

Walking Empowered through Grief

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Walking Empowered through Grief

Our Goal (the what)

To honor both GRIEF and FAITH

To befriend EMOTIONS

To CONNECT



Walking Empowered through Grief

Our Pathway (the how)

Block 1: Unmask

Block 2: Lean In

Block 3: Find Your Through



Walking Empowered through Grief

Our Purpose (the why)

We empower ourselves to learn and grow, to find our best self, and to deepen awareness of the purpose God implanted within.

We take what we learn and empower others to do the same.



Unmasking Grief

The Importance of Unmasking Grief

- R _ _ _ _ _ mysteries
- R _ _ _ _ _ control
- R _ _ _ _ _ fear



Unmasking Grief

Setting the Foundation: Definitions

- Bereavement: the overall, whole-being state that results from loss
- Mourning: external signs and expressions of the state of bereavement
- Grief: internal experiences of bereavement, including thoughts and emotions
- Complicated Grief: grief with higher levels of intrusion and duration
- Trajectory: an overarching view of the process/journey/road/pathway of grief



Unmasking Grief

Setting the Foundation: Concepts

- All truth is God's truth
- Faith *might* be constant. But constant does not mean consistent
- Managing Expectations



Unmasking Grief

Setting the Foundation: Models

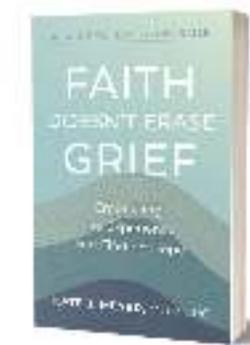
- 5 Stages (Kübler-Ross)
 - DABDA
- Dual-Process (Schut & Stoebe)
 - Loss Orientation
 - Restoration Orientation



Unmasking Grief

Setting the Foundation: Models

- 3 Phases (Meyer)
 - Early Grief
 - Middle Grief
 - Lasting Grief





Unmasking Grief

Setting the Foundation: Keywords

- Balance
- Both/And
- Try
- Distract



Unmasking Grief

Setting the Foundation: Scripture

- A different perspective
 - Jonah
 - Hannah
 - Martha & Mary
- Experiential Learning: 1 Corinthians 13



Unmasking Grief

Wrapping it Together: Metaphors

- Grief is like a Prism
- Grief is like a Snowflake



Unmasking Grief

Breakout 1:

Guided Free Association™



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*Leaning
into
Emotions*



Befriending Emotions

Lessons from threenagers

The importance of befriending emotions is like that of unmasking grief

Leaning into Emotions



The 4 Ns of Emotions

1. Natural
2. Neutral
3. Nuanced
4. Non-Negotiable

Natural

*Leaning
into
Emotions*



Leaning into Emotions



Neutral

*Leaning
into
Emotions*

Nuanced



A large, orange, hand-drawn style oval with a white outline and a slight shadow effect, containing the text "Leaning into Emotions".

*Leaning
into
Emotions*

Non-Negotiable



Breakout 2

Leaning into Emotions



Option 1: Emotions Journaling

- Assign colors to the various emotions you're experiencing
- Choose your starting color and let your emotions flow onto the page, creating a picture that resembles the release of your current emotional state



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Document

Option 2: Psalm Writing

- Use a favorite psalm as a model
- Update certain words to reflect your experience

**Find
Your
Through**

About that Valley...



Find Your Through



Spirituality

How do you define it?

What is it? What isn't it?

Find Your Through



Spirituality: A Crucial Companion

The Risk: When spirituality is left out of the grief experience, a person's risk of becoming stuck in their grief increases

The Process: If it works for one part of self, it works for another. Define your connection to God, then explore it with intention in each phase.

Find Your Through



Spirituality within the Grief Trajectory

Early Grief

Middle Grief

Find Your Through



Spirituality within the Grief Trajectory

Lasting Grief

- Identity
- Purpose

**Find
Your
Through**



Breakout 3:
Regaining Forward Movement



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Find Your Through



Questions?

I welcome connection for continued conversation or questions! You can reach me at: katejmeyer.com@gmail.com

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