

Erickson
2000-2020

Griefs treatments

Teresa García Sánchez

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Objectives:

1. Detect and discuss when symptoms are covering grief
2. Identify grief in small losses (moving to a new house, a habit, loss of a pet) as well as in serious separations or passing.
3. Describe psychotherapeutic treatment and hypnotic intervention.

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Griefs treatments

- A) Introduction
- B) Psychotherapeutic intervention
- C) Hypnotic treatment
- D) Other aspects to consider
- E) other kind of griefs


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A) Introduction

- The concept of grieving can be extended to everything, goodbye or change

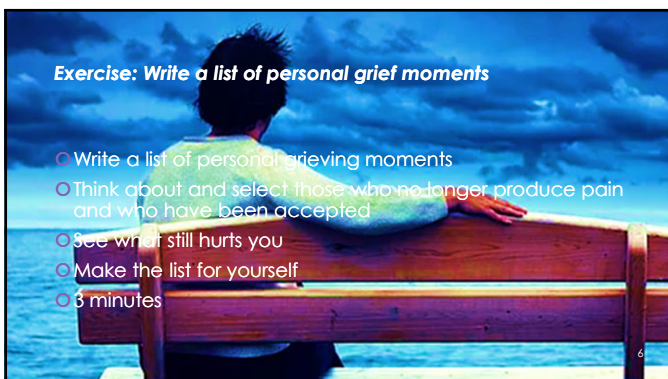


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Exercise: Write a list of personal grief moments

- Write a list of personal grieving moments
- Think about and select those who no longer produce pain and who have been accepted
- See what still hurts you
- Make the list for yourself
- 3 minutes



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Types of grief when a person is dead 1/2



- **Grief that is well resolved:** grief involves sadness and nostalgia, but the person accepts the loss and adapts to the absence and his new life
- **Chronic grief:** the person "drags" his pain and feeds it with memories, significant dates and objects filling his life with a longing for nostalgia
- **Deferred grief:** occurs when the person becomes strong, at least initially, and hides his feelings

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Types of grief when a person is dead 2/2

- **Psychosomatic pain:** occurs when the person suffers from different illnesses as a refuge from his grief
- **Anticipated grieving:** occurs in both the family and the person who has a terminal illness
- **Shameful grief:** occurs when the deceased is someone from an unrecognized relationship

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Grief leads to other changes

When the loss of a person and the pain is well experienced or treated, we must not forget, often, this loss causes changes.
So, grieving can be experienced in many other things.

These can be big or small ones, but they all matter, among other things because they represent "reminders" of an emotion which is in the process of solution



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Exercise:**a list of life changes after a loss**

- Think about and make a list of changes in life and projects that may lead to the loss of a loved one (emotional separation or death)
- Group of 3
- 5 minutes



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B) Psychotherapeutic intervention

- 1- Get the client to recognize that he is sorry for himself
- 2- Ask the patient to remember the defects of the deceased
- 3- From "us" to "me", from "our" to "mine"
- 4- Bring the patient to mention the word "dead"
- 5- Feelings of guilt.

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1- Get the client to recognize that he is sorry for himself more than for the deceased



Only by recognizing the real source of one's feelings one can overcome them and stop feeling helpless in overcome the "sadness that the person who is no longer there might feel"

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2- Ask the patient to remember the defects of the deceased

Only remembering the faults, the manias, the details that bothered you, will demystify the deceased

One must remember the deceased as he was, love him realistically, with his faults and his virtues

