

I know you can!

I know you can!

I know you can!



# Story of the Engine that Thought It Could

---

In a certain railroad yard there stood an extremely heavy train that had to be drawn up an unusually heavy grade before it could reach its destination. The superintendent of the yard was not sure what it was best for him to do, so he went up to a large, strong engine and asked: "Can you pull that train over the hill?"

"It is a very heavy train," responded the engine.

He then went to another great engine and asked: "Can you pull that train over the hill?"

"It is a very heavy grade," it replied.

The superintendent was much puzzled, but he turned to still another engine that was spick and span new, and he asked it: "Can you pull that train over the hill?"

"I think I can," responded the engine.

So the order was circulated, and the engine was started back so that it might be coupled with the train, and as it went along the rails it kept repeating to itself: "I think I can. I think I can. I think I can."

The coupling was made and the engine began its journey, and all along the level, as it rolled toward the ascent, it kept repeating to itself: "I ---think ---I can. I ---think ---I--- can. I ---think--- I ---can."

Then it reached the grade, but its voice could still be heard: "I think I can. I----- think-----I----- can. I -----think----- I----- can." Higher and higher it climbed, and its voice grew fainter and its words came slower: "I -----think -----I-----can."

It was almost to the top.

"I -----think"

It was at the top.

"I -----can."

It passed over the top of the hill and began crawling down the opposite slope.

'I -----think----- I----- can-----I----- thought-----I-----could I----- thought----- I----- could. I thought I could. I thought I could. I thought I could."

And singing its triumph, it rushed on down toward the valley.

## TIME'S PASSING MEANS NOTHING TO LOSS

It stalks you like a cat

Like a root

Whenever you stumble on it, it is right there

It yawns across the vastness of a smoothly made bed

In the kitchen it stirs in the empty chair

Or it sits at the next table in the restaurant

With that profile you can't stop glancing at

Loss keeps picking up the thread of the conversation

It imagines it is still in the middle of it

But the thread doesn't go anywhere

Loss forgets it can't pick up the telephone and call

Until its hand is in mid-air

Loss can sleep like the dead

Like a snake curled among warm rocks in the sun

But it wakes up hungry

With venom and fangs intact

Loss forgets what it can and cannot have

Loss never forgets what it wants.

## Spiritual Guidepost

Weaver God, we come to you,  
Or more the truth - you find us,  
Disconnected and out of sorts.  
We are disheartened by our failures,  
Discouraged by our weakness  
And little that we do seems worthy of your  
grace.  
Restore our fortunes. Restore our future.  
Weave for us the tapestry  
On which our lives are stretched.

Give us patience with the endless  
Back and forth of shuttle, hand and effort.  
We look too closely, seeing only strands and  
Knots and snarled threads of too-much-trying  
Or none-at-all.  
Grant us eyes to see the whole  
Of which we are a part.  
In the end, we ask for gentleness with ourselves,  
Acceptance of our less than perfect ways.  
We pray that what we do  
And what you weave form patterns clear to all,  
Of mercy in the warp of it  
And love throughout.

Maggie Oman, Ed. (1997)  
Conari Press, CA.

## Carl Jung's "The Self"

- Inherent
- Unique
- Knowing
- Directive
- Intelligence
- Beyond ego consciousness

### This self

- Intuitive knowledge
- Monitors organic biochemical processes
- Seeks purpose

### Most important for our workshop

- This self is in service to the soul
- Major meaning= "The Soul"
- Great failure without soul and meaning

## *JUST BE THERE*

*"Don't tell me that you understand.*

*Don't tell me that you know.*

*Don't tell me that I will survive,*

*How I will surely grow.*

*Don't come at me with answers*

*That can only come from me.*

*Don't tell me how my grief will pass,*

*That I will soon be free.*

*Accept me in my ups and downs.*

*I need someone to share.*

*Just hold my hand and let me cry*

*And say, "My friend, I care"*

# Stress

## 15 WAYS TO RELAX

- 1** Make time for yourself. Schedule "Me Time" into every day.
- 2** Exercise regularly, 20 minutes per day, three days per week. Exercise releases the "feel-good" hormones into our bloodstream, lowers blood pressure, relaxes muscles and clears the head.
- 3** Learn to recognize what you can control and let go of what you can't.
- 4** Remember to mentally pat yourself on the back when you have accomplished something, no matter how small.
- 5** Avoid excessive alcohol, caffeine, fats and sugars and avoid smoking.
- 6** If you feel stressed because of the vast amount of responsibilities you have, maybe it's time to delegate.
- 7** Decide what your most productive time of the day is and schedule the most important tasks then. Don't waste that prime time on routine tasks that can be accomplished at any time.
- 8** Schedule routine tasks during low-energy times.
- 9** Time we often consider wasted time, sitting in the doctor's office or waiting for an oil change, can be very useful down time. Read a novel, daydream or use visualization.
- 10** Don't waste your time and raise your stress level by reliving mistakes. Every mistake is a learning experience. Learn from it then move on.
- 11** Enjoy the people in your life who make you happy and allow yourself time with them.
- 12** If there are not enough hours in the day, maybe it's time to explore new time management techniques. Make lists and prioritize goals. Talk with someone you know who successfully accomplishes a lot and ask for tips. Visit the local book store or library for self-help material.
- 13** Laughter is often the best remedy for stress. Find reasons to laugh. See a funny movie or visit a comedy club.
- 14** When you feel your temper rising, count to 10. This will give you time to calm down and keep you from saying something you might regret later. If 10 is not enough time to calm down, keep counting.
- 15** Take a hot bubble bath or sit in a hot tub, get a massage or take a nature hike.

## Letting go

- Helpless, hopeless, hapless-felt by even confident folks
- Feeling of poor self-worth
- Anger, disappointment toward the deceased and/or our self
- Understanding how we co-create a relationship
- Taking responsibility, facilitator can use-reflection
- Object: free our heart to love again
- Address, ambivalence over addiction's cheating, commitment conflicts, or other problems during the relationship
- Normalize with others with similar ambivalence symptoms more heightened
- If present addictions, reach out for help
- Recommend
- Melonie Beattie: language of letting go
- Book: language of letting go



## Characteristics of Healthy Constructive Anger

- You express your feelings in a tactful way.
- You try to see the world through the other person's eyes, even if you disagree.
- You convey a spirit of respect for the other person, even though you may feel quite angry with him or her.
- You do something productive and try to solve the problem.
- You try to learn from the situation so you will be wiser in the future.
- You eventually let go of the anger and feel happy again.
- You examine your own behavior to see how you may have contributed to the problem.
- You believe that you and the other person both have valid ideas and feelings that deserve to be understood.
- Your commitment to the other person increases. Your goal is to feel closer to him or her.
- You look for a solution where you can both win and nobody has to lose.

## Characteristics of Unhealthy, Destructive Anger

- You deny your feelings and pout (passive aggression) or lash out and attack the other person (active aggression).
- You argue defensively and insist there's no validity in what the other person is saying.
- You believe the other person is despicable and deserving of punishment. You appear condescending or disrespectful.
- You give up and see yourself as a helpless victim.
- You don't learn anything new. You feel that your view of the situation is absolutely valid.
- Your anger becomes addictive. You won't let go of it.
- You blame the other person and see yourself as the innocent victim.
- You insist that you are entirely right and the other person is entirely wrong. You feel convinced that *truth* and *justice* are on your side.
- You avoid or reject the other person. You write him or her off.
- You feel like you're in a battle or a competition. If one person wins, you feel that the other one will be a loser.

NEGATIVE  
EXPERIENCE



VICTIM



SURVIVOR



THRIVER



AND MINE

INSPIRER



Model  
 Surviving....Examining....Letting go  
 Fashioning

<i>Calling</i>	<i>Caring</i>	<i>Communication</i>
<i>Containment</i>	<i>Confrontation</i>	<i>Coping</i>
<i>Companying</i>	<i>Compassion</i>	<i>Closing</i>

A Grid of Understanding

# Spiritual Guidepost

## Psalm 38

When you are angry, Lord,  
Please don't punish me  
Or even correct me.  
You shot me with your arrows,  
And you struck me  
with your hand.

My body hurts all over  
because of your anger.  
Even my bones are in pain  
And my sins are so heavy  
that I am crushed.

Because of my foolishness,  
I am covered with sores  
that stink and spread.  
My body is twisted and bent,  
And I groan all day long.  
Fever has my back in flames,  
And I hurt all over.  
I am worn out and weak,  
Moaning and in distress.  
You, Lord know every one  
Of my deepest desires,  
And my noisy groans  
Are no secret to you.

My heart is beating fast.  
I feel weak all over,  
And my eyes are red.

Because of my sickness, no friends  
or neighbors will come near me  
All who want me dead  
Set traps to catch me,  
and those who want  
To harm and destroy me  
plan and plot all day.

I am not able to hear  
or speak a word;  
I am completely deaf  
and can't make a sound.

I trust you, Lord God  
and you will do something.  
I said, "Don't make them laugh  
or brag because I slip."

I am about to collapse  
from constant pain.  
I told you my sins,  
And I am sorry for them.  
Many deadly and powerful  
enemies hate me,  
and they repay evil for good  
because I try to do right.

You are the Lord God!  
Stay nearby, and don't desert me  
You are the one who saves me.  
Please hurry and help!

# Spiritual Guideposts

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**Spiritual Guidepost**  
*Abraham Lincoln Condolence Letter*

Dear Madam:

I have been shown, in the files of the War Department, a statement of the Adjutant General of Massachusetts that you are the mother of five sons who have died gloriously on the field of battle. I feel how weak and fruitless must be any word of mine which shall attempt to beguile you from the grief of a loss so overwhelming. But I cannot refrain from tendering you the consolation that may be found in the thanks of the Republic they died to save. I pray that our Heavenly Father may assuage the anguish of your bereavement, and leave you only the cherished memory of the loved and lost, and the solemn pride that must be yours to have laid so costly a sacrifice upon the altar of freedom.

