Course Outline

I. Impact of sudden loss on parents and siblings

A. Individual reactions in the grieving process
B. Physical, spiritual and psychological responses
C. Trauma response
    1. Body memories
    2. Emotional triggers
D. Isolation and connection

II. Strategies for addressing traumatic grief

A. Compassionate listening and Awareness
B. Psycho-education about grief and trauma
C. Living with uncertainty
D. Working with somatic responses
E. Beyond words: experiential integration

III. Rituals that help with integration

A. Grief calendar: anniversaries and milestones
B. Subsequent pregnancies
C. Increasing social support
D. Integrating loss into the family