



DOVER COURT
INTERNATIONAL SCHOOL
SINGAPORE
A NORD ANGLIA EDUCATION SCHOOL

DCA Transitions Workshop:

Understanding Change, Loss and Grief



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Exploring the Seasons of Grief

Seasons for Growth® is an education program which explores the impact of change and loss on everyday life, and helps people learn new ways to respond to these changes.

Workshop outcomes

You will have the opportunity to:

- Examine transitions and the meaning of grief
- Review the range of changes and losses experienced in life (particularly as an ex-patriate)
- Reflect on the relationship between change, loss, grief and behaviour
- Understand different reactions to change and factors that influence them
- Explore strategies of empowerment including:
 - The role of choice in the grief journey
 - The importance of networks of support.



Introductions

- Share your name and where you're from
- Tell the story of your shoes:
 - Where you got them
 - Why you chose to wear them today
 - What they say about you



Change and loss are part of life

- Are natural and inevitable (more so as an ex-pat)
- Can bring both positive and negative effects
- May be a catalyst for growth (building resilience)

“Grief is a conflicting mass of human emotion that we experience following any major change in a familiar pattern of behaviour.”

(Source: James and Cherry, 1988)

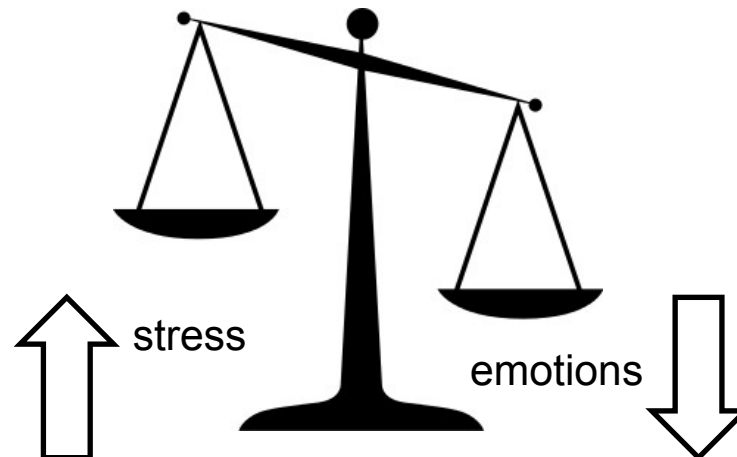


Activity 1: 'My precious object'

Think of a special or significant object you have once lost.
Tell your partner:

- What was the object?
- What happened?
- How did you react?
- Write down 4 key words about how you responded.

Swap and repeat.



Links between change, loss, grief and behaviour

Physical	body	What happens to the body when a significant change happens? <i>e.g. headaches, loss of appetite?</i>
Emotional	psychological	What feelings might be strongest? <i>e.g. anger, anxiety?</i>
Social	relationships	What may happen in relationships? <i>e.g. withdrawn, chaotic?</i>
Mental	cognitive	What thoughts and self-talk take the focus? <i>e.g. distracted, inability to focus?</i>
Spiritual	meaning/ values/ philosophical outlook	What becomes important in life? <i>e.g. questioning priorities?</i>

Activity 2: Storm warning activity

- Place scenario of change / loss where you believe it fits
- Compare differences and similarities
- Remember grief reactions are individual and unique

Breeze

Wind

Storm

Gale

Cyclone



Grief is influenced by context and characteristics.

One person's 'breeze' is another person's 'cyclone'.



Factors that influence reactions to change / loss

1. The nature of the situation of event, e.g. loss of employment?
2. The importance of the change, e.g. redundancy, age, family responsibilities?
3. How the transition happened, e.g. expected, fair?
4. Previous experience of change, e.g. adaptability, resilience?
5. Personality and temperament, e.g. optimism, fearfulness, flexibility?
6. Available support networks, e.g. family, friends, community groups?
7. Other changes/losses resulting from the transition, e.g. subsequent financial issues?
8. Social and cultural expectations and stereotypes.



