

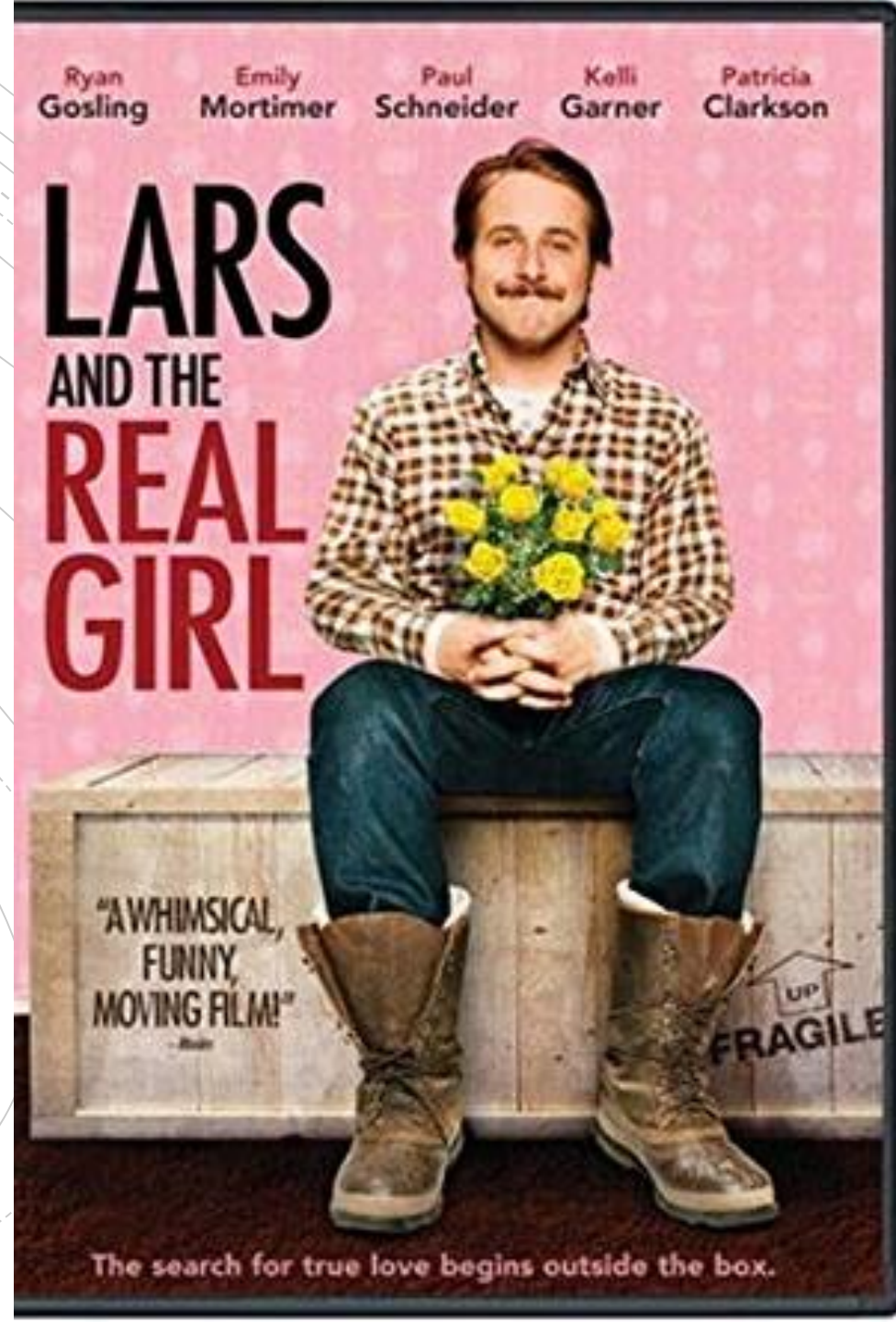


# Good Grief: Journey to the new Normal

Pastoral Care Team Grief Support Training

