbness
- Relief



- Forgetfulness
- Difficulty concentrating
- Rumination
- Intrusive memories
- Denial
- Vivid Dreams
- Difficulty making decisions
- A 'mental fog'

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9

Physical & Behavioural Responses to Grief



- Sleep
- Appetite
- Breathing and heart rate
- Energy levels
- 'Directionless restlessness'
- Stomach upsets
- Sexual drive
- Keeping very busy
- Lack of motivation
- Avoiding contact
- Over/under eat or work
- Substance use
- Risky behaviours

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10

Spiritual Responses to Grief

- Questions about meaning and purpose of life
- Increase death awareness
- Crisis or confirmation of beliefs
- Where is my person?
- Post-traumatic growth



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11

Adapted from:
*Whats Your
Grief?*



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12

Adapted from:
*Whats Your
Grief?*



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13

Questions?

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14




How do we understand Grief?

AN INTRODUCTION TO THEORY

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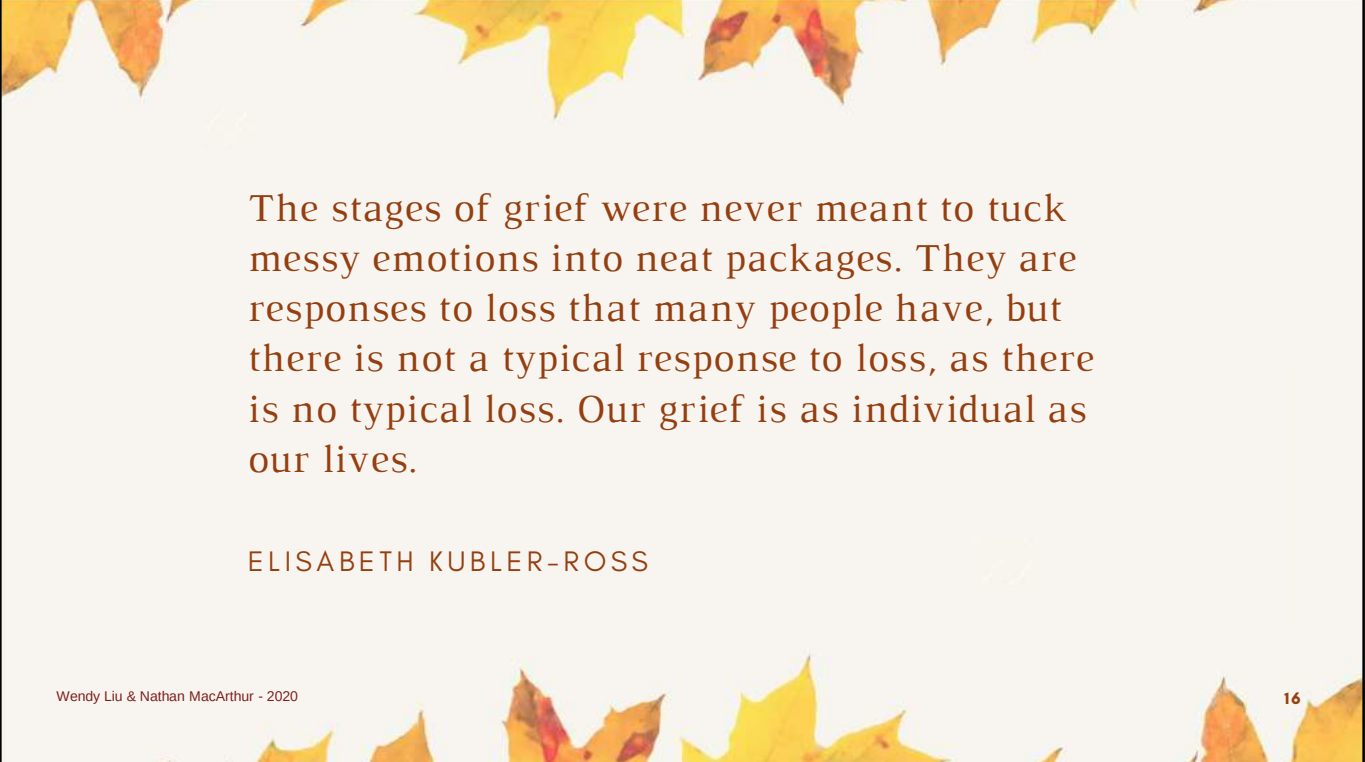
15



The Five Stages of Grief

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16



The stages of grief were never meant to tuck messy emotions into neat packages. They are responses to loss that many people have, but there is not a typical response to loss, as there is no typical loss. Our grief is as individual as our lives.