Yours very sincerely and respectfully,

*A. Lincoln*

## **Spiritual Guidepost**

**There was a group of women  
in a Bible study on the book of Malachi.  
As they were studying chapter 3,  
they came across verse 3, says:  
*"He will sit as a refiner and purifier of silver."***

**This verse puzzled the women,  
and they wondered what this statement meant about the character and nature  
of God.**

**One of the women offered to find out  
about the process of refining silver  
and get back to the group at their next Bible study.**

**That week this woman called up a silversmith and made an appointment to  
watch him at work. She didn't mention anything about the reason for her  
interest in silver beyond her curiosity about the process of refining silver.**

**As she watched the silversmith, he held a piece of silver over the fire and let it  
heat up. He explained that in refining silver, one needed to hold the silver in  
the middle of the fire where the flames were hottest as to burn away all the  
impurities.**

**The woman thought about God holding us in such a hot spot - then she thought  
again about the verse that he sits  
as a refiner and purifier of silver.**

**The man answered that yes, he not only had to sit there holding the silver, but  
he had to keep his eyes on the silver the entire time it was in the fire. If the  
silver was left even a moment too long in the flames, it would be destroyed.  
The woman was silent for a moment. Then she asked the silversmith, how do  
you know when the silver is fully refined?**

**He smiled at her and answered,  
"Oh, that's easy -- When I see my image in it."  
If today you are feeling the heat of the fire, remember that God has His eye on  
you, and will keep watching over you in the fire,  
Until He sees His image in you.**

*Malachi 3:3*

## Spiritual Guidepost

### *Psalm 30*

### *Thanksgiving for Recovery from Grave Illness*

**I will extol you, O LORD, for you have drawn me up,  
and did not let my foes rejoice over me.**

**O LORD my God, I cried to you for help,  
and you have healed me.**

**O LORD, you brought up my soul from Sheol,  
restored me to life from among those gone down to the Pit.**

**Sing praises to the LORD, O you His faithful ones,  
and give thanks to his Holy Name.**

**For his anger is but for a moment;**

**His favor, is for a lifetime.**

**Weeping may linger for the night,  
but joy comes with the morning.**

**As for me, I said in my prosperity,  
"I shall never be moved."**

**By your favor, O LORD,  
you had established me as a strong mountain;  
you hid your face; I was dismayed.**

**To you, O LORD, I cried,**

**and to the LORD I made supplication:**

**"What profit is there in my death, if I go down to the Pit?**

**Will the dust praise you?**

**Will it tell of your faithfulness?**

**Hear, O LORD, and be gracious to me!**

**O LORD, be my helper!"**

**You have turned my mourning into dancing;  
You have taken off my sackcloth and clothed me with joy,  
so that my soul may praise you and not be silent.  
O LORD my God, I will give thanks to you forever.**



**Spiritual Guidepost**  
**Psalm 31:9–12, 21–24**  
*Prayer and Praise for Deliverance from Enemies*

**Be gracious to me, O LORD, for I am in distress;  
my eyes wastes away from grief,  
my soul and body also.**

**For my life is spent with sorrow,  
and my years with sighing;  
my strength fails because of my misery,  
and my bones waste away.**

**I am the scorn of all my adversaries,  
a horror to my neighbors,  
an object of dread to my acquaintances;  
those who see me in the street flee from me.  
I have passed out of mind like one who is dead;  
I have become like a broken vessel.**

**Blessed be the LORD,  
for He has wondrously shown  
His steadfast love to me  
when I was beset as a city under siege.  
I had said in my alarm,  
"I am driven far from Your sight."**

**But You heard my supplications,  
when I cried out to You for help.  
Love the LORD, all you His saints.  
The LORD preserves the faithful,  
but abundantly repays the one who acts haughtily.  
Be strong, and let your heart take courage,  
all you who wait for the LORD.**

# To the Facilitator

## Taking Care of YOURSELF!

**Therapists usually focus on their clients' problems, often forgetting to attend to their own needs. Taking care of yourself benefits you, plus your family, friends and clients!**

*Here are some reminders:*

- Relax away from work
- Do not take work or clients' issues home
- Engage in hobbies and activities, leaving the problems at work
- Know that it's OK to cry about clients' problems
- Avoid compassion fatigue
- Allow yourself to learn and grow from your clients (know that you will!)
- Be aware of your symptoms of exhaustion
- Keep yourself healthy with exercise, good nutrition and meditation
- Focus on clients' strengths
- Have a realistic view of your role and resilience
- Be aware that it is a privilege, though stressful, to journey with those who have had a loss
- Turn off 'therapeutic mode' with family and friends
- Know that you make a difference
- Use humor as appropriate
- Spend time away from work
- Consult with other professionals regularly; it is OK to ask for help and/or advice
- Belong to professional organizations for support and continuous updating in your field
- Be involved in your community
- Take time off for a vacation, in town or out of town
- Diversify friendships beyond people in your field to develop other perspectives and appropriate distance from daily work
- Understand you are a catalyst for change (not responsible for making change happen)
- Avoid hidden grief (those mourning who keep the loss or feelings to themselves).  
This is common among professionals who are concerned that they may lose their credibility if they openly grieve.
- Create balance in your life between . . .
  - Giving and receiving
  - Attention to family and self
  - Involvement and detachment
  - Feelings of power and powerlessness
  - Clients' needs and your own needs
  - Time spent with people and time spent alone

*"Compassion and love, the most important human characteristics, live within us all. During times of great turmoil, whether it is a horrific tragedy involving massive death or whether it is a single incident of a family experiencing the death of one child, compassion must move from dormant to active. The families of tragedies will still suffer, for you can never take away their pain. But a compassionate community will not add burden and further injury to their immense suffering and will make the healing journey a bit easier to endure. Love your job, love your family, love your country, and love one another."*

— Elisabeth Kübler-Ross

# Healing

Walking on THE HEALING PATHWAY  
is an individual process because no  
two people grieve in the same way.  
Where are you on the THE HEALING PATHWAY?

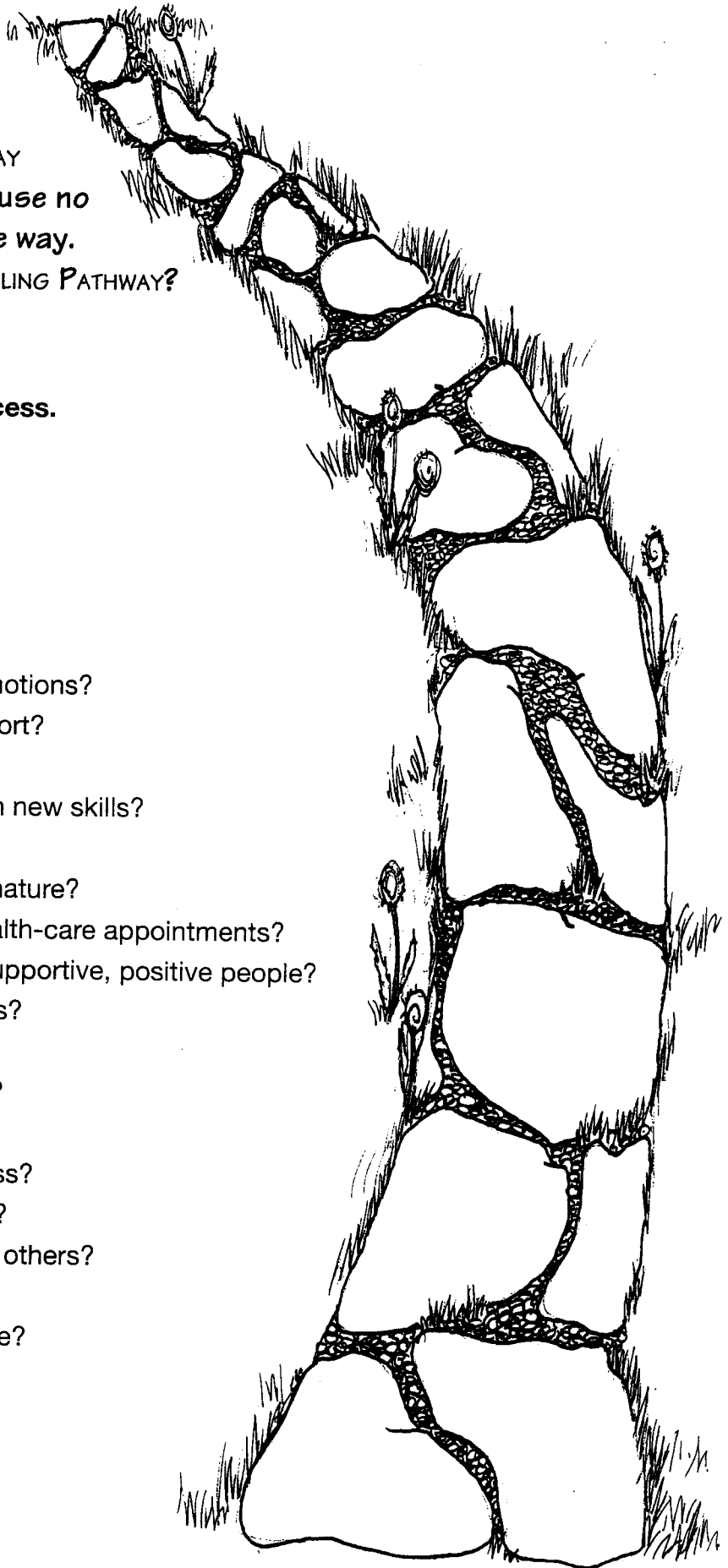
Rate these 1, 2, 3, 4 or 5  
to see where you are in the process.  
(1 is no way and 5 is absolutely)

Are you

- forgiving yourself?
- forgiving your loved one?
- moving on with your life?
- releasing uncomfortable emotions?
- finding and accepting support?
- taking care of yourself?
- challenging yourself to learn new skills?
- exercising?
- spending time outdoors in nature?
- scheduling and keeping health-care appointments?
- surrounding yourself with supportive, positive people?
- avoiding addictive behaviors?
- contributing to society?
- doing things that you enjoy?
- giving and receiving hugs?
- actively managing your stress?
- listening to your inner-voice?
- not worrying about pleasing others?
- taking time to be alone?
- keeping a balanced schedule?
  
- TOTAL

The lowest possible total is 20.  
The highest possible total is 100.

How do you think you are doing? \_\_\_\_\_



## REFLECTION: ON OUR PATH

- We are coexplorers on a journey.
- We are pilgrims – exploring and understanding who we are, how we grieve, and why we grieve.
- We march as children, all with unique temperaments.
- We are products of Bandura's reciprocal relationship: person, environment, behavior.
- We are inevitably impacted by the scientific era.
- We experience necessary losses as part of life.
- We have also lost our:
  - myths, stories, wonder of self,
  - sense of aliveness!
  - not just finding meaning
- These are not skills learned in kindergarten...or any grade.
- Our expectations are high for harmony.

Myths teach us what Judith Viorst does:

- that we will surrender pieces of ourselves throughout our lifetimes
- loving...losing...letting go.

## Hardiness

**Sense of Challenge** Difficulties and obstacles are perceived as "challenges" and opportunities for growth, rather than "threats" to one's security.

**Sense of Commitment** The care provider is involved in life's experiences and derives satisfaction from meaningful relationships in work, family, and social life. There is a sense of purpose and acknowledgment of the value of one's work. This requires the development of a personal philosophy on life and death.

**Sense of Control** The care provider tends to believe and act as if he can influence the cause of events, rather than feeling helpless when confronted with adversity. However, when caring for dying individuals, control would involve a process of coming to terms with one's limitations. It is important to distinguish what can be changed and requires intervention, from what cannot be changed and requires acceptance.

*Hardiness is a constellation of attitudes, beliefs and behaviors which differentiates professionals who manage high stress well and remain healthy from those who are more vulnerable to burnout.*

## Manifestations of Stress

### Physical Manifestations of Stress

Fatigue and exhaustion  
Headaches or migraines  
Neck and back pains or stiffness  
Gastrointestinal problems  
(nausea, diarrhea, constipation, ulcers, colitis)  
Chest pains or palpitations  
Breathing difficulties  
Vulnerability to colds and flu  
Eating disturbances and weight gain or loss  
Sleep disturbances

### Psychological Manifestations of Stress

Emotional Manifestations  
Depression—loss of self esteem  
Frustration  
Anxiety  
Irritability, overreaction to minor issues  
Angry outbursts and blaming of patients, co-workers or self  
Chronic unresolved grief for patients  
Crying tendencies  
Conflict-laden dreams  
Decreased job-satisfaction  
Lack of interest, apathy, sense of boredom

### Intellectual Manifestations

Forgetfulness, decreased concentration, inattention to detail  
Slower thinking  
Day dreaming

### Behavioral Manifestations

Withdrawal from patients and co-workers  
Mood swings  
Absenteeism from work  
Impaired problem-solving abilities, and difficulty making decisions  
Injuries and impaired performance  
Difficulty meeting schedules and deadlines  
Increased use of alcohol, cigarettes and/or drugs

### Social and Family Manifestations of Stress

Job tensions at home  
Family resentment and conflicts  
Decreased or increased sexual energy  
Limited time for friends

When we work with dying people, a certain degree of burnout is probably unavoidable. Yet, the development of appropriate strategies—both on an individual and institutional level—to help prevent and minimize the negative effects of burnout is usually achievable.