As they were loved him during their life

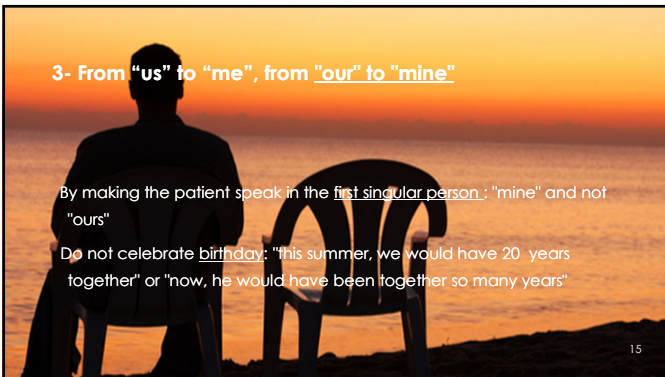


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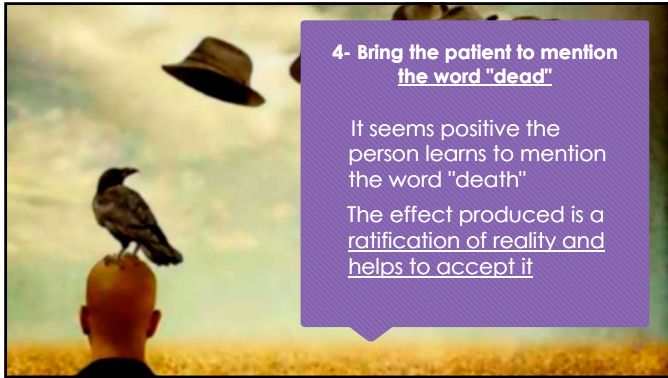
3- From "us" to "me", from "our" to "mine"

By making the patient speak in the first singular person.; "mine" and not "ours"

Do not celebrate birthday: "this summer, we would have 20 years together" or "now, he would have been together so many years"




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5- Feelings of guilt

○ Almost always, there are feelings of guilt and they have different causes:



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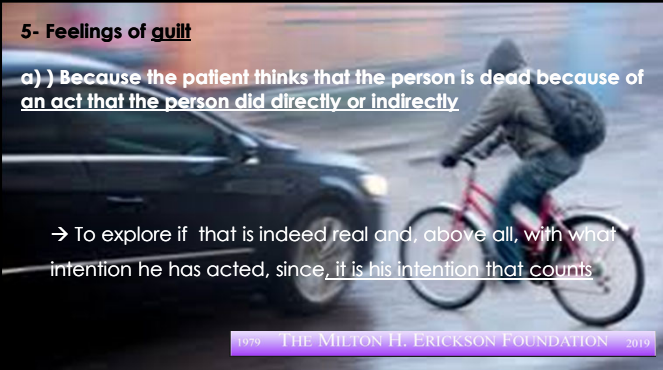
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5- Feelings of guilt

a)) Because the patient thinks that the person is dead because of an act that the person did directly or indirectly

→ To explore if that is indeed real and, above all, with what intention he has acted, since, it is his intention that counts

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5- Feelings of guilt

b) **Because he regrets his behavior with the deceased or because he has not said something that would have :**

→ Helped the person verbalize what he said or rephrase what he said

→ Exercise of both chairs (if the person is sufficiently prepared)

Be careful that there are no ratifications of beliefs



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Demonstration « Gestalt therapy »

Be careful there are no ratifications of beliefs



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Exercise (if we have time)


- In groups of 3 // 10 minutes
- The role of the patient will regret a loss (or change) related to a person: change of work, departure of children, inappropriate anger, emotional separation or death

Be careful that there are no ratifications of beliefs

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5- Feelings of guilt

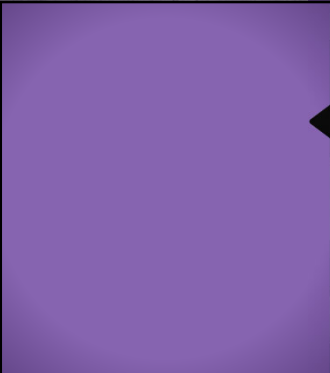
d) Because he feels abandoned

These feelings are a natural response to the situation

→ Find other situations where it seemed normal to have the courage to separate even if it was sad

