

ISSUES CHILDREN AND FAMILIES FACE

throughout the Grief Process

Managing fears

Understanding real and perceived fears

Losing the future

What happens now?

Dealing with changes

Everything has changed, nothing is the same.

Experiencing intense symptoms

Physical, emotional, cognitive and behavioral aspects to grief

Being different

I just want to be like everyone else!

Regaining sense of control

Nothing I can do or say will change what happened.

Lack of support

Where do I go for help?

Moving on

How can I move forward with some sense of grace and remembrance?

Understanding self-identity – roles

Who am I now?

Sharing and support

Who can I trust to share all this with?

Overriding goal of any intervention/activity is to give the child or adult an appropriate opportunity to express their inner issue outside of themselves in a safe atmosphere.

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