## Healthy Stress versus Distress

**MYTH:** All stress is bad and should be avoided.

**REALITY:** Stress responses, depending on the circumstances, have the potential to bring positive and negative consequences.

Healthy Stress	Distress
Stimulates thinking	Inhibits thinking
Motivates change	Discourages change
Promotes productive risk taking	Interferes with risk taking
Provides a mechanism for self-preservation	Diminishes personal power
Enhances personal growth	Creates reactive behavior
Generates new ideas	Impairs personal growth
Maintains interest in living	Interferes with idea formation
Enhances mood	Leads to apathy
Increases self-esteem	Depresses mood
Creates opportunities	Damages self-esteem
Raises energy level	Blocks opportunities
Contributes to high productivity	Reduces energy level
Creates a sense of contentment	Creates a pressured, intense mood
Helps create a balanced lifestyle	Leads to disorganization and despair

## THE REAL SELF

1. Feelings
2. Entitlement
3. Activation responses
4. Capacity for assertion
5. Acknowledgement of self-esteem
6. Soothing self
7. Commitments
8. Creativity
9. Intimacy
10. Aloneness
11. Continuity of self
12. Capacity for evaluation

Masterson (1988)

In spite of the fact that we live in a culture that idealizes and worships freedom and self-exploration, an alarming number of us are secretly terrified of it.

Masterson (1988)

**- WHAT MUST I DO TO HAVE HIGH SELF ESTEEM**

- 1. Think "Win-Win" when you negotiate with others, not "I win, you lose".**
- 2. Keep a positive attitude about life.**
- 3. Be assertive without putting others down.**
- 4. Set goals and work hard to reach them.**
- 5. Control your behavior to fit the situation.**
- 6. Contribute to the success of others - Lend a helping Hand.**
- 7. Know your strengths and use them.**
- 8. Show love and caring.**
- 9. Value and respect others.**
- 10. Display a positive, confident image to the people you meet.**
- 11. Maintain a sense of purpose and direction in your life.**
- 12. Manage conflict so it doesn't manage you.**
- 13. Behave according to your values and beliefs.**
- 14. Believe in your ability to cope with whatever happens.**
- 15. Build supportive relationships.**
- 16. Solve problems at their smallest level.**
- 17. Be willing to improve your skills.**
- 18. Manage your resources wisely.**
- 19. Take care of your emotional and physical health.**
- 20. Learn to relax.**

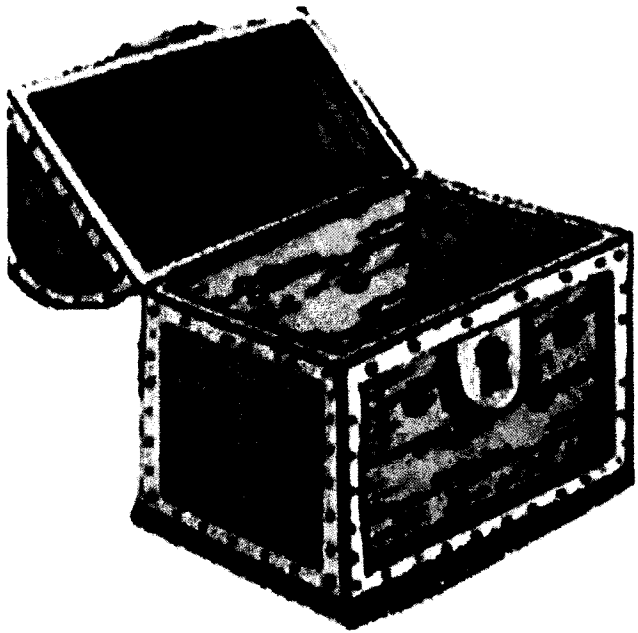




Galatians 5:22-23

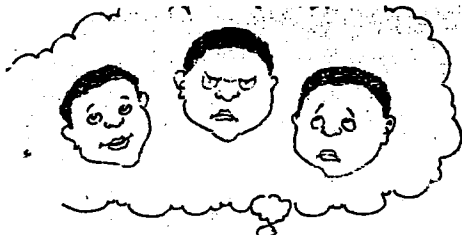
1. **DEVELOP A CORE SET OF BELIEFS THAT NOTHING CAN SHAKE**
  
2. **TRY TO FIND MEANING IN WHATEVER STRESSFUL OR TRAUMATIC THING HAS HAPPENED**
  
3. **TRY TO MAINTAIN A POSITIVE OUTLOOK**
  
4. **TAKE CUES FROM SOMEONE WHO IS ESPECIALLY RESILIENT**
  
5. **DON'T RUN FROM THINGS THAT SCARE YOU: FACE THEM**
  
6. **BE QUICK TO REACH OUT FOR SUPPORT WHEN THINGS GO HAYWIRE**
  
7. **LEARN NEW THINGS AS OFTEN AS YOU CAN**
  
8. **FIND AN EXERCISE REGIMEN YOU'LL STICK TO**
  
9. **DON'T BEAT YOURSELF UP OR DWELL ON THE PAST**
  
10. **RECOGNIZE WHAT MAKES YOU UNIQUELY STRONG— AND OWN IT**

# H.O.P.E. Chest

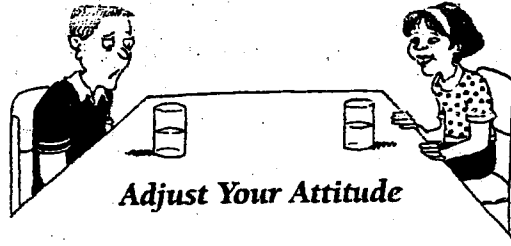


- **Relaxation**
- ~~Intentionalness~~
- Music
- **Core Value Review**
- ~~Active Listening~~
- **Focus**
- **Meaningful**
- **Understanding**
- **Practice**

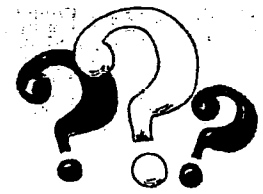
**“Socialization  
&  
Compassion”**



*Deal with Your Feelings*



*Adjust Your Attitude*



*Discover Your Choices*

# The Coping Skills Workbook

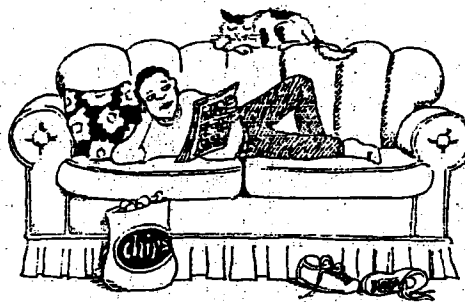
**Teaches Kids Nine Essential Skills to Help Deal with Real-Life Crisis**



*Take Care of Yourself*



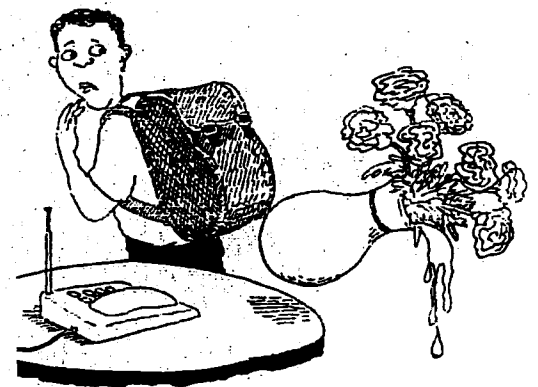
*Ask for Help*



*Give Yourself a Relaxation Break*



*Take One Step at a Time*



*Accept Imperfection*



*Plan Ahead*

**Lisa M. Schab, LCSW**  
**Illustrated by Andy Myer**

## Well Being

1. Optimistic Mind Set
2. Staying Focused
3. In Control
4. Know What Needs are Important
5. Strong Motivation
6. Holistic
7. Upward Progress
8. Feeling Like You Belong
9. Strong Support Network
10. Believing in Yourself
11. Appreciate the Journey
12. Commit to Growth
13. Desire to Succeed
14. Set Challenging Goals
15. Manage Stress

# The traumatized

Narrative therapy

The healing of the story

Telling the story over and over

Each person is telling his/her story

Identify the thoughts, feelings, behaviors that have been experienced, talked about, etc. as the story continues to unfold and is revealed

“Perhaps you can share a little more about.....”

## Self-Esteem

### Cognitive distortions that lower self-esteem

We are aware of the self early on in childhood

We have an ability to form an identity

We attach a value to it.

If we reject parts of our self, we damage our psychological structures

Judging and rejecting ourselves causes enormous pain.

You find yourself avoiding anything that might aggravate the pain of self-rejection.

You can take fewer social, academic or career risks

Difficulty meeting people.

Hard to interview for a job.

Unwilling to take risks.

It will limit your openness with others

Intimacy is flattened.

You will hear criticism when there is none

You will not ask for help or solve problems.

To avoid more rejection you will erect barriers of defense.

You will blame and get angry

You will bury yourself in perfectionism work

You will make excuses

You may turn to alcohol or drugs

Task at hand...

Stop the judgments

Heal old wounds of hurt and self rejection

When perceptions change a ripple effect will occur.

New found freedom.

Self-esteem is not other esteem, it is determined at 3-4 years old.

Self-esteem and circumstances are indirectly related.

One hundred percent of the time, your thoughts determine your self-esteem.

How you interpret messages plays a large role in how you value yourself.

Careers with high social status equal higher self esteem unless negative messages.

Critical self-talk is the critical pathological self.

The bully, the shark, Mr. Perfect, can be a critical voice that becomes internalized.

Use your healthy voice and good self-talk.

A healthy coach will help you extricate the critic

The reason the critic is reinforced is because it tries to promote desired behavior, it tries to protect self-worth, it tries to control painful feelings.

Self attacks serve a function, they have a secondary payoff they keep us from taking risks and living freely.

# Trauma Survivors

Dissociate

Disown

Devalue

Constrict lives as victimization creates fear

Need for overall control

Need to feel safe

Begin to help expand life

Not taking care of personal health- see as a violation to the memory of the loved one

Turn to addictions

Begin to tell the whole story

The traumatic event disowned aspects of the relationship  
(problems over idealized)

Identify patters that are inappropriate nonproductive  
(Sharon's phone call)

Typical to try to replace the loss (woman lost brothers and  
nephew turned to attorney)

Shame and guilt-cannot be honest with others groups can  
offer a corrective experience



## Healthy Real Self

1. ♥ Provides for the experience of emotions (good, bad, pleasant, unpleasant)
  - ♥ Does not erect barriers or hide
  - ♥ Expresses a wide range of feelings
2. Expects appropriate entitlements (mastery and pleasure) put into achievement
3. Capacity for self-activation and assertion (unique individual)
  - (wishes, dreams, goals - supports and defends)
4. Acknowledgement of self-esteem (rather than feeling worthwhile they see the bad side of things)
5. The ability to soothe painful feelings
  - This self will not allow us to wallow in misery
  - Will minimize the experience
6. The ability to make and stick to commitments
7. Creativity - allowing the real self to emerge
  - To enact change when necessary
  - To solve problems
  - To neutralize painful experiences
8. Intimacy
  - Express honestly the self
9. The ability to be alone
10. Continuity of self
  - A core self persists through time and space

**The Self is under siege by.....**

**Fear of abandonment**

**Nature.... Nurture..... Fate**

**Clinging and distancing behaviors can emerge**

**Fear of engulfment**

**Defend against this fear by distancing**

## THE STATION

TUCKED AWAY IN OUR SUBCONSCIOUS IS AN IDYLIC VISION. WE SEE OURSELVES ON A LONG TRIP THAT SPANS THE CONTINENT. WE ARE TRAVELING BY TRAIN. OUT THE WINDOWS WE DRINK IN THE PASSING SCENE OF CARS ON NEARBY HIGHWAYS, OF CHILDREN WAVING AT A CROSSING, OF CATTLE GRAZING ON A DISTANT HILLSIDE, OF SMOKE POURING FROM A POWER PLANT, OF ROW UPON ROW OF CORN AND WHEAT, OF FLATLANDS AND VALLEYS, OF MOUNTAINS AND ROLLING HILLSIDES, OF CITY SKYLINES AND VILLAGE HALLS.