ELISABETH KUBLER-ROSS

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17



Models of Bereavement

- TASKS
- PHASES
- PROCESS
- INTEGRATIVE

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18

Attachment Theory

Bowlby (1969, 1980)

- We are biologically programmed to attach in order to survive and have security
- Attachment behaviour as instinctive and developed in early life
- Bereavement as broken bonds causing distress and emotional disturbance



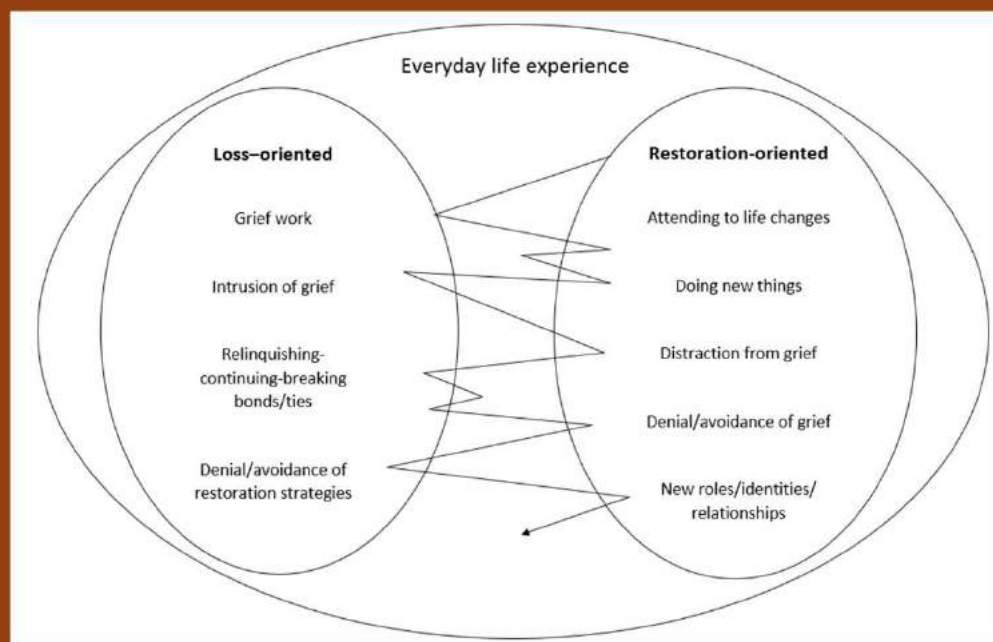
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19

Dual Process Model

Stroebe and Schut (1999)



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20

Grieving Styles

MARTIN & DOKA

INTUITIVE GRIEF

Affective
Emotional Symptoms
Share Feelings
More likely to seek and accept support

INSTRUMENTAL GRIEF

Cognitive
Problem-solving
Engage in Activities
Less likely to seek and accept support

+

BLENDED GRIEF

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21

Growing Around Grief

Tonkin

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21

22

Growing Around Grief
Tonkin



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23

Growing Around Grief
Tonkin

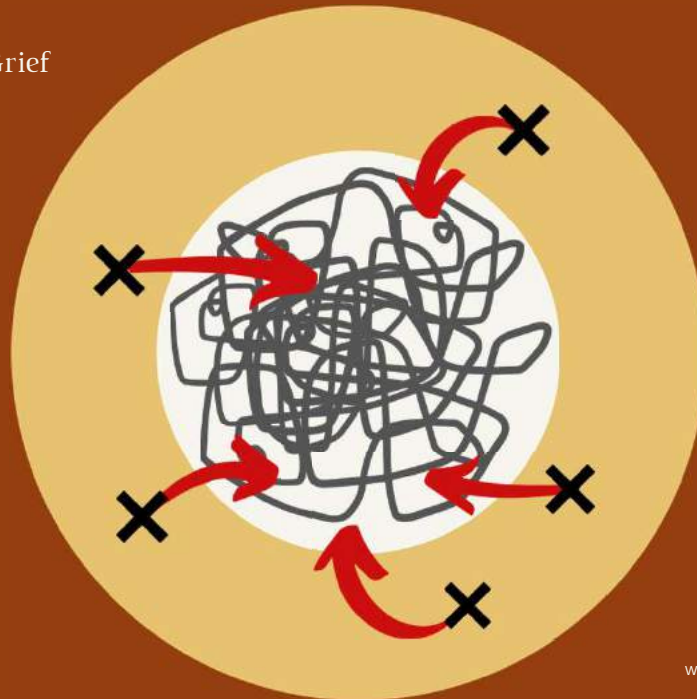


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24

Growing Around Grief

Tonkin



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25

Continuing Bonds

Klass, Silverman and Nickman (1996)