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5- Feelings of guilt

e) Because he feels sorry for himself and thinks that this is selfish

→ Congratulate the person for his realism and honesty with herself

→ He is the person who needs compassion. He needs to build a new life and to feel the sorrow and loneliness is natural for a time and does not harm the person deceased


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5- Feelings of guilt

f) Because he does not feel sorry

- It is easier to feel guilt than to feel the grief, so the person choose to feel guilty because he does not feel sorry.
- → We can tell him to allow himself for a while to feel guilty with a paradoxical intention, because when he will feel the guilt, he will not believe it completely and little by little will experience his sorrow until he will be able to bear it



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5- Feelings of guilt

g) Because he wanted this death

Because he "desired death" at a time because of anger against the deceased

→ Ask if he has a magical belief and what it's based on: education, context, superstition, religion, etc.

→ And change belief asking if he still has that power, if, when he thinks and wants a good thing: does it happens?.



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5- Feelings of guilt

h) The guilt of the doctor or sanitary

A different case is the guilt felt by those who have "lost a patient" following a medical intervention

→ Remember that sometimes you have to take risks, statistically justifiable, to save someone, even if the result is not always good

→ Ask them to stop expressing "I lost **my** patient"




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c) Hypnotic intervention

The interventions indicated should not produce a big catharsis but a sincere and refreshing emotion

It's about "living the pain" of the grief with detachment

Dissociate from the body which is the amplifier of the emotions



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c) Hypnotic intervention

- 1) The "recreated an adios" (classic)
- 2) Metaphors: cut ties, the boat, etc.
- 3) The hypnotic phenomenon
- 4) Examples of renovation: dry leaves, clock, water running, etc.
- 5) projection of the future (with prudence)
- 6) Suggest to throw away unnecessary and selected items

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c) Hypnotic intervention

1) The "recreated an adios" (classic)

The usual procedure in the context of classic hypnosis is to provide the opportunity of "recreated goodbye"

This may be appropriate in some cases, but we must be aware of the possibility of inducing magic beliefs in some people



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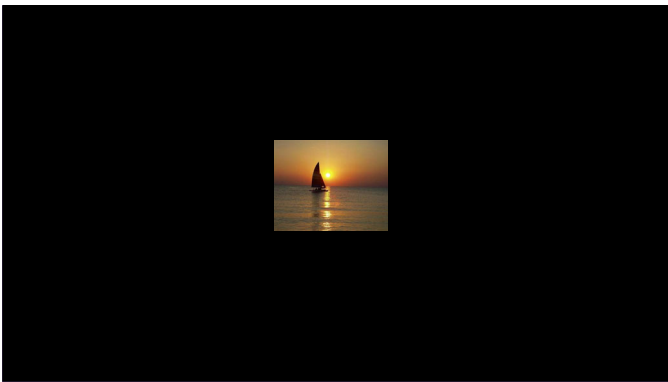
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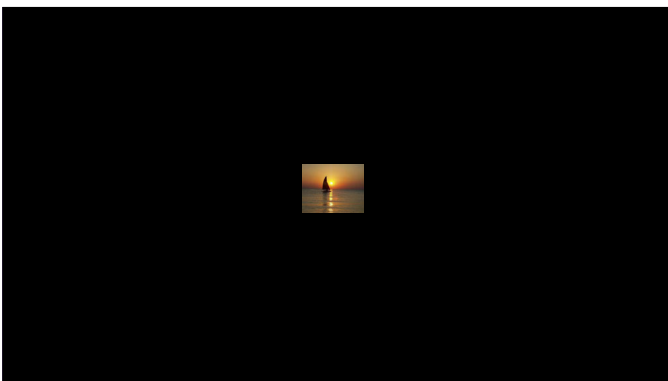
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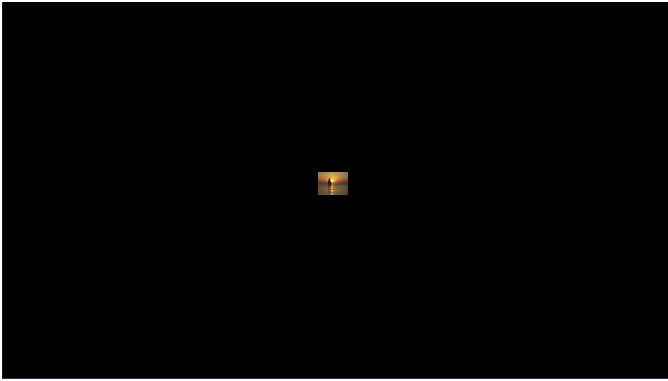
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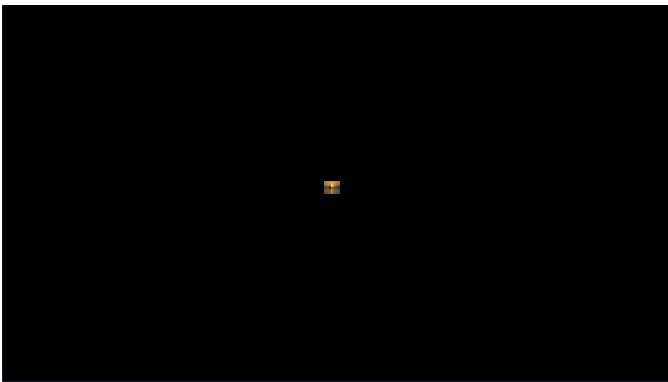
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The window