BUT UPPERMOST IN OUR MINDS IS THE FINAL DESTINATION. ON A CERTAIN DAY AT A CERTAIN HOUR WE WILL PULL INTO THE STATION. BANDS WILL BE PLAYING AND FLAGS WAVING. ONCE WE GET THERE, SO MANY WONDERFUL DREAMS WILL COME TRUE AND THE PIECES OF OUR LIVES WILL FIT TOGETHER LIKE A COMPLICATED JIGSAW PUZZLE. HOW RESTLESSLY WE PACE THE AISLES DAMNING THE MINUTES FOR LOITERING - WAITING, WAITING, WAITING FOR THE STATION.

"WHEN WE REACH THE STATION, THAT WILL BE IT!" WE CRY. "WHEN I'M 18." "WHEN I BUY A NEW MERCEDES!" "WHEN I PUT THE LAST KID THROUGH COLLEGE." "WHEN I'VE PAID OFF THE MORTGAGE!" "WHEN I GET A PROMOTION." "WHEN I REACH THE AGE OF RETIREMENT, I SHALL LIVE HAPPILY EVER AFTER!"

SOONER OR LATER, WE MUST REALIZE THERE IS NO STATION, NO ONE PLACE TO ARRIVE AT ONCE AND FOR ALL. THE STATION IS ONLY A DREAM. IT CONSTANTLY OUTDISTANCES US.

"RELISH THE MOMENT" IS A GOOD MOTTO, ESPECIALLY WHEN COUPLED WITH PSALM 118.24: "THIS IS THE DAY WHICH THE LORD HATH MADE; WE WILL REJOICE AND BE GLAD IN IT." IT ISN'T THE BURDENS OF TODAY THAT DRIVE MEN MAD. IT IS REGRETS OVER YESTERDAY AND THE FEAR OF TOMORROW. REGRET AND FEAR ARE TWIN THIEVES WHO ROB US OF TODAY.

SO, STOP PACING THE AISLES AND COUNTING THE MILES. INSTEAD, CLIMB MORE MOUNTAINS, EAT MORE ICE CREAM, GO BAREFOOT MORE OFTEN, SWIM MORE RIVERS, WATCH MORE SUNSETS, LAUGH MORE, CRY LESS. LIFE MUST BE LIVED AS WE GO ALONG. THE STATION WILL COME SOON ENOUGH.

*God's Promises*

Happy is the man who finds wisdom,  
And the man who gains understanding;  
For her proceeds are better than the profits  
of silver,

And her gain than fine gold.

She is more precious than rubies,  
And all the things you may desire cannot  
compare with her.

Length of days is in her right hand,  
In her left hand riches and honor.

Her ways are ways of pleasantness,  
And all her paths are peace.

She is a tree of life to those who take hold  
of her,

And happy are all who retain her.

The LORD by wisdom founded the earth;  
By understanding He established the heavens;  
By His knowledge the depths were  
broken up,

And clouds drop down the dew.

My son, let them not depart from  
your eyes—

Keep sound wisdom and discretion;  
So they will be life to your soul  
And grace to your neck.



Bettmann

## A Psalm of Life

HENRY WADSWORTH LONGFELLOW

(Born February 27, 1807, died March 24,  
1882)

Tell me not, in mournful numbers,  
Life is but an empty dream!—  
For the soul is dead that slumbers,  
And things are not what they seem.

Life is real! Life is earnest!  
And the grave is not its goal;  
Dust thou art, to dust returnest,  
Was not spoken of the soul.

Not enjoyment, and not sorrow,  
Is our destined end or way;  
But to act, that each tomorrow  
Find us farther than today.

Art is long, and Time is fleeting,  
And our hearts, though stout and brave,  
Still, like muffled drums, are beating  
Funeral marches to the grave.

In the world's broad field of battle,  
In the bivouac of life,  
Be not like dumb, driven cattle!  
Be a hero in the strife!

Trust no Future, howe'er pleasant!  
Let the dead Past bury its dead!  
Act,—act in the living Present!  
Heart within, and God o'erhead!

Lives of great men all remind us  
We can make our lives sublime,  
And, departing, leave behind us  
Footprints on the sands of time.

Footprints, that perhaps another,  
Sailing o'er life's solemn main,  
A forlorn and shipwrecked brother,  
Seeing, shall take heart again.

Let us then be up and doing,  
With a heart for any fate;  
Still achieving, still pursuing,  
Learn to labor and to wait.

# Some Alternative Statements

## When Supporting the Bereaved during the Grief Process

<p><b>Instead of:</b> "I know exactly how you feel"  <b>Try:</b> "I can only imagine what you're going through"</p>	<p>Even if you experienced similar loss, every relationship is unique. No one knows exactly how the bereaved feel.</p>
<p><b>Instead of:</b> "You should be glad he/she doesn't have to suffer anymore."  <b>Try:</b> "She suffered through a lot, didn't she?"</p>	<p>The length of time a person suffers is now irrelevant to the bereaved; their focus is on the death of that loved one.</p>
<p><b>Instead of:</b> "It was God's will"; "God knows best" or "They're in a better place..."  <b>Try:</b> "One comfort I find is God's promise never to leave us or abandon us"</p>	<p>This can offend non-religious people and even some religious people may not be comforted by this statement. Avoid clichés.</p>
<p><b>Instead of:</b> "He/she wouldn't want you to grieve" or "don't cry – you'll only make it worse".  <b>Try:</b> "It's hard to say goodbye, isn't it?"; or "sometimes tears are the best way to express our feelings"; or "go ahead and cry. It's Okay. I'm here for you."</p>	<p>Though this statement is meant as reassuring, it is often perceived by the bereaved as an attempt to "shut down" their grief/pain. Encouraging them to cry acknowledges the pain the bereaved is experiencing and affirms you care for them.</p>
<p><b>Instead of:</b> "You can have another child"; or "you'll find someone else"; or "at least you have other family members."  <b>Try:</b> "There's no way to replace the one you've lost, is there."</p>	<p>The idea of replacing the loved one is abhorrent to the bereaved. His/her focus is on the child that died.</p>
<p><b>Instead of:</b> "You can't be angry with God."  <b>Try:</b> "God understands even when we're upset."</p>	<p>Focus on supporting the bereaved, not defending the faith.</p>
<p><b>Instead of:</b> "You'll get over this in time"; or "don't you think it's time to move on with living your life?"  <b>Try:</b> "Everyone has to grieve in their own way, don't they?"</p>	<p>People don't "get over" their grief. They can learn to manage it and learn to adjust to life. Many bereaved equate "getting over it" with forgetting their loved one.</p>
<p><b>Instead of:</b> "Take this valium –it will calm you down."  <b>Try:</b> "Do you feel like talking right now?"</p>	<p>Valium may divert energy the bereaved may need to vent feelings and unburden self.</p>
<p><b>Instead of:</b> "Time heals all wounds."  <b>Try:</b> "Time will lessen the pain, but you'll always have a part of _____ with you."</p>	<p>The bereaved often fear that people will forget their loved one's legacy. Affirm their efforts to re-engage in life and remind them that the grief journey takes as long as it takes; there is no time frame for grief.</p>
<p><b>Instead of:</b> "You've got to be strong."  <b>Try:</b> "I want you to know it's okay to be yourself around me."</p>	<p>Encouraging good self-care and helping the bereaved recognize opportunity for personal growth.</p>

# The Road not Taken

Robert Frost

Two roads diverged in a yellow wood  
and sorry I could not travel both  
And be one traveller, long I stood  
and looked down one as far as I could  
to where it bent in the undergrowth;

Then took the other, as just as fair,  
and having perhaps the better claim  
because it was grassy and wanted wear;  
though as for that, the passing there  
had worn them really about the same,

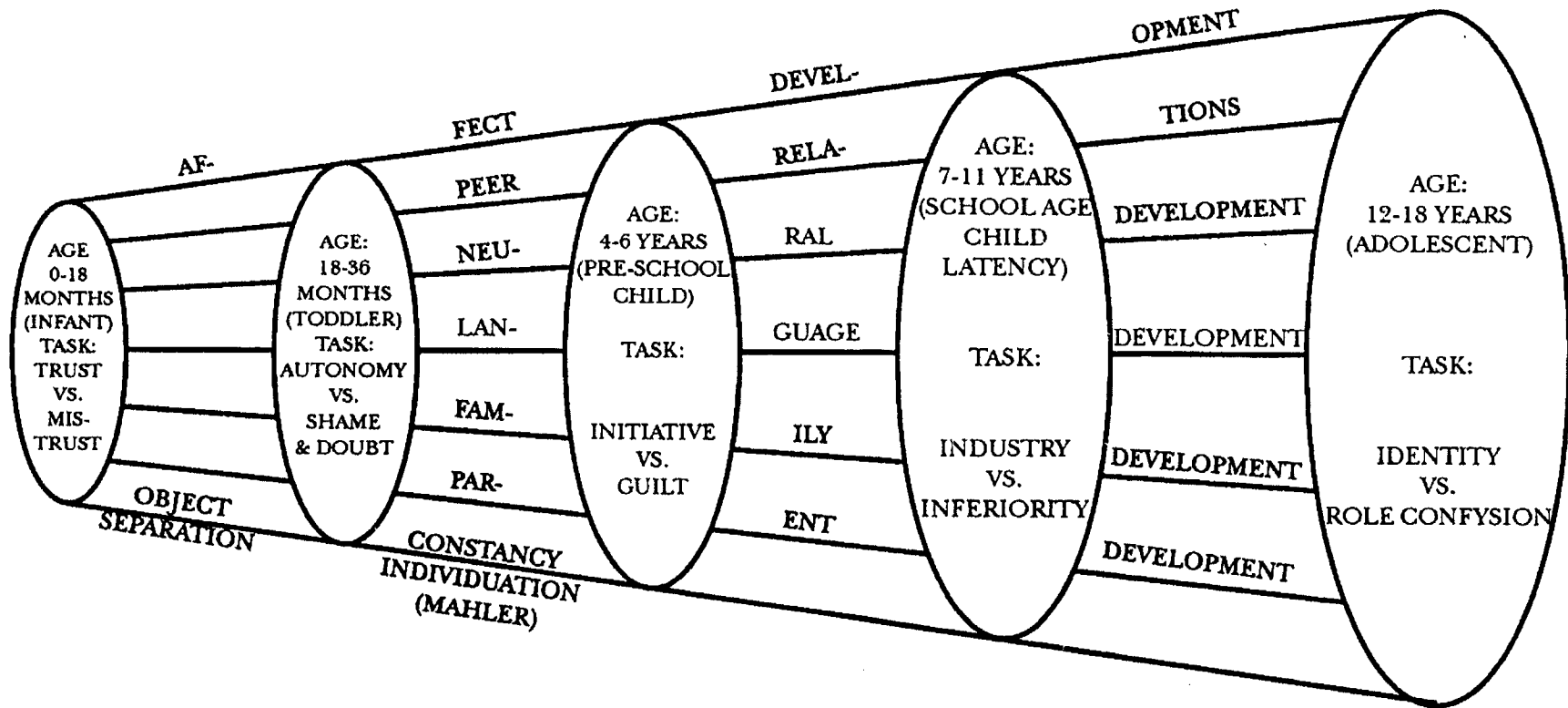
And both that morning equally lay  
in leaves no feet had trodden black.  
Oh, I kept the first for another day!  
Yet knowing how way leads on to way,  
I doubted if I should ever come back.