Presented by Dr. Ty Ragan

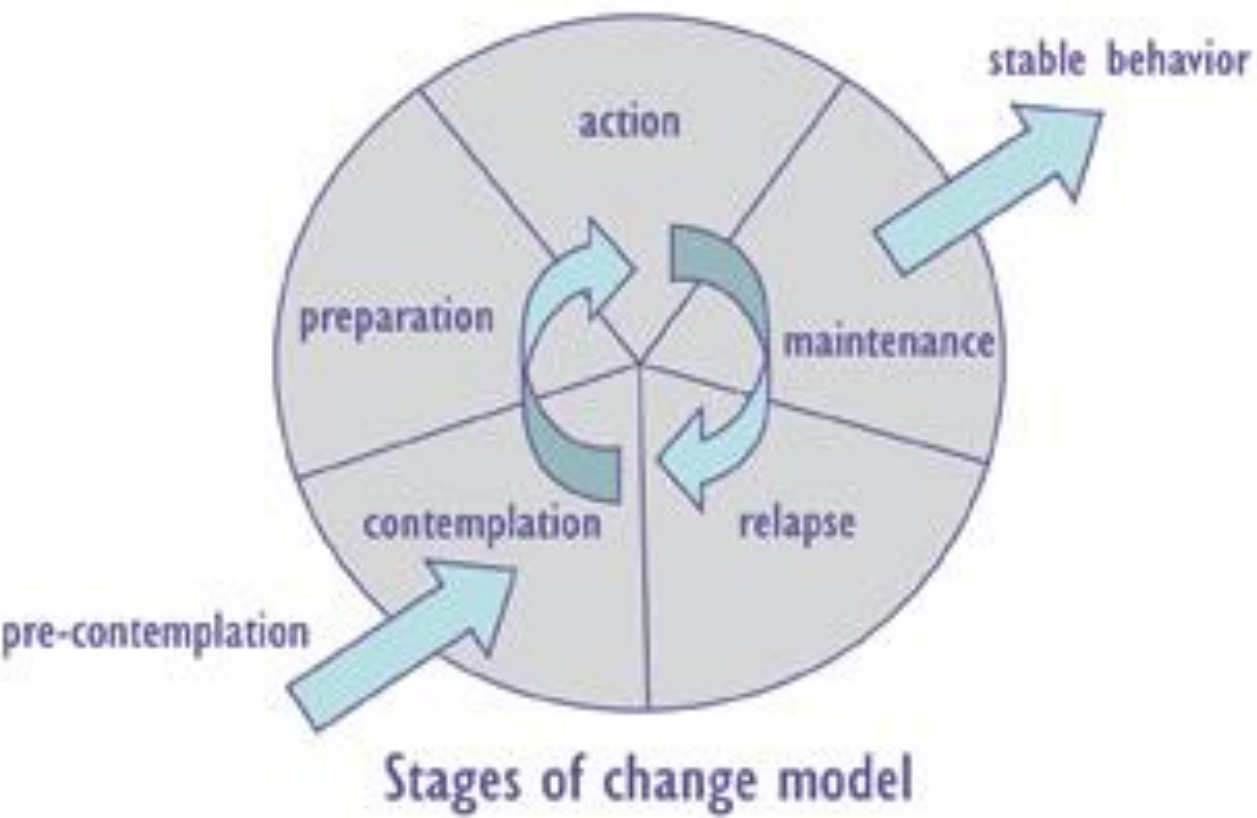
# Introduction



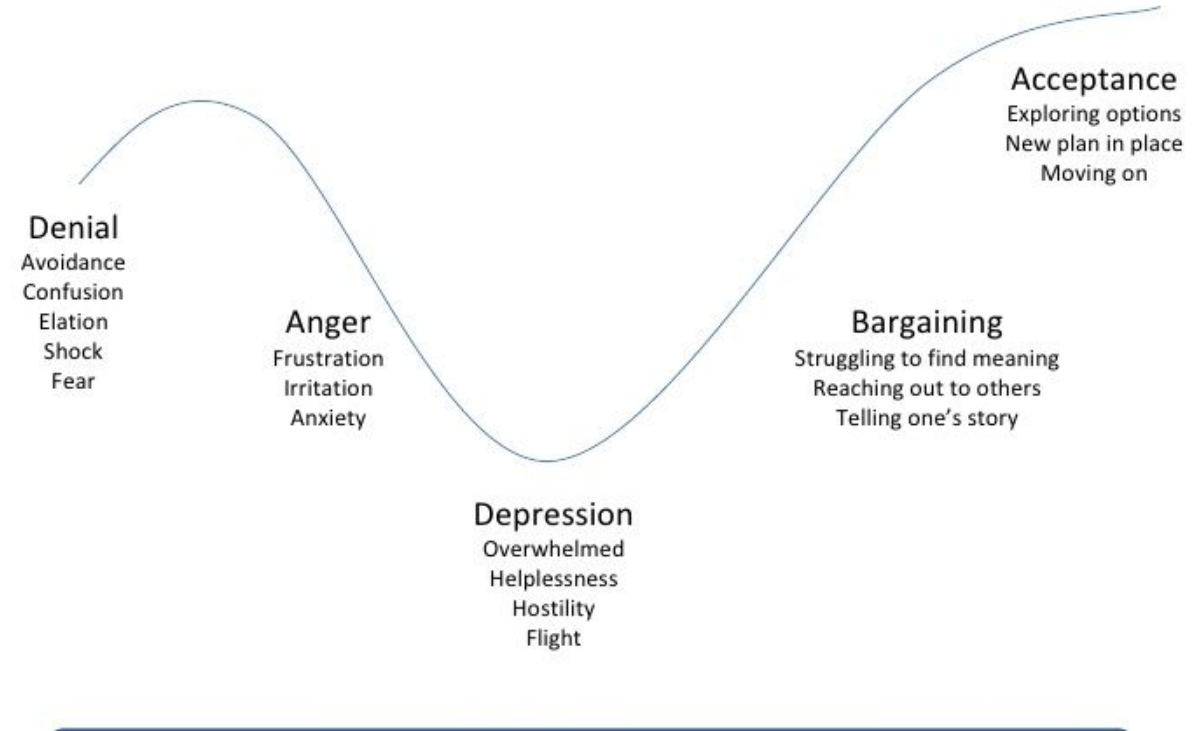