Empowerment strategy: If Only / I Can

People can consciously regain a sense of control by focusing on the 'I can...'

Being connected and knowing that you are supported are critical aspects of feeling in control

We can also support ourselves by doing things that bring us enjoyment

Make a list:

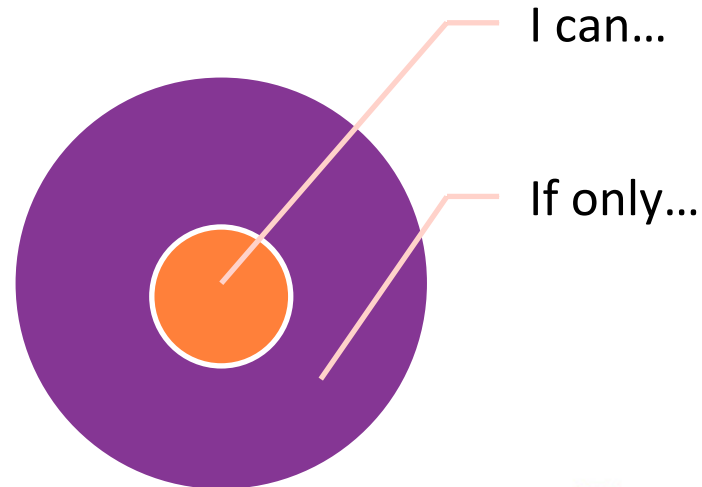
Things you can do...

- ...by yourself
- ...with others

Places you can go...