I shall be telling this with a sigh  
Somewhere ages and ages hence:  
Two roads diverged in a wood, and I --  
I took the one less travelled by,  
and that has made all the difference

THE ROAD NOT  
TAKEN

Frost

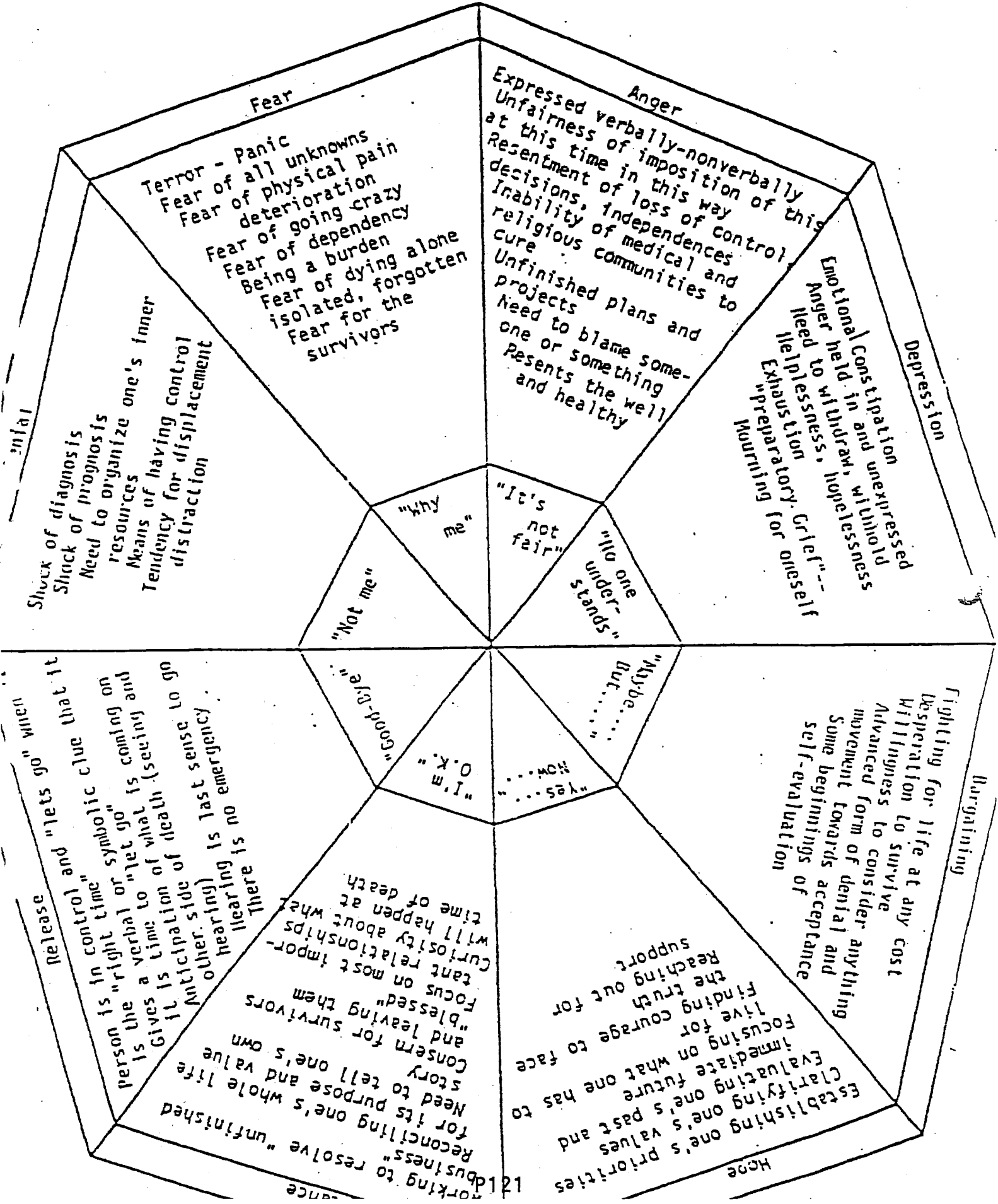
# "Exoskeleton" Model of Development Combining the Cross-Sectional and Longitudinal Concepts of Erikson and A. Freud



Robson, K.S. (1986)



EXPERIENCE OF GRIEF



## Being There

Do you know of someone  
 Whose precious child has died?  
 Perhaps she is a neighbor or friend  
 With whom you can confide.  
 You assume that she is suffering  
 A tragedy so deep,  
 That there is nothing you can do  
 Since all she does is weep.  
 You feel that if you see her  
 There is nothing you can say  
 That would make her precious child come back  
 Or make the pain go away.  
 And if by chance you meet her  
 And have to face her grief,  
 You'll do your very best  
 To make this meeting brief.  
 You'll talk about the weather  
 Or the lady down the lane,  
 But you'll never mention her child—  
 That would cause her too much pain!  
 And when the funeral's over,  
 And all is said and done,

You'll go home to your family,  
 And she'll be all alone.  
 She'll go on, she'll be all right, time heals—  
 Or so it seems,  
 While she's left alone to pick up the pieces  
 Of her shattered life and dreams.

-OR-

You can open up your heart  
 And find that special place  
 Where compassion and true giving  
 Are awaiting your embrace.  
 "Today I'm thinking of you in a very special way,"  
 Or, how about "I love you!"  
 Are some loving things to say.  
 Sometimes a very simple task  
 Like picking up the phone,  
 Can help her feel not-so-quite  
 Desperately alone.  
 Whatever comes from a genuine heart  
 Cannot be said in vain  
 For the truth is, it's these very things  
 That lessen her great pain.  
 And when you let her talk about  
 Her child who is now dead,  
 You'll know this is far greater  
 Than anything you've said.  
 So will you reach out with all your soul  
 And let her know you care?  
 For in the end there's no substitute  
 For simply BEING THERE!

*Debi L. Pettigrew*

## Hardiness

**Sense of Challenge** Difficulties and obstacles are perceived as "challenges" and opportunities for growth, rather than "threats" to one's security.

**Sense of Commitment** The care provider is involved in life's experiences and derives satisfaction from meaningful relationships in work, family, and social life. There is a sense of purpose and acknowledgment of the value of one's work. This requires the development of a personal philosophy on life and death.

**Sense of Control** The care provider tends to believe and act as if he can influence the cause of events, rather than feeling helpless when confronted with adversity. However, when caring for dying individuals, control would involve a process of coming to terms with one's limitations. It is important to distinguish what can be changed and requires intervention, from what cannot be changed and requires acceptance.

*Hardiness is a constellation of attitudes, beliefs and behaviors which differentiates professionals who manage high stress well and remain healthy from those who are more vulnerable to burnout.*

## Manifestations of Stress

### Physical Manifestations of Stress

Fatigue and exhaustion  
Headaches or migraines  
Neck and back pains or stiffness  
Gastrointestinal problems  
(nausea, diarrhea, constipation, ulcers, colitis)  
Chest pains or palpitations  
Breathing difficulties  
Vulnerability to colds and flu  
Eating disturbances and weight gain or loss  
Sleep disturbances

### Psychological Manifestations of Stress

Emotional Manifestations  
Depression—loss of self esteem  
Frustration  
Anxiety  
Irritability, overreaction to minor issues  
Angry outbursts and blaming of patients, co-workers or self  
Chronic unresolved grief for patients  
Crying tendencies  
Conflict-laden dreams  
Decreased job-satisfaction  
Lack of interest, apathy, sense of boredom

### Intellectual Manifestations

Forgetfulness, decreased concentration, inattention to detail  
Slower thinking  
Day dreaming

### Behavioral Manifestations

Withdrawal from patients and co-workers  
Mood swings  
Absenteeism from work  
Impaired problem-solving abilities, and difficulty making decisions  
Injuries and impaired performance  
Difficulty meeting schedules and deadlines  
Increased use of alcohol, cigarettes and/or drugs

### Social and Family Manifestations of Stress

Job tensions at home  
Family resentment and conflicts  
Decreased or increased sexual energy  
Limited time for friends

When we work with dying people, a certain degree of burnout is probably unavoidable. Yet, the development of appropriate strategies—both on an individual and institutional level—to help prevent and minimize the negative effects of burnout is usually achievable.

“I walked a mile with Pleasure;  
She chatted all the way;  
But left me none the wiser  
For all she had to say.

I walked a mile with Sorrow;  
And ne'er a word said she;  
But, oh! The things I learned from her,  
When Sorrow walked with me.”

# *A Time to Mourn*

By Jill Englar

I am lost in grief, numb with  
shock, filled with disbelief  
and, at times, rage -  
Besieged by an army of  
rebellious emotions,  
My instinct is to retreat.

I want to hide under a  
blanket and sleep; awakening  
only to your smiling face.  
But the nightmare is real-  
And you are not coming back.

I am a worry to my family,  
And a stranger to our friends,  
Adrift in a sea of despair, and  
marooned in an unwelcome  
reality.

Please, don't rush my grief  
Or tell me to move on with  
my life. I need time.  
My loss must be processed,  
My pain must be healed.  
Please be gentle and kind.  
Offer a hot meal - not advice!

Share a cup of tea.  
Understand my silence may  
be from fatigue and  
emptiness within.  
Please don't shy away when I  
vent anger and frustration. I  
may even seem better and  
envious of those around me.

Have patience as I reminisce  
And gaze fondly at old  
photographs. Speak my  
beloved's name and smile as  
we reflect shared memories.  
I am not afraid of tears, only  
the loneliness each day  
brings.

Grieving takes time.  
Grieving requires support.  
Embrace me with love.  
Companion me with hope.  
My faith gets me out of bed -  
Your support keeps me  
going. Thank you for being  
my friend.

## Spiritual Guidepost *Resounding Words*

Your words echo in my mind  
And travel deep into my soul  
Re-awakening feelings  
I long ago had laid to rest,  
Or so I thought.

WORDS...Reminders of the pain and heartache  
Which once were mine, which now are yours.  
Days filled with doctors and hospital stays.  
Days filled with unknowns and waiting.  
Days filled with doubts and fears,  
With testing and waiting,  
With small hopes and prayers for miracles,  
And always with waiting.

Feelings of helplessness  
As you pray and wait.  
As you stand by the one you love  
Unable to do more than just be there,  
Not realizing that at that moment  
How all important  
That gift can be.

Frustration mounts  
As you hold on to hopes  
That one by one  
Slip through your fingers  
Until at last the hope you hold  
Is for a quiet peaceful death.

And so today  
I feel your sorrow,  
Feel your pain and anguish too  
As I join the ranks of others  
Who now wait with you and pray.

G. Phyllis McCullough  
© Bereavement Magazine November/December 2003

## **Spiritual Guidepost**

Lord, make me an instrument of thy peace.

Where there is hatred, let me sow love;

Where there is injury, pardon;

Where there is despair, hope;

Where there is darkness, light;

Where there is sadness, joy.

O Divine Master, grant that I may not so much seek

To be consoled as to console,

To be understood as to understand,

To be loved as to love;

For it is in giving that we receive;

It is in pardoning that we are pardoned;

It is in dying to self that we are born to eternal life

*Francis of Assisi*

**Spiritual Guidepost**  
*Caring for one Another*

Let's take care of children  
For they have a long way to go.