- Questioned linear & pathological models of grief
- Grief as ongoing
- Considers an ongoing relationship with the deceased to be normal and helpful in adjusting to loss

"Death ends a life; it does not end a relationship"

Robert Anderson

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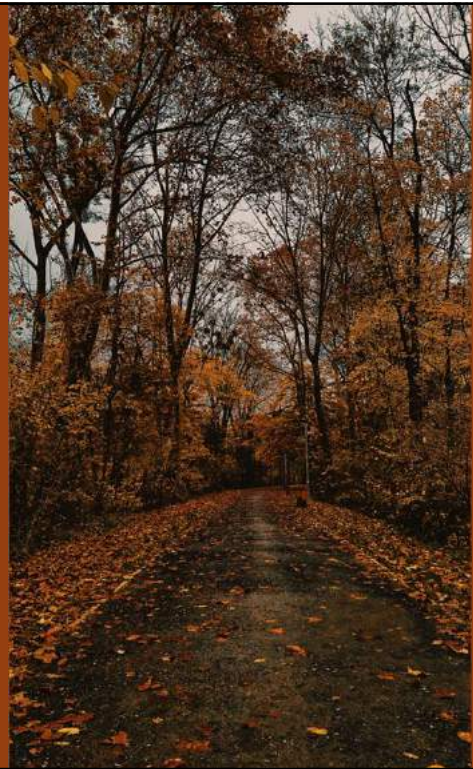
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Making Sense & Finding Meaning

Frankl (1946)
Neimeyer (2001)

- Our deepest desire is to find meaning
- Bereaved people search for personal narratives in order to make sense of changed realities
- Life stories must be rewritten and reorganised following a loss

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27

Post-traumatic Growth

Calhoun & Tedeschi 2006

- Aspects of positive personal change following major life trauma
- E.g. increased empathy, awareness of own strength, closer relationships
- Occurs alongside suffering
- Active engagement and social support correlates with growth

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28



29



30

Complicated Grief & Prolonged Grief Disorder

- Complicated grief (CG) (Shear et al., 2011)
- Prolonged Grief Disorder (PGD) (Boelen, Paul, & Holly, 2012)
- Persistent Complex Bereavement related disorder (PCBD) (Robinaugh, LeBlanc, Vuletich & McNally, 2014)



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Prolonged Grief Disorder

ICD-11 CRITERIA FOR PROLONGED GRIEF DISORDER

A. At least one of the following:

- Persistent and pervasive longing for the deceased, or
- A persistent and pervasive preoccupation with the deceased,

B. Intense emotional pain:

Accompanied by intense emotional pain, for example, sadness, guilt, anger, denial, blame
 Difficulty accepting the death
 Feeling one has lost a part of one's self
 An inability to experience positive mood
 Emotional numbness
 Difficulty in engaging with social or other activities

C. Time and impairment criterion

Persisted for an abnormally long period of time (more than 6 months at a minimum) following the loss, clearly exceeding expected *social cultural, or religious* norms for the individual's culture and context

Source From World Health Organization. (2019). International Classification of Diseases ICD-11.



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32



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33

The next slide contains images of skeletal remains.
If you do not want to view this image,
please look away now.

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34



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35



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36



Nathan MacArthur & Wendy Liu - 2020 34

37



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38

Normal to Abnormal

NEIMEYER, BOELEN & PRIGERSON 2009



TIME

INTENSITY

FREQUENCY

IMPAIRED
FUNCTION

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39

Risk & Resilience

WHAT ARE WE ARE WE ASSESSING WHEN
WE MEET A BEREAVED CLIENT?