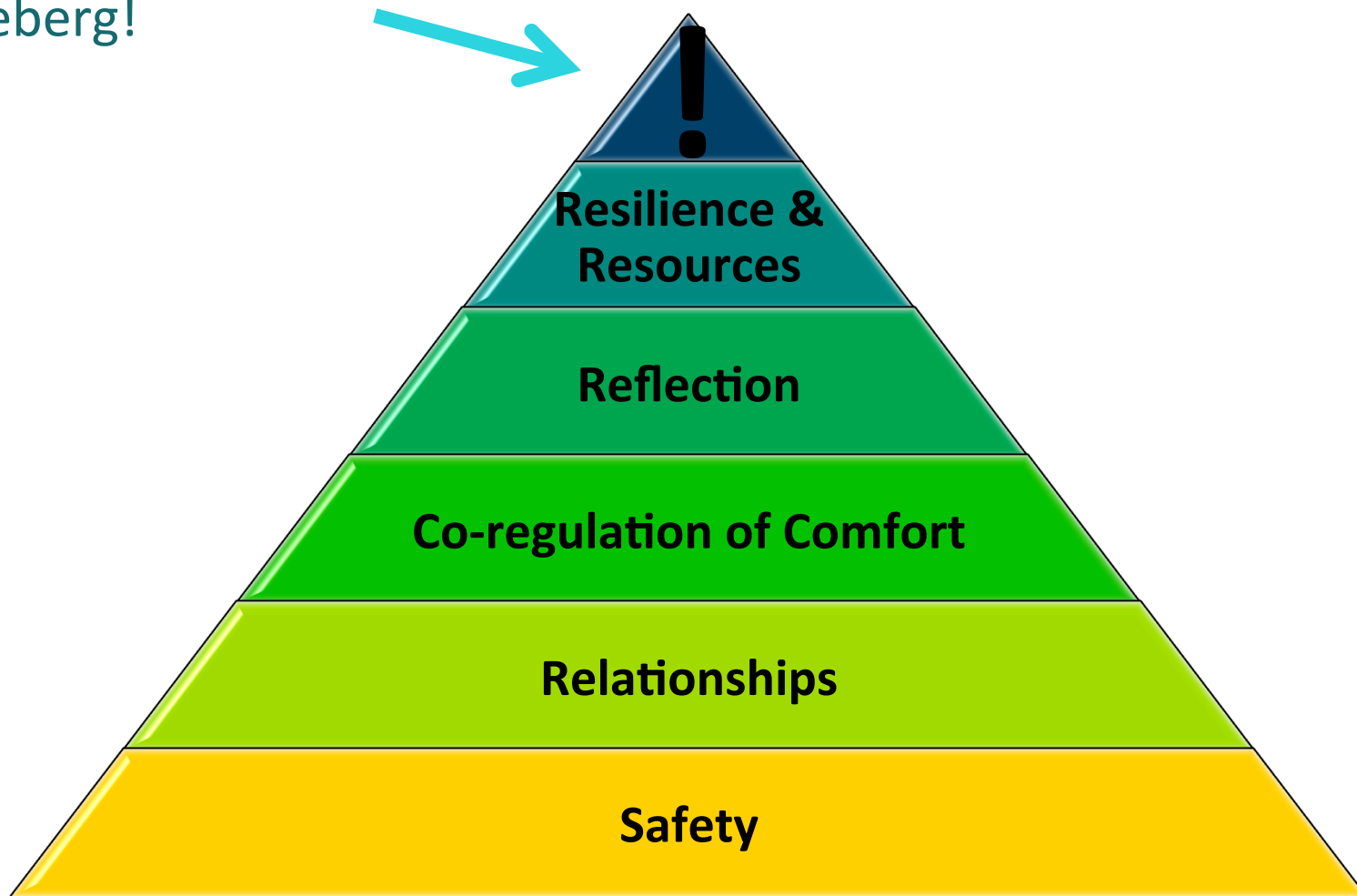
- ...by yourself
- ...with others

People you can talk to.