# Grief Theory

Stages of Change- Kubler Ross – U Theory

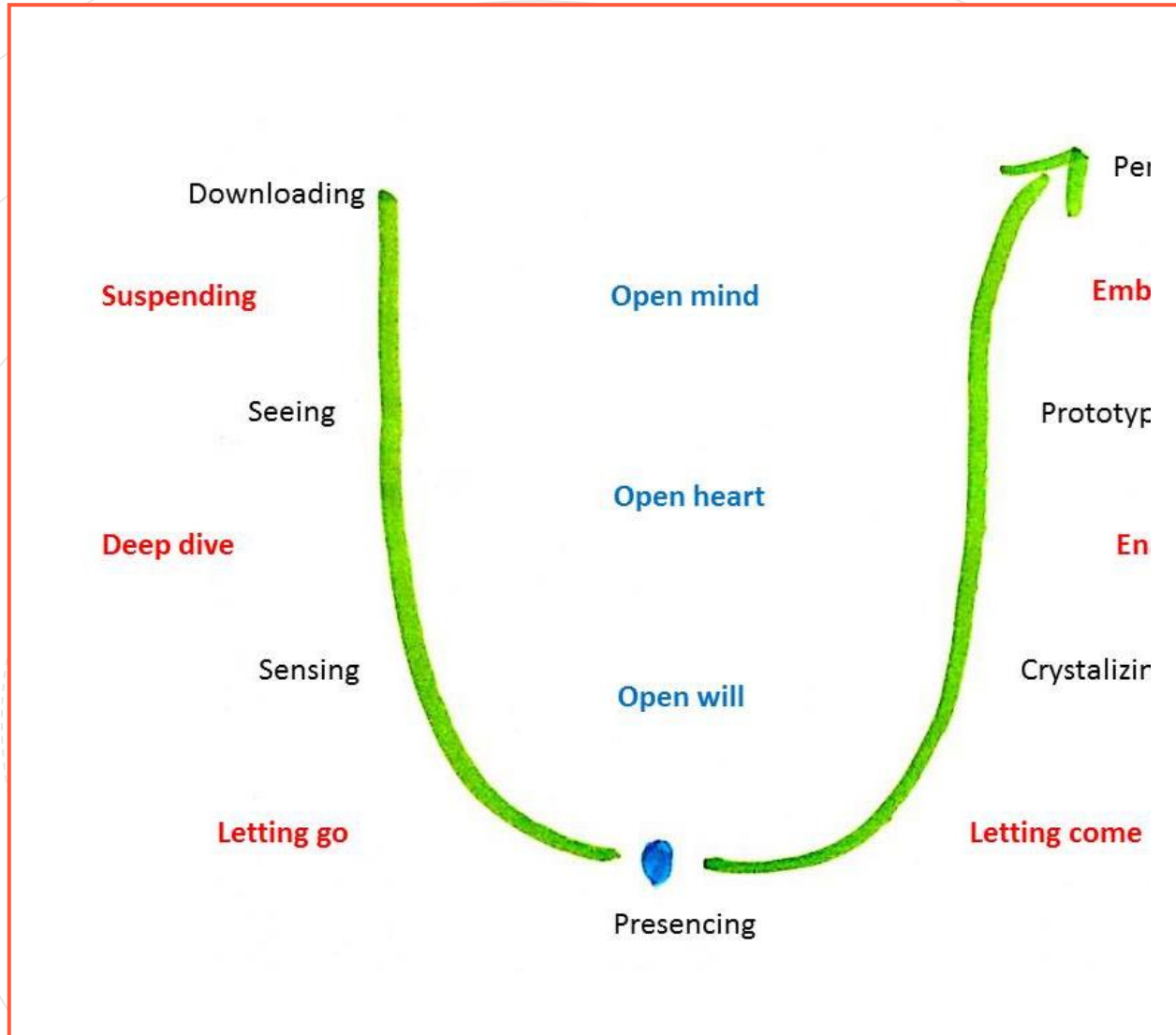
Why Theory?