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40



1. RELATIONSHIP TO THE DECEASED

- Strength of attachment

2. MODE OF DEATH

- Sudden/unexpected
- Traumatic/ location of death/ multiple deaths

3. HISTORICAL ANTECEDENTS

- Previous life crises/losses
- Childhood experiences
- Previous mental illnesses (especially depressive illness)

4. CONCURRENT FACTORS

- Include: Age, personality, cultural and familial factors, religious faith/rituals, socio- economic

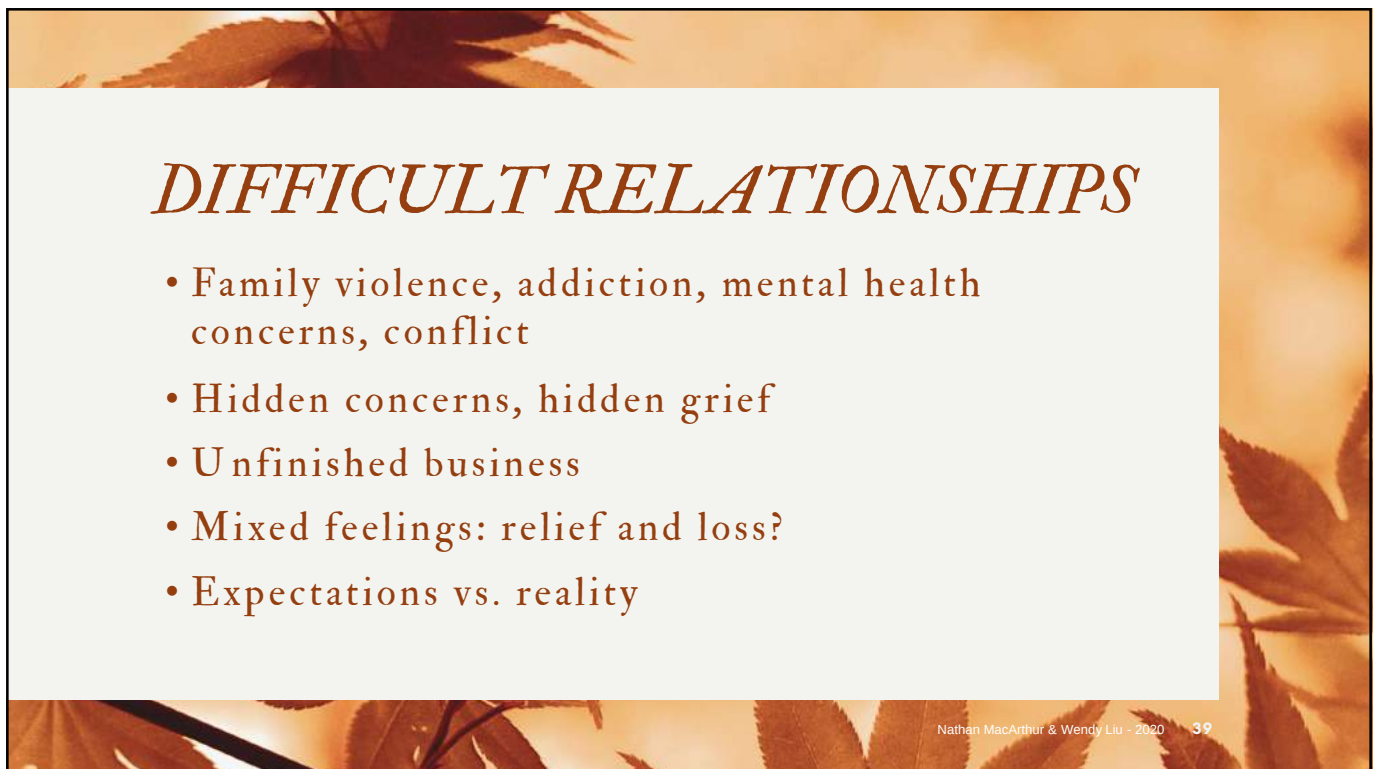
5. SUBSEQUENT FACTORS

- Include: social support or isolation
- Secondary stresses: financial, other crises
- Emergent life opportunities

(Adapted from CM Parkes 1998)

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41



DIFFICULT RELATIONSHIPS

- Family violence, addiction, mental health concerns, conflict
- Hidden concerns, hidden grief
- Unfinished business
- Mixed feelings: relief and loss?
- Expectations vs. reality

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42

TYPES OF LOSSES

- Anticipatory Loss e.g. prolonged dying
- Sudden Loss e.g. unexpected or violent death
- Multiple or Accumulative Loss
- Ambiguous Loss e.g. missing person
- Disenfranchised Grief e.g. stigma, shame, publicly unacknowledged

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43

SUICIDAL IDEATION

- parasuicide common in bereavement
- assessment of risk and intent
- safety planning
- joining

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44

GRIEF IN THE TIME OF COVID

- universal experience - multiple losses and grief
- changes in service provision
- reduced social supports
- lack of access to usual coping strategies
- disenfranchised grief
- concurrent stressors
- uncertainty



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41

45

RESILIENCE FACTORS

- strong social support network (which is accessed)
- hope that strength and meaning may come from the experience
- spiritual/religious beliefs that assist in coping
- ability to move between emotional responses and practical tasks

(Relf, Machin and Archer, 2010)

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42


46



What questions might we ask?

