BIG emotions in little people
EXPLORING a child’s grief in palliative care
At the end of this education:

• You’ll have an understanding of children’s grief and how this may be different from adults
• You’ll have an awareness of children’s grief in light of the therapeutic relationship with children
• You’ll have an understanding of how children may process “the hard stuff” in their journey
Introducing the Client - GENOGRAM
Relationship Matters- 6 Roots of attachment

1. Via our Senses
2. Sameness and Identity
3. Belonging and Loyalty
4. Warmth and Love
5. Approval and Significance
6. To be Known

Neufeld & Mate (2004)
Developmental considerations

• Will understand that Death is final.
• Beginning to form Spiritual ideas and concepts.
• Interested in the details of death.
• Thinks about future events and mile stones without the person who died
• May wonder what will happen if the surviving parent/caregiver dies
Whenua, Culture and society

Durie (1994)

- School context
- Interests and hobbies
- Perception of death
- Past grief experience
- Social issues
- Social Media and Screen Time
The Family/ Whanau

durie (1994)

• Family function
• Separation
• Connectedness
• Communication
• Belonging
• Security

The Emotional and the Psychological

Durie (1994)

- Signal Behaviour
- Past grief and loss
- Congruence Vs Incongruence
The Physical and somatic

Durie (1994)

• Sleep
• Appetite
• Exercise
• Routine
• Homeostasis

The spiritual and the Existential

durie (1994)

• Belief
• Meaning
• Subjective understanding
• Mortality
• Symbols and the sacred
# ANTICPATORY GRIEF

<table>
<thead>
<tr>
<th>Name of Feeling</th>
<th>Grizzly</th>
<th>Sketch</th>
<th>Where do you feel this in your body?</th>
<th>The time you remember feeling this...</th>
<th>What was happening...</th>
<th>What did you do?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Happy</td>
<td></td>
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<td></td>
<td></td>
<td></td>
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<tr>
<td>Sad</td>
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<td></td>
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<tr>
<td>Excited</td>
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</tr>
</tbody>
</table>

I feel sad about I don't show it

Now I'm feeling excited.
ANTICPATORY GRIEF
ANTICIPATORY GRIEF
ANTICPATORY GRIEF
BEREAVEMENT
BEREAVEMENT
Child Centred Approach to Care

- The Power of Empathy
- Therapeutic Relationship
- Point of Contact
- Genuineness
- Warmth
- Metaphor
- Creativity and Play
Summary

• Children and young people have an inward wisdom for healing.

• When adults sit and listen to the inner world experience of children, new levels of relationship depth are created.

• Combined with theories, modalities and a deep self knowing, the child centred therapist can support a child through the “tuff stuff” ethically and safely.
Time for Questions and answers
References


Ivey, A.E. et al. (2016). Neurocounselling: Bridging Brain and Behavior- The neuroscience of listening, microskills and empathy. Counselling Today, 18-21