Let's take care of the elders  
For they have come a long way.

Let's take care of those in between  
For they are doing the work!

*An African Prayer*



# *Emotional* UNAVAILABILITY

*Recognizing It, Understanding It,  
and Avoiding Its Trap*

**Bryn C. Collins, M.A., L.P.**

**CB**

CONTEMPORARY BOOKS

This  
Book;  
Great  
Source  
of  
Info

# Ways of the Desert

## Becoming Holy Through Difficult Times

A book about the spiritual journey

Desert blooms with the crisis of both life and death, limit and possibility, loss and gain, past and future

Invited to face our negative emotions head on

Find in the negativity the challenge and opportunity for spiritual growth

From a psychological perspective: anxiety, depression, fear, loneliness, and guilt

- can be seen as disruptive psychic conditions
- these churn up inner turmoil and distress
- from a spiritual perspective some emotions can be understood as challenges to growth and invitations to deepen our life of the spirit

Kraft teaches us how to tap into our desert moments of negative affectivity for the waters of life.

Kraft states:

Easy and tempting to numb the pain of desert emptiness

Some try to satisfy the thirst of desert seeking with alcohol, sexuality, pornography, work

Powerlessness and a sense of spiritual loss can lead to a revitalized spirit

Motivated to live fully until death

Accept  
Attend  
Learn  
Grow

# Introduction

## The Why Question - never gets answered

Live in complex times

Expect ourselves to be almost perfect

Judge ourselves: how happy are we

Negative experiences: seen as pathological/symptomatic of unhealthiness

Times of great struggle  
suffering

Others see as self-imposed  
Lack empathy for others

Kraft refers to a long list of themes as Desert Languages - all have significant emotional impact if not flooding states.

Can you have enlightenment without

- suffering
- struggles
- working through desert experiences

Our "Desert Demons"

Offer quick/quick fixes

Addictions

Retail therapy

Avoidance

Lead to life times of suffering and struggling

Kraft offers a developmental model to explain how at different ages we experience spirituality in age related ways.

1. Role Play: Desert Talk

Two Symbols: one for desert and one for the promised land.

2. Bible Accounts: Job/Moses/Jesus

3. Slides

**T** *ransforming a lost self*

**U** *nderstanding new needs/wants*

**R** *ecognizing your uniqueness*

**N** *oting difficulties, obstacles on new pathways*

**S** *eeking self- other help and guidance*

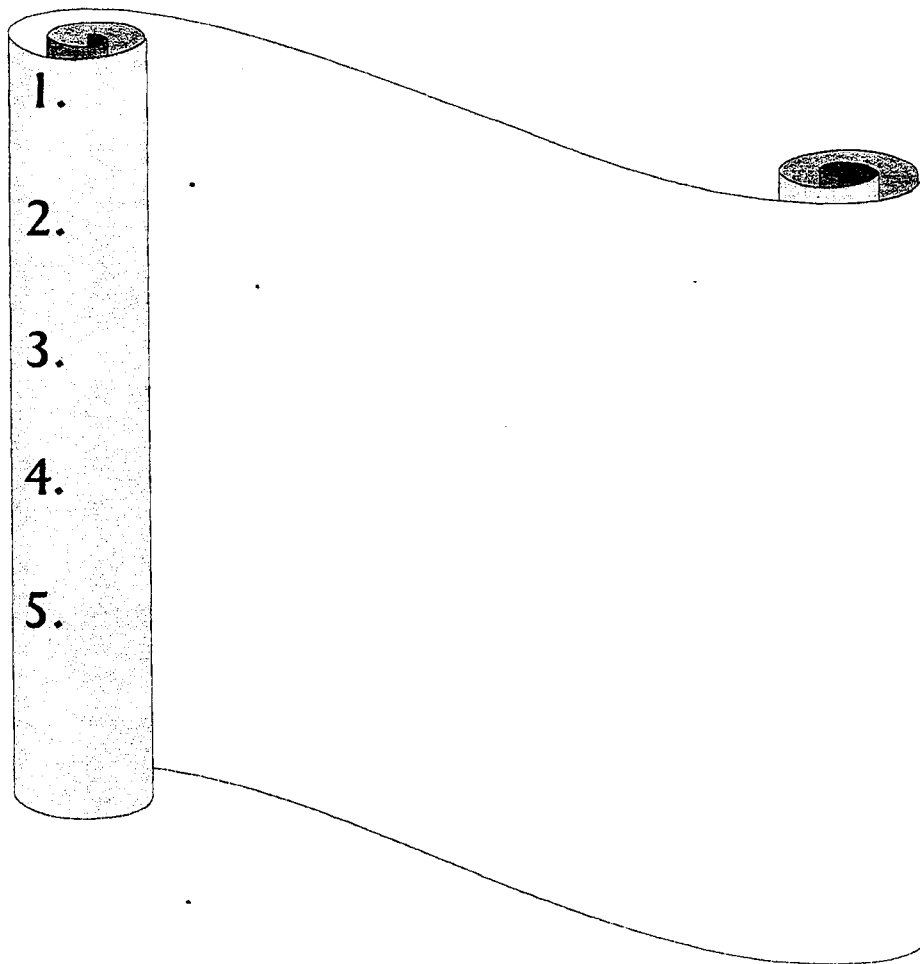
**T** *urning from grief after working through it*

**Y** *ielding and yearning connections*

**L** *iving fully in the here and now*

**E** *mbracing your spiritual self*

## GOALS I WOULD LIKE TO BEGIN TO ACCOMPLISH



1.

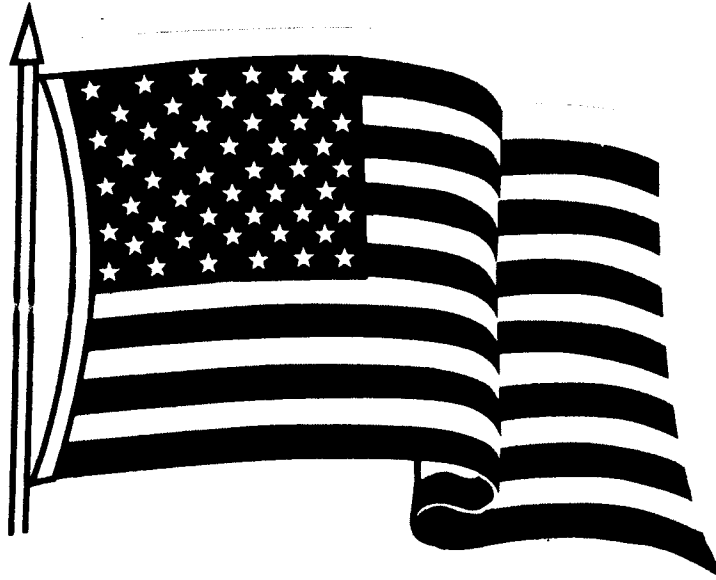
2.

3.

4.

5.

The image shows a scroll graphic with a numbered list on the left side. The scroll is unrolled from the top left to the bottom right. The numbers 1 through 5 are listed vertically on the left edge of the scroll. The rest of the scroll is blank, intended for writing goals.



When we honestly ask ourselves which person in our lives means the most to us, we often find that it is those who, instead of giving advice, solutions, or cures, have chosen rather to share our pain and touch our wounds with a gentle and tender hand. The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not knowing, not curing, not healing and face with us the reality of our powerlessness, that is a friend who cares.

Henri Nouwen

## THE SELF: SUMMARY OF NEEDS

To grow into a healthy self, we need:

- A sense of being loved.
- A Narcissistic Fan Club all our lives.
- To experience the "golden self" in childhood.
- Validation by parents.

We internalize others. . . their messages as parts of self.

Results: Self-esteem

Positive self-image

A love of self sets us free to love others. . . .but. . .

### Not Without a Price

- Become our own grownup
- Realize our parents are fallible
- Oneness → separateness
- Neither safe nor free
- Early on we learn these "truths"
- In adolescence we establish the boundaries:

## ME AND NOT-ME

What we call our sense of identity is our sense that our truest, strongest, deepest self persists over time in spite of constant change. This is constancy, congruency.

The final product: A true self in which all our other selves converge.

This self is the real self of Nerken's model.