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47

- 
- Can you tell me about the events leading up to her death?
 - Often people have questions about the circumstances of a death – is there anything you would like to ask me or another member of the team?
 - Is it ok for me to ask if you've had deaths in the family before? What helped you get through those experiences?
 - Is it ok to ask about what you believe happens to us after we die?
 - What support do you have?
 - How are the rest of the family coping?
 - Are there other things you are concerned about at the moment?
 - Is there any help or support you might need in the future?

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44

48



Questions?

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49

Principles & Approaches



PERSON CENTRED	SUPPORT, NOT FIX	TUNE IN AND CREATE 'HOLDING' SPACE
Start from where the client is Work with systems	Companioning Model - <i>Wolffelt</i> Learning to live with loss	Empathy and safety Use of silence

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Principles & Approaches



BE CURIOUS AND SENSITIVE

Asking permission and pacing

PSYCHO-EDUCATION

Information and normalisation

ATTEND TO THE PRACTICAL

E.g. legal, financial, employment

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Be curious

- Get to know the person who died
- "Can you introduce me to...."
- Interests
- Personality
- Relationships
- Perceived positive qualities
- Perceived negative qualities
- Memories and photographs
- Legacy
- Hopes and aspirations for an imagined future

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48

52

Psycho-education

- Normalisation
- Social constructs
- Grief theories
- Metaphors
- Use of other people's anonymised stories
- Sharing of others' response and suggestions

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49

53

The Practical

- Holistic approach
- Poorly acknowledged
- Emotional impact
- Basic needs: food, accommodation, income
- Unique challenges: belongings, contested wills, funerals and ashes, fertility

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50

54

Principles & Approaches



WORK WITH POWERFUL EMOTIONS

e.g. guilt, blame, anger, shame

BE CREATIVE AND HOLISTIC

Expressive Arts
Somatic work

BE AWARE OF SELF

Confront own reactions and values and
their role in your work

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Working with Strong Emotions

- E.g. Anger, guilt, blame, shame, despair, hopelessness
- Normal and natural in grief
- Be aware of personal responses and urge to comfort
- Social and cultural norms
- Bearing witness
- 'Stuckness'
- Exploration and Challenge



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56

Techniques

COUNSELLING TOOLKIT



Thought Defusion

"I'm having the thought that..."
 "I'm noticing that I'm having
 the thought that..."



Externalising Emotions

What colour is it?
 What shape is it?
 How big is it?
 How heavy is it?
 How does it feel against your skin?
 What can we name it?



Gratitude

3 things every day
 Specific and concrete
 On waking/last thing at
 night/brushing teeth/in the shower

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53

57

Techniques

COUNSELLING TOOLKIT



Thought Challenging

What are the beliefs or thoughts
 I'm having?
 What evidence is there for
 and against these?
 What's another way to look at this?



Sensorimotor

Working with the body
 and self touch
 Noticing postures
 that support
 "What happens when you open
 your shoulders wide?"



Therapeutic Writing

Letters to and from deceased
 Expression of feelings in safe place
 Used in therapy

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58

Self Care



*Disenfranchised
grief*

This applies to us too



*Funerals and
rituals*

Acknowledgement
of loss



*Exercise, sleep
and diet*

Do what you can



Writing and talking

Expressing and sharing



Connecting to life

Nature, Children,
meaning and purpose

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59

Questions?

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60



Coming Up

NEXT ONLINE GRIEF SESSION
 TUESDAY, 7 JULY AT 7.00PM (AEST)
 WEDNESDAY, 5 AUGUST AT 7.00PM (AEST)

GRIEVING THE DEATH OF A CHILD
 WEDNESDAY, 22 JULY 7.00PM (AEST)

COPING WITH ANNIVERSARIES AND SPECIAL DAYS
 WEDNESDAY, 5 AUGUST 7.00PM (AEST)

COUNSELLING - INCLUDING ONLINE

PROFESSIONAL SUPERVISION

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61

Thank you for joining us

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62