

Counselling Issues &

Procedures

## Grief and Loss

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1. Grief and loss are a common post-trauma response.
2. "Grief is a reaction to loss or change. Intense feelings of sadness and sorrow characterize grief… When grief is avoided, the traumatic memories of the painful experiences are likely to intrude upon daily life."

Stephen Viars, "Redeeming Your Painful Past," 14

1. The circumstances around trauma, whether it includes death or not, are individual and unique to you.
2. It is normal to feel as if no one has been through what you are experiencing.
3. Practical application to post-trauma grief
4. Process the thoughts and feelings associated with your losses within the framework of God's redemptive work.
5. Learn how to continue life and face the truth about what has happened to you without denying or minimizing the facts, despite any temptation or pressure to deny or hide your pain.
6. Learn how to deal with life's losses within the context of God's healing.
7. Experiencing sorrow means embracing the sadness of losses that have grieved and angered the heart of God.
8. Determine to face the truth.
* Enlist help for this!
1. Admit the damage that has occurred.
2. Overcoming *depends* on facing what happened.
3. Be honest with yourself.
4. Tell yourself the truth.
5. Come face-to-face with your internal and external suffering.
6. Connect with someone who will point you to Emmanuel.
7. Cry out to God first. Isa. 7:14; Matt. 1:23
8. Jesus understands grief and suffering. Heb. 12:2; Matt. 26:39, Ps. 22:1; Isa. 53:3
9. Revisit your struggle with trusting God.
10. Faith accepts God for who He is and asks questions reverently without demanding answers. James 4:1 – 10
11. God does not expect you to be silent or to deny your emotions. Grieve the destruction you experienced.
12. Psalms of Lament
13. The Psalms are full of the cries of those who have cried out to God in their distress. Ps. 42:3 – 5; Ps.10, 13, 22, 31, 55, 56, 57,73, 88
14. The Psalms of Lament "express the need for God's deliverance."
15. Allow the survivor to give voice to their own lament
16. Express their trust in God
17. Cry for deliverance
18. Vow to praise God