由一由二由三

由四由五由六

由一由二由三

由四由五由六

由一由二由三

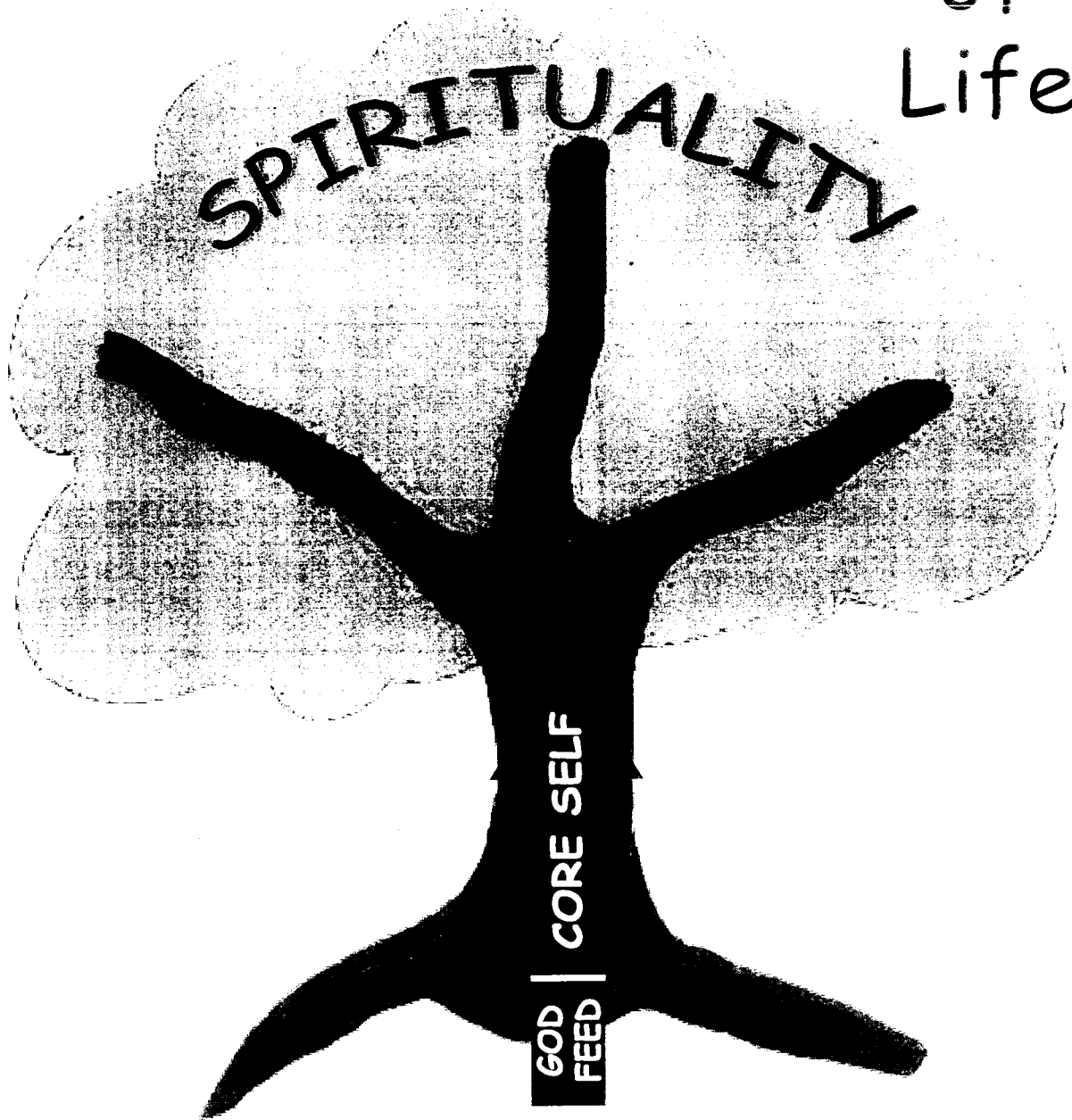
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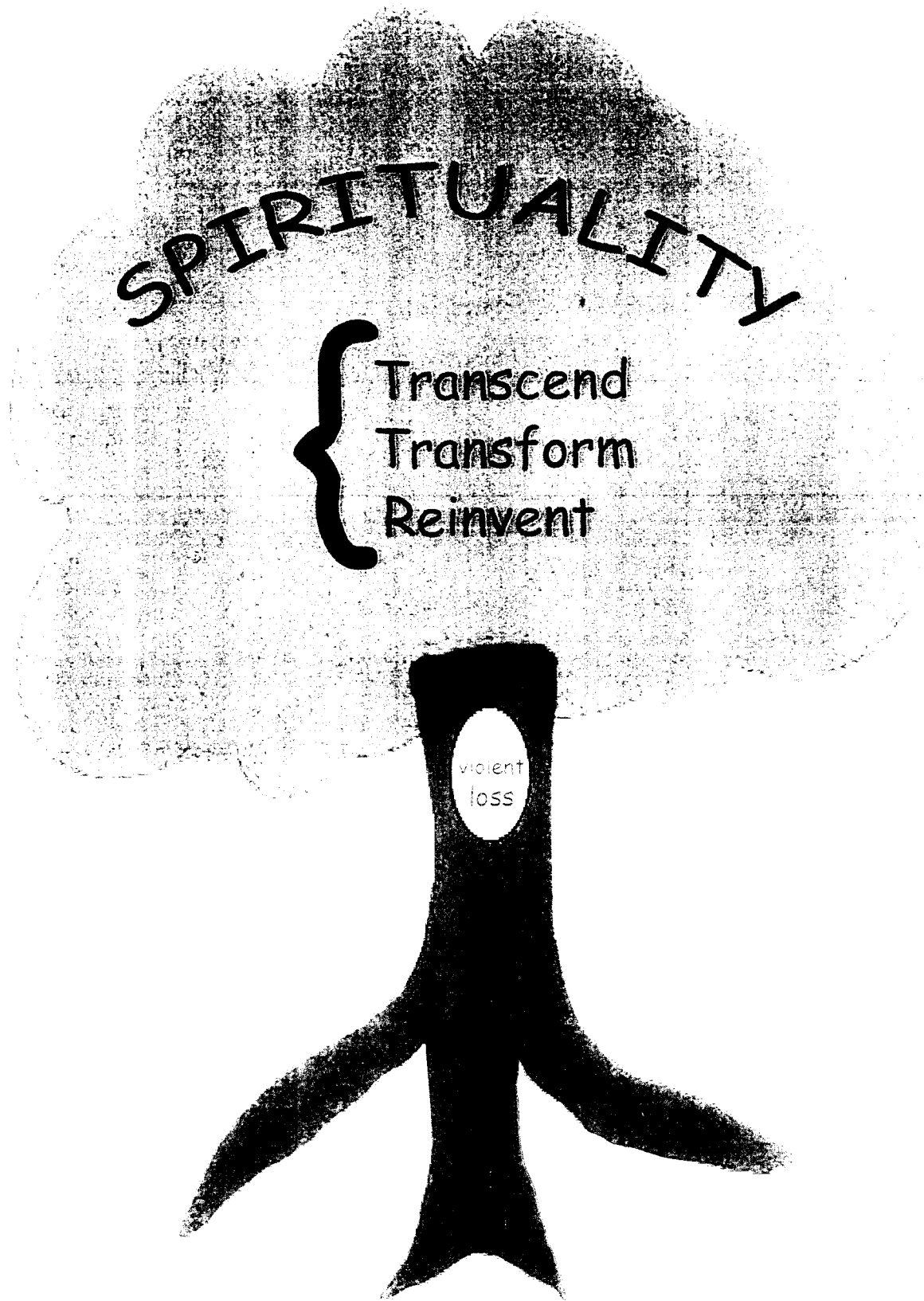


- 1. REMEMBRANCE
- 2. RENEWAL
- 3. RISK
- 4. RELEASE
- 5. REAFFIRM
- 6. REWEAVE
- 7. RESOURCES

**BEREAVEMENT PTSS**

Tree  
of  
Life





PTG  
Tree  
of  
Life

Challenges  
Accomplishments  
Striving  
Bestest

Happy  
No. 1

THE PAST

HARD  
WORK

H  
A  
P  
P  
Y

SOCIAL

External  
Healthy  
Rich  
Full  
Internal  
Secrets  
Defended

Your Tree

**THE  
HUGE  
DREAM**

**DYSREGULATION OF  
AFFECT**

**DISSOCIATION**

**NIGHT TERRORS**

**HOPELESS, HELPLESS  
HAPLESS**

**TRAUMA**

**SHAME  
GUILT  
FEARS  
DOUBTS  
DEATH  
ANXIETY  
LOSSES  
GRIEF**

HIT:

**EGO MOTIVATION  
SELF-STRUCTURES  
PERSONALITY**

**DYSREGULATION & DISSOCIATION**

*DISSOCIATION*

**PARALYZED  
NO NEW ROOTS  
NO GROWTH**

If we don't have what we need to establish the real self ...

... the false self may emerge.

## **THE FALSE SELF**

1. Hides the nature of our problems and the truth about ourselves.
2. Assumes a defensive posture with radar whose purpose is to avoid feelings of rejection (sacrifices intimacy).
3. Remains fearful the truth will emerge and the real self or others will discover the emptiness.

Materson (1988)

If we don't have what we need to establish the real self. . . . .

. . .the false self may emerge.



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Masterson (1988)

## NEEDS OF THE HEALTHY REAL SELF

1. Sense of being loved.
2. Internalization of these messages as part of ourselves.
3. Not without a price!
  - Become our own grownup
  - Realize parents fallible
  - From oneness to separateness we find we are neither safe nor free.
  - Born early on
  - Acquire clarity at adolescence
  - Stake out boundaries--me and not-me.
4. Before we can become a separate self we need to mourn our childhood's end--and our lost childhood to join the community.
5. Signs of the false self emerging:
  - Sex: can sometimes become promiscuity--a statement not of independence but an unwillingness to separate and become the I.
  - Eating binges: mothering comfort for loneliness.
  - Magical thinking: unwilling to let go of some of the wishes that can't be fulfilled. We rein in sexual wishes--and others--to grow.
6. Those who fail to become the real self may take on other roles.

# IN CONTROL

too responsible for others

## BEHAVIORS

living up to the code

## FEELINGS

COMPETENCE/FEAR  
FALSE PRIDE/ANGER

## BELIEFS

I must be perfect  
I can't say no  
Doing good makes me feel good

*BELIEFS*  
*FEELINGS*

# BALANCE

*BEHAVIORS*

## BELIEFS

I'm no good

## FEELINGS

Shame, Anger, Self-hatred, depressions, anxiety

## BEHAVIORS

Under-responsible behavior

# OUT OF CONTROL

responsible for nothing  
blame and excuses

# Stop Dwelling On It

**EXAMPLE A:** IT'S 5 P.M., THE DEADLINE FOR AN IMPORTANT work project is at 6, and all you can think about is the fight you had with the next-door neighbor this morning. You're dwelling, says Susan Nolen-Hoeksema, PhD, a professor of psychology at Yale and author of *Women Who Think Too Much*. "It's natural to look inward," she says, "but while most people pull out when they've done it enough, an over-thinker will stay in the loop." Ruminating regularly often leads to depression. So if you're prone to obsessing (and you know who you are), try these tactics to head off the next full-tilt mental spin cycle:

**1** **Distract yourself:** Put on music and dance, scrub the bathtub spotless, whatever engrosses you—for at least ten minutes. "That's about the minimum time needed to break a cycle of thoughts," says Nolen-Hoeksema, who's been studying rumination for more than 20 years. Or choose something to focus on. "A friend told me that she once started counting the number of times the speaker at her conference said 'like,'" Nolen-Hoeksema recalls. "By the time he finished, she'd stopped ruminating."

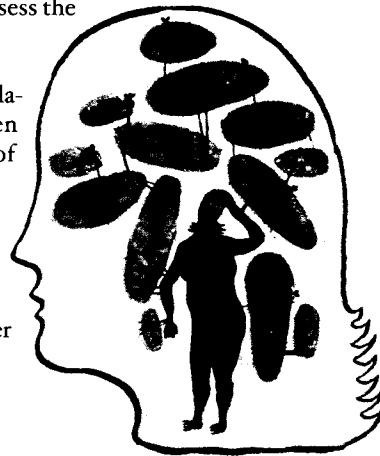
**2** **Make a date to dwell:** Tell yourself you can obsess all you want from 6 P.M. to 7 P.M., but until then, you're banned. "By 6 P.M., you'll probably be able to think things through more clearly," says Nolen-Hoeksema.

**3** **Take a 3-minute dose of mindfulness:** For one minute, eyes closed, acknowledge all the thoughts going through your mind. For the next minute, just focus on your breathing. Spend the last minute expanding your awareness from your breath to your entire body. "Paying attention in this way gives you the room to see the questions you're asking yourself with less urgency and to reconsider them from a different perspective," says Zindel Segal, PhD, coauthor of *The Mindful Way Through Depression*.

**4** **Ask yourself:** "What's the worst that could happen?" and "How would I cope?" Visualizing yourself handling the most extreme outcome should alleviate some anxiety, says Judith Beck, PhD, director of the Beck Institute for Cognitive Therapy and Research in Bala Cynwyd, Pennsylvania. Then consider the likelihood that the worst will actually occur. Next, imagine the best possible outcome; by this point, you'll be in a more positive frame of mind and better able to assess the situation more realistically.

**5** **Call a buddy:** Ask a friend or relative to be your point person when your thoughts start to speed out of control.

**6** **Say "Oh, well":** Accept that you're human and make mistakes—and then move on, says Beck. Be compassionate. It's harder than it sounds, so keep practicing. —N.B. ▶





a Maryland anger specialist who has treated more than 6,000 people and written *You Don't Have to Take It Anymore*. So as soon as you start bristling, turn your mind to whatever or whoever makes you feel good about yourself—an achievement, future goals, a pet—as long as it has nothing to do with the issue at hand. The quick shift in focus can snap you out of a temper flare.

## 4 | Think of something funny:

If you're already in a full-throttle rage, you can startle yourself out of it with humor, says Coccaro. One old trick is to imagine the person who's enraging you standing there buck naked—maybe they even slip on a banana peel or get a pie thrown in their face. Another standby is to remember your favorite comedic moment (*I Love Lucy* in the candy factory, Jerry Seinfeld yada-yada-yada-ing? Chris Rock's last concert? Any 2-year-old eating a cupcake?).

## 5 | Clear your mind:

At high levels of arousal, thinking gets fuzzy (attention narrows, and we're operating from our primitive fight-or-flight instinct). To cut through the fog, have questions ready to ask yourself, Stosny suggests: If there's an aggressor, what are at least two reasons this person might be acting out? In a traffic jam, acknowledge the frustration of the situation with a quick mental note—"So here we are"—and then jump to "How am I going to get on with it."