# Kübler-Ross Grief Cycle



Theory of:  
Change and Grief



# U Theory

Be present into the New

The background features a series of concentric, overlapping circles in light gray, some solid and some dashed, creating a ripple effect. A large, solid red speech bubble is centered on the page, pointing downwards. The text is white and centered within the bubble.

Healing Tears  
&  
Holding the Silence

Power ?'s

The Taboo ?



## What are Power ?'s

- Powerful questions are provocative queries that put a halt to evasion and confusion. By asking the powerful question, the coach invites the client to clarity, action, and discovery at a whole new level. As you can see from the following examples, these generally are open-ended questions that create greater possibility for expanded learning and fresh perspective.
- What would be some power questions?
- Hand out & practice





# The Taboo Question

**Are you thinking of Killing yourself?**

**Role plays**



# Resources

It all begins with a  
visit to the Family  
Doctor

Distress Centre

403-266-HELP



▼ P.O.P.  
Strategy



BREAK



# Soul Care

What is Self Care?

Why Does it Matter?

# Soul Care

**WHAT RE-ENERGIZES AND RENEWS YOU?**



**WHAT TO DO WITH THE GUNK & PAIN?**



Journaling:

Writing

music

colouring

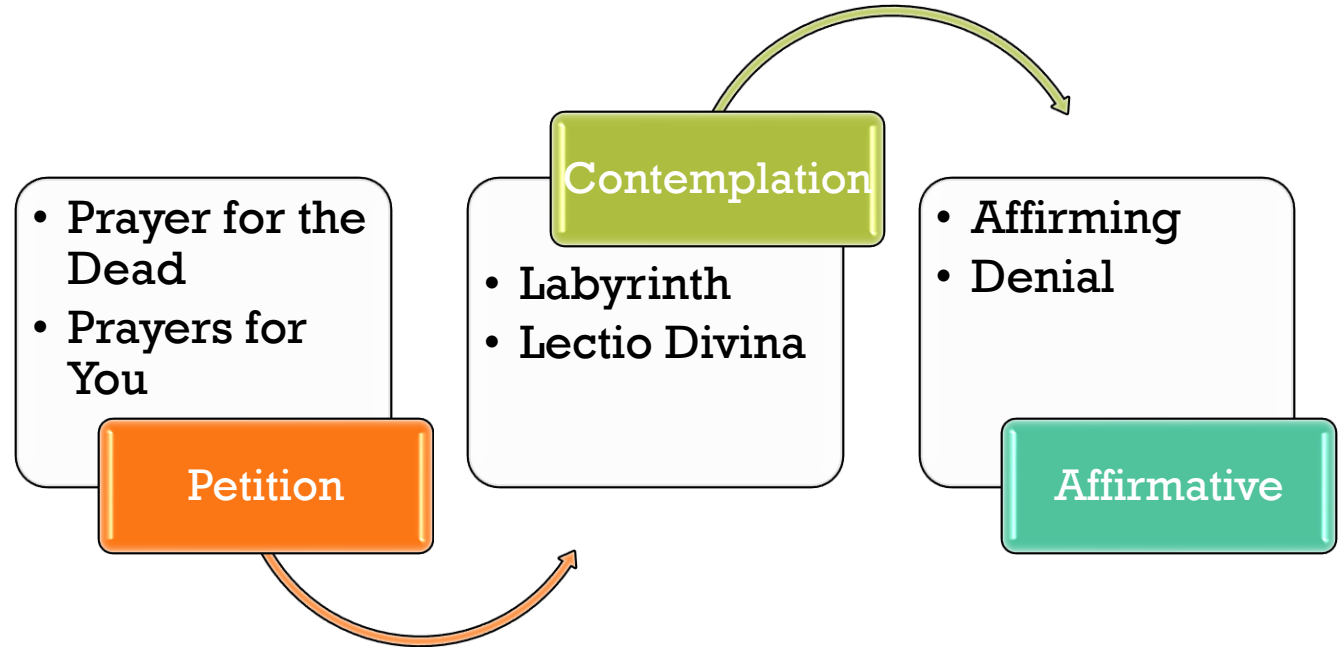
drawing

sewing/knitting



# Prayer

Some examples  
Others?



- \*3 things grateful
- \*1 thing learned
- \* 1 thing you will do to care for you
- Tell someone beside you so they can follow up next Sunday at Coffee time

A 3D rendered hand holding a large white question mark. The background is white with various colorful question marks (red, green, orange, blue) scattered around. A red speech bubble is overlaid on the right side of the image.

Questions & Comments