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c) Hypnotic intervention
3) The hypnotic phenomenon:


Some hypnotic phenomena can be a metaphor too: the weight that is released, the balloon that goes up.



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Demonstration and Exercise: Adios to the balloon



- In pairs 10 minutes + 10 minutes
- The role of the patient will regret a loss or a change (change of work, departure of children, anger, emotional separation or death)
- The hypnotic phenomenon of turning the arm and letting the piece fall and releasing the ball with the collaboration of the conscious mind
- It will be the balloon that appreciates his freedom

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c) Hypnotic intervention

4) Examples of renovation: dry leaves, clock, water running, etc.

Any example that indicate change, renewal, cycles, adaptation: dry and new leaves, water cycle, flexibility and adaptability of water



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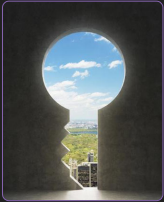
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c) Hypnotic intervention

5) Projection of the future (with prudence)

Projections of the future offering life options, involving the responsibility of caring for others and oneself

Talking about the freedom to start a new life with great caution



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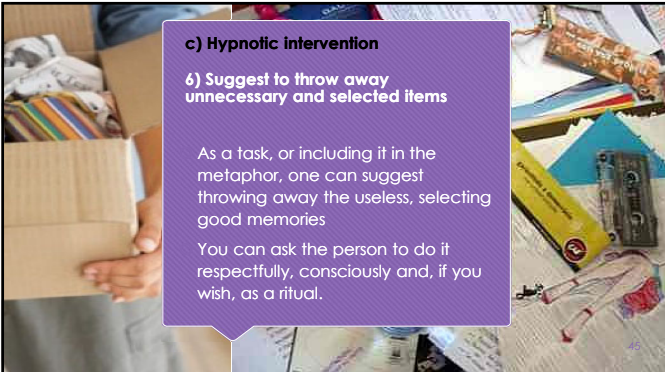
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c) Hypnotic intervention

6) Suggest to throw away unnecessary and selected items

As a task, or including it in the metaphor, one can suggest throwing away the useless, selecting good memories


You can ask the person to do it respectfully, consciously and, if you wish, as a ritual.