—Sara Reistad-Long

ANGER

## Derail Rage

FOR THE THIRD time now, the hardware store clerk has brought you the wrong lightbulb, maybe because she still hasn't gotten off her [@#\*!] cell phone. Bad service isn't a crime, but it sure can make you want to commit one, as can any number of daily irritants (being cut off on the highway, just missing the train). Americans report losing their temper on average three to four times a week, according to Raymond W. Novaco, PhD, the University of California, Irvine, psychology and

social behavior professor who coined the term "anger management" in 1975. To cool down fast:

**1 | Call it:** The minute you feel your temperature rise, tell yourself, "I'm bothered, and that may blur my judgment," Novaco suggests.

**2 | Don't wait to inhale:** Each of us has a unique anger threshold based on chemicals like serotonin,

says Emil Coccaro, MD, chair of the department of psychiatry at the University of Chicago, where he runs an aggression research lab. Depending on the kind of day you're having, your arousal varies, and when it's high, it's easier to explode. Regular exercise and relaxation practices can help you lower your arousal level and, in turn, stay below your breaking point so you're more immune to rude remarks and other daily aggravations. If you do feel yourself getting worked up, just start breathing deeply to calm down: Imagine the breath going in and out through your heart while thinking about something in your life with appreciation, suggests

Deborah Rozman, PhD, a California psychologist and coauthor of *Transforming Stress: The HeartMath Solution for Relieving Worry, Fatigue, and Tension*, who has successfully tested this approach in clinical trials. After just five cycles, your system should be back to a more emotionally balanced, even keel.

**3 | Note to self:** "I'm great." At the root of anger is self-doubt—a salesperson's incompetence doesn't throw you into a rage unless you're feeling helpless, harried, overextended, or otherwise victimized—says Steven Stosny, PhD,

A t t r i b u t e d t o M o t h e r T e r e s a



People are often unreasonable, illogical  
and self centered; forgive them anyway.

If you are kind, people may accuse you  
of selfish, ulterior motives; be kind anyway.

If you are successful, you will win some false  
friends and true enemies; succeed anyway.

What you spend years building they may  
destroy overnight; build anyway.

If you find serenity and happiness, they may  
be jealous and scorn; be joyous anyway.

The good you do today, they often will forget  
tomorrow; do good anyway.

Give the world the best you have, and it  
will never be enough; give the world the  
best you've got anyway.

You see in the final analysis it is  
between you and God. It was never  
between you and them.

anyway

## *The Thoughts of Self-Esteem*

- . I think well of myself. This is good.
  - . I accept myself because I realize that I am more than my foibles, mistakes, or any other externals
  - . Criticism is an external I examine it for ways to improve, without concluding that the criticism makes me less worthwhile as a person.
  - . I can criticize my own behavior without questioning my worth as a human being
  - . I notice and enjoy each sign of achievement or progress, no matter how insignificant it may seem to myself or others.
  - . I enjoy the achievements and progress that others make, without concluding they are more valuable than I am as a person.
  - . I am generally capable of living well, and of applying the time, effort, patience, training, and assistance needed to do so.
  - . I expect others to like and respect me. If they don't, that's okay.
  - . I can usually earn people's trust and affection through sincere and respectful treatment. If not, that's okay.
6. I generally show sound judgment in relationships and work.
    1. I can influence others by my well-reasoned viewpoints, which I can present and defend effectively.
    2. I like to help others enjoy themselves.
    3. I enjoy new challenges and don't get upset when things don't go well right off the bat.
    4. The work I do is generally good quality, and I expect to do many worthwhile things in the future.
    5. I am aware of my strengths and respect them.
    6. I can laugh at some of the ridiculous things I do sometimes.
    7. I can make a difference in people's lives by what I contribute.
    8. I enjoy making others feel happier and glad for time we shared.
    9. I consider myself a worthwhile person.
    10. I like being a one-of-a-kind portrait. I'm glad to be unique.
  7. I like myself without comparison to others.
    3. I feel stable and secure inside because I rightly regard my core worth.

## The Bereaved Child

Great potential risk to future development

Deprives child of love and the child is confronted with a difficult task of adaption

Need to mourn fully

## Adult Losses?

1. Children suffer from adult grief as they cannot separate from the adults who love and look after them.

2. The loss of a biological or step or friend who has a relationship triggers fears, suffering, worry their other caregivers may be next.

3. So many variables -

- how it happens
- anticipatory grief
- how others handle it
- how much isolation

- vulnerability: age

- The personality of the child

- The loving support system or lack thereof

- The relationship with the surviving/changes following the death - may lead to many other losses

- Understanding from research on normal development

- Needs we have to have a real self

What happens when we have not gotten what we need

1. Intro: the grief of those around us

2. The focus of others

3. How supportive is the family

4. Am I apart of it or separate

Emotions

Intense

Complex

Contradictory

Render difficult life changes

Changes can occur in yourself and others

How you see life

Your philosophical system

Whereas sadness affects in general ways...



Wells up at a particular time

Predictable

Sadness

Normal

Recognizes the end of what was

Depression:

Mind distances itself from disruptive changes in your life

Time to reorganize

Likeness to fatigue

Children

Strong capacity to grieve

Developmental differences

Distinctive features in children's grief reaction

Psychological tasks for bereaved children and family dynamics in bereaved families

Irreparable damage or not

Children vulnerable after a death

In general

Children usually employ the following 5 strategies

1. Making an effort to locate the deceased
2. Actually experiencing the deceased in some way
3. Reaching out to initiate a connection
4. Remembering
5. Keeping something that belonged to the deceased

Post Grief Strategies

Conclusion

Death Mediators

Death Mediated

by Four Principal Variables

- I. 1. Unique characteristic of child
  2. Personality
  3. Loss history
  4. Sociocultural background
- II. Meaning and power of the relationship with deceased
- III. Distinct circumstances of death
- IV. Nature and availability of support

## After a Loss

### \* 1. Psychological postmortem :

Uncover the nature and etiology of a relationship as part of the process of healing the emotional wounds of grief.

### \* 2. Healing : “Result of psychological debridement thru griefwork allowing emotional scar tissue of grief to be exposed to the healing forces of empathy.”

John Reynolds

Forum/ March - April /1977

### \* 3. Healing the emotional wounds of grief is a lofty goal.

4. Bereavement as a “choiceless event” ( Neimeyer, R. Lessons of Loss : A Guide to Coping)

### \* 5. Victimized by loss unwilling survivors of illness / tragedies / misfortunes wounded by loss of loved ones

### \* 6. We would have willingly avoided had we been given a clear choice ( Attig, Thomas)

### \* 7. Simplistic stage models of grief misleading / suggest little choice of paths thru the process

### \* 8. Experience the bereaved as assaulted first by the death.

### \* 9. Swept through ensuing events/ experiences that unfold in an inevitable sequence.

## ***GRIEF IS . . .***

*A tiresome journey  
One embarks upon alone  
Upon a train called sorrow  
Endlessly hurtling towards stations unknown*

*The pain and desolation  
Bruise mind, body and soul  
Ages, fear and rejection  
Emotions out of control*

*Grief is a swirling maelstrom  
A vortex of despair and loss  
Abandonment, loneliness and shame...  
The struggle for sanity comes at great cost*

*Grief is the bridge to acceptance  
Spanning waters both troubled and deep  
Peaceful healing and forgiveness  
Will be grief's bounty that we reap.*

*Author unknown*

## TIME'S PASSING MEANS NOTHING TO LOSS

It stalks you like a cat

Like a root

Whenever you stumble on it, it is right there

It yawns across the vastness of a smoothly made bed

In the kitchen it sits in the empty chair

Or it sits at the next table in the restaurant

With that profile you can't stop glancing at

Loss keeps picking up the thread of the conversation

It imagines it is still in the middle of it

But the thread doesn't go anywhere

Loss forgets it can't pick up the telephone and call

Until its hand is in mid-air

Loss can sleep like the dead

Like a snake coiled among warm rocks in the sun

But it wakes up hungry

With venom and fangs intact

Loss forgets what it can and cannot have

Loss never forgets what it wants.

## Spiritual Guidepost

Weaver God, we come to you,  
Or more the truth - you find us,  
Disconnected and out of sorts.  
We are disheartened by our failures,  
Discouraged by our weakness  
And little that we do seems worthy of your  
grace.  
Restore our fortunes. Restore our future.  
Weave for us the tapestry  
On which our lives are stretched.

Give us patience with the endless  
Back and forth of shuttle, hand and effort.  
We look too closely, seeing only strands and  
Knots and snarled threads of too-much-trying  
Or none-at-all.  
Grant us eyes to see the whole  
Of which we are a part.  
In the end, we ask for gentleness with ourselves,  
Acceptance of our less than perfect ways.  
We pray that what we do  
And what you weave form patterns clear to all,  
Of mercy in the warp of it  
And love throughout.

Maggie Oman, Ed. (1997)  
Conari Press, CA.

“When things go wrong, as they sometimes will,  
When the road you’re trudging seems all uphill,  
When the funds are low and the debts are high,  
And you want to smile, but you have to sigh,  
When care is pressing you down a bit,  
Rest, if you must, but don’t you quit.

Life is queer with its twists and turns,  
As every one of us sometimes learns,  
And many a failure turns about,  
When he might have won had he stuck it out;  
Don’t give up though the pace seems slow-  
You may succeed with another blow.

Often the goal is nearer than,  
It seems to a faint and faltering man,

Often the struggler has given up,  
When he might have captured the victor's cup,  
And he learned too late when the night slipped  
down,

How close he was to the golden crown.

Success is failure turned inside out-  
The silver tint of the clouds of doubt,  
And you never can tell how close you are,  
It may be near when it seems so far,  
So stick to the fight when you're hardest hit-  
It's when things seem worst that you must not quit"

— John Greenleaf Whittier, *The Poetry of John  
Greenleaf Whittier: A Reader's Edition*

## THE CHILD SPEAKS TO ITS PARENTS

Give me food to nourish me.  
Warmth and comforting  
Security in your love: Things change so quickly and appear so strange  
Let me enjoy my five senses.  
Give me plenty of things to handle, to feel, to smell, to touch, to hear  
and some that I may break.  
Let me try out my new powers as my body develops to sit, to creep, stand,  
walk, climb, and jump when I am ready.  
Don't mix up the natural needs of my body with your emotions or mind.  
Don't make me experience too much, too long.  
Do not punish me for being angry when I have been disappointed or deprived -  
It is bad enough as it is.

Speak to me with your heart and your hands: I do not understand your words.  
Surround me with kindly people,  
Give me peace in which to grow,  
Give me a corner in your home all my own:  
Give me my share of attention and consideration.  
Let me question: Give me as honest an answer as you know.  
Let me experiment: Let me find out things for myself.  
Let me stay sensitive to beauty.  
Let me have fun out of little things, no matter how foolish they may  
seem to you.  
Encourage my efforts to do things even when I do not do them very well.  
Let me share responsibilities; measure them out to me according to my  
size.  
Let me play and so let me tell you how I am trying to work out the  
problems I am up against.

When you tell me to do this and that, tell me why.  
Let me feel that I am wanted - that I am important to you.  
Include me in the family plans when you can.  
Be friendly and loyal to me, that I may know how to be the same to others.  
Prove to me that a promise is a promise.  
Please don't keep me your baby when I want to feel grown up.  
Don't make me afraid of losing your love.  
Don't implant your own fears in me; my own are difficult enough for me  
to handle.  
Help me feel the difference between make believe and reality.  
Help me not to act when I am angry, but don't make me so afraid of being  
angry that I lose my capacity to feel strongly.  
Let me learn, bit by bit, to bear pain, to want and to postpone:  
Let me learn to look forward to pleasures that are coming.