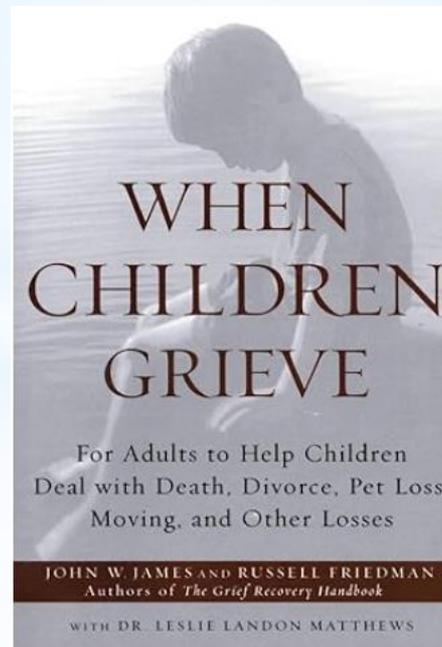


# Helping Children With Loss



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**PURPOSE:** The purpose of the Grief Recovery Method® : **Helping Children with Loss Program** is to teach how to guide children in completing their relationship to the pain, isolation and loneliness caused by a significant emotional loss of any kind.

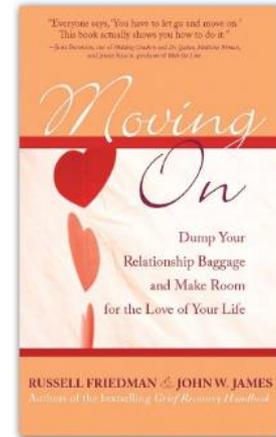
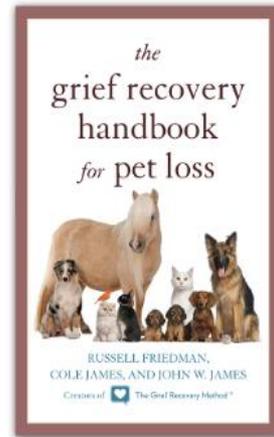
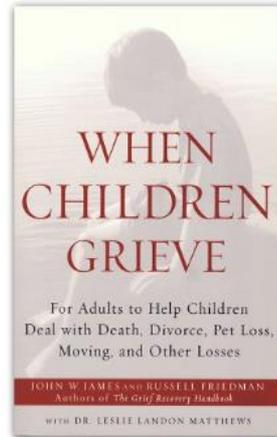
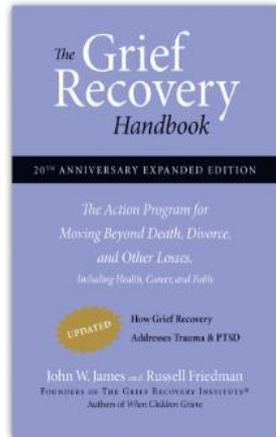
*NOTE: This course does not qualify you to teach or train others with the information that has been covered during the duration of this program. This is for you to use with the children in your family/professional setting/home and to model the skills we develop.*

*When you take a First Aid course you are only qualified to help people you come across that need help and you can't train others. The same applies to the knowledge gained on this Helping Children with Loss course.*



Over the past 40 years, the Grief Recovery Method has been widely adopted around the world – with offices in several other countries on six of seven continents. The Grief Recovery Handbook has been published in 20 other languages.

The Grief Recovery Method became the first Evidence-Based Grief Recovery program available, based on published research by Drs R.D. Nolan and J.S. Hallam, Kent State University, American Journal of Health Education, 2019





- Grief is the normal and natural reaction to a significant emotional loss of any kind.
- Grief is the conflicting feelings caused by the end of or change in a familiar pattern of behavior or a typical routine.
- Grief is the feeling of reaching out for someone who has always been there (or has never been there) only to find when you need them again, they are no longer there.



- There are no stages in grief. Elizabeth Kubler Ross' work was on Death and Dying, not on grief. She was very specific about this distinction in her books and yet the media and universities have attached her work to grief as a whole.
  - This common misinformation has confused and hurt many grieving people throughout the years.



Typically, most people only think of death when dealing with grief.





What are some other obvious and hidden losses that children in care experience?



- Family changes (parents/grandparents/siblings)
  - Addiction, mental illness, or incarceration
- Moving to a new home or a foster home
- Moving to a new school
- Disappointments at school (grades/sports/arts)
  - Loss of self-esteem (read/write/math/sports)
- Friends/neighbors moving away
- Loss/misplacement of personal possessions
- Pet loss



## Intangible Examples of Grief

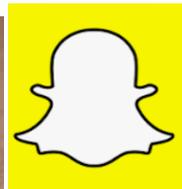
- Loss of Safety (physical/emotional)
- Loss of Familiarity (environment/people)
- Loss of Autonomy
- Loss of Comfort
- Loss of Faith



## Typical Responses to Grief

- Reduced concentration
  - Poor grades
- Roller coaster of emotional energy
  - Acting out/tantrums
- A sense of numbness
- Disrupted sleeping patterns
- Changed eating habits

# Short Term Energy Relieving Behaviors: Youth





# Myth 1: Don't Feel Bad



## Myth 2: Replace The Loss





## Myth 3: Grieve Alone





## Myth 4: Be Strong





## Myth 5: Keep Busy





## Myth 6: Time Heals All Wounds





# Thank you!

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