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d) Other aspects to consider

- 1) Therapeutic models and customs
- 2) Evaluate the situation in which the person remained
- 3) Time: How long has "he suffered loss"?
- 4) Determine if there is a conscious or unconscious "death" desire
- 5) There can be an impossible and harmful perfectionism 1/3 & 2/3 & 3/3
- 6) Pay attention to self help books
- 7) Beware of those who claim to be strong
- 8) Respect religious, spiritual, etc. beliefs Exercise (2nd round)

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d) Other aspects to consider

1) Therapeutic models and cultures


Social cultures

Therapeutic procedures



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d) Other aspects to consider
2) Evaluate the situation in which the person remained



Evaluate the situation in which the person remained: company, activation capacity, economic resources, family environment

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d) Other aspects to consider
3) Time: How long has "he suffered the loss"?

There are differences in the perception of time and the effect of it:


- There are never resolved mourning (obsessive)
- There are useful bereavements (manipulators)
- There is continuous grief (possible depression)
- There are recent griefs (a mixture of emotions that must be localized to help to "digest" them with great respect for the patient's rhythm)

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d) Other aspects to consider
4) Detecting if there is a conscious or unconscious desire "of death"

Determine whether there is a conscious or unconscious desire for "death", which is generally a refusal to take care of oneself and an attitude of detachment from any interest in living (depression / suicide)



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- d) Other aspects to consider
 5) There can be an impossible and harmful perfectionism



Some people who have lost a love companion want to do everything very well, especially take a lot of self care, especially after a death due to illness

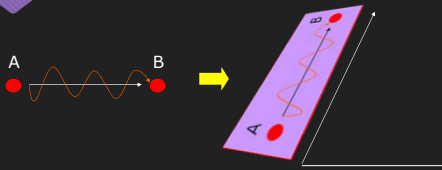
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When the client wants to do all the changes at the same time



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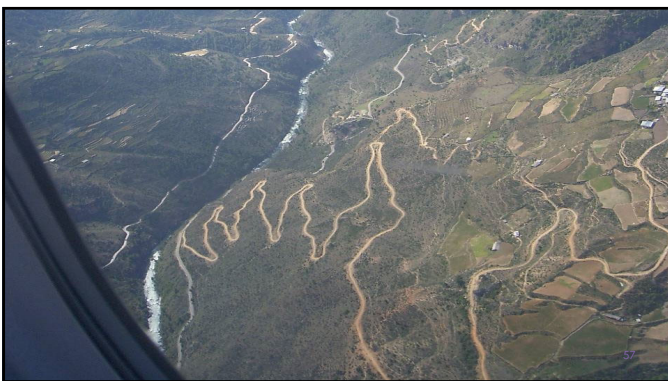
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d) Other aspects to consider

6) Be careful with some books



- Be careful to self help books, Internet, grief groups, people who give hope through mediumship and "on the other side" signs

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d) Other aspects to consider

8) Respect religious, spiritual, agnostic beliefs, etc.

Accept beliefs and support them (even if we do not share them)
They can help sublimate death
They are very legitimate and useful



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Any discomfort for a loss or a change can be treated as a grief

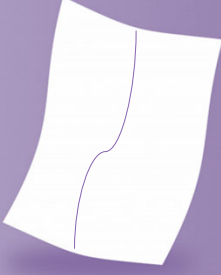
- Separations
- Removals
- Work shift
- Emancipated children
- Diseases that heal
- Loss of kilos
- Lost health
- Surgical operations
- Amputation
- Aesthetic operations
- Image changes
- Loss of youth

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It is possible to suggest to the client to look after what he utilizes to "maintain his grieving" with caution

- Ask what he will win when he is no longer sad:
- Then ask what he will lose when he is no longer sad:
- Self pity and victimization?
- Do not blame others anymore?
- Unconsciously manipulate the people around him?
- Continue the illusion of being in touch with the deceased, even through a feeling of suffering?




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Life is a permanent grief

Becoming aware of the possible advantages of maintaining the feeling of loss can help to reconvert it

After all, life is a permanent grieving and one must be ready to change. Many things change constantly including our cells which renews itself every seven years



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