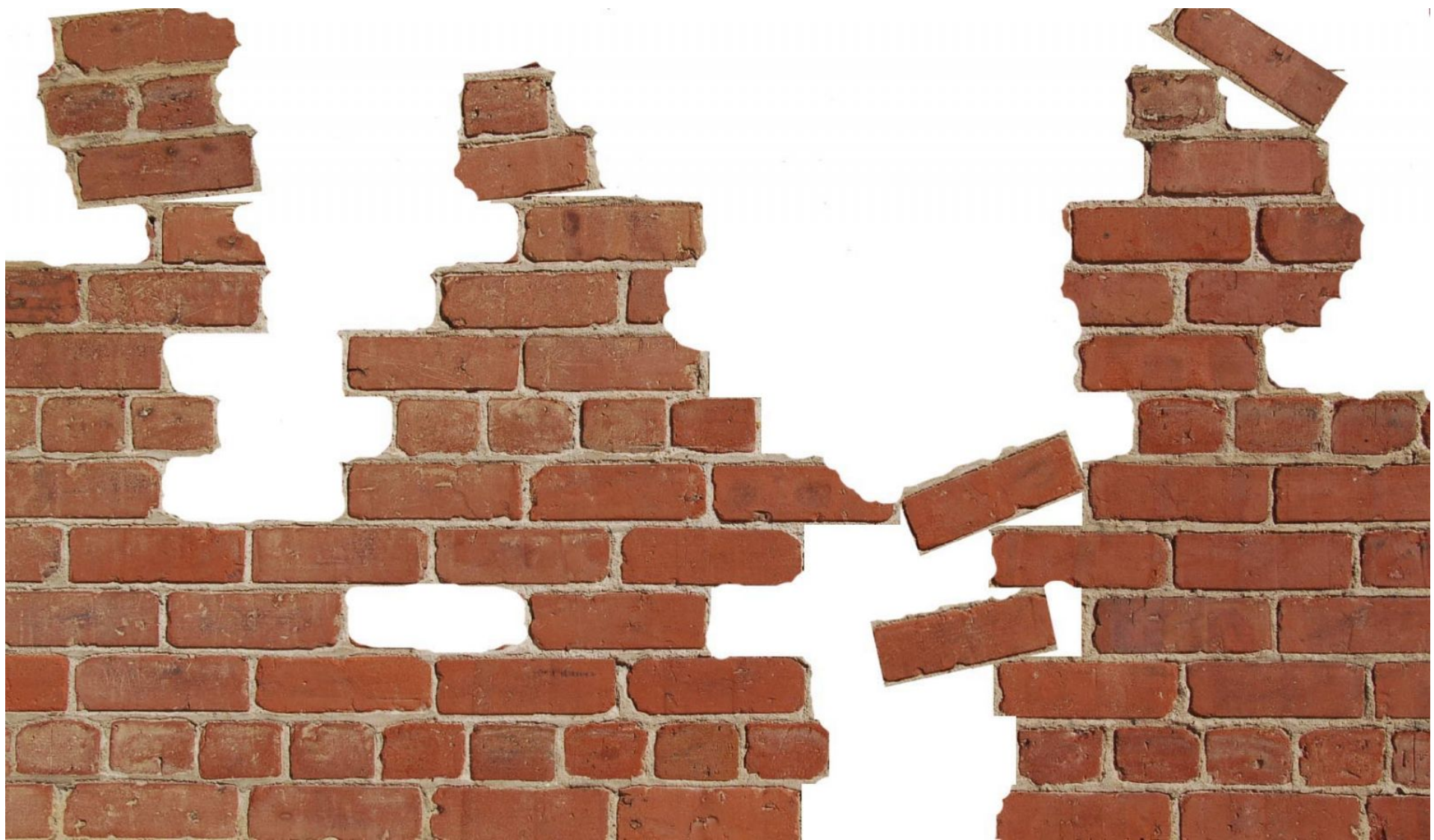


Maslow's hierarchy of needs

'Symptoms': the tip of the iceberg!



If we don't have a safe base...



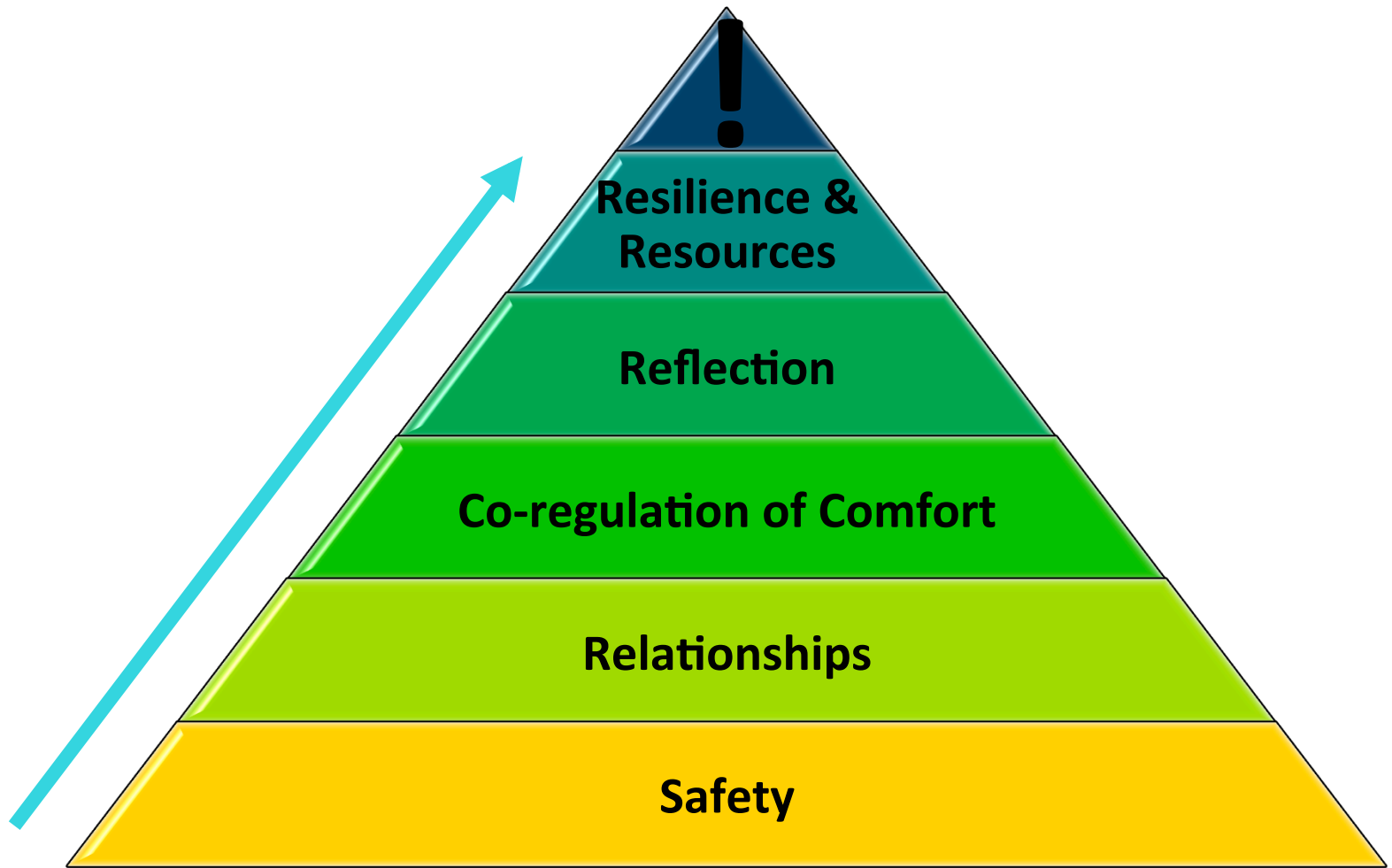
The basis of a safe environment

Experiences that are:

- Rewarding,
- Reinforced
- Routine,
- Consistent,
- Predictable.

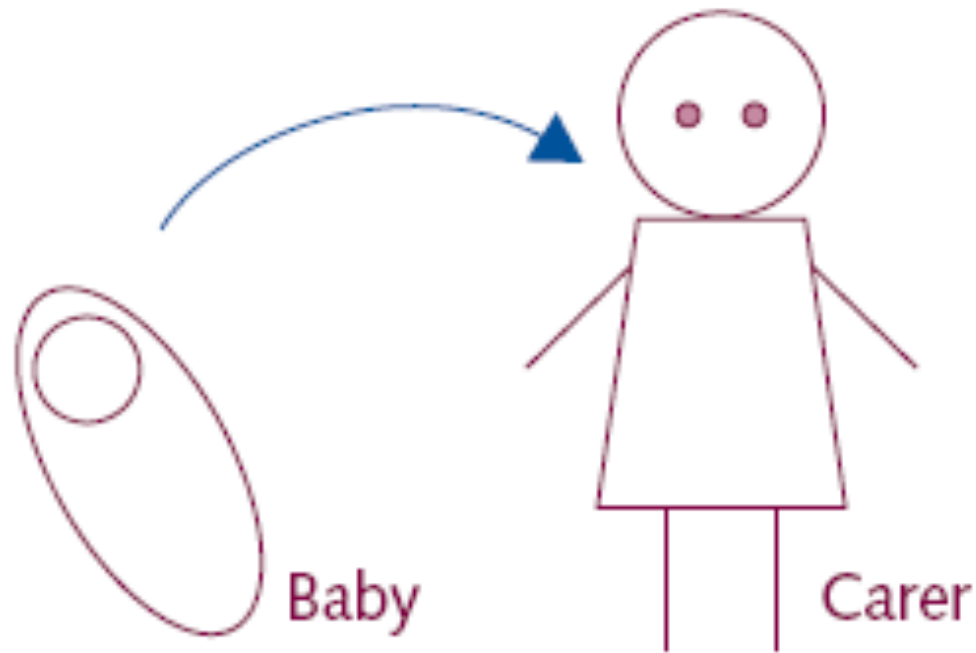


Maslow's hierarchy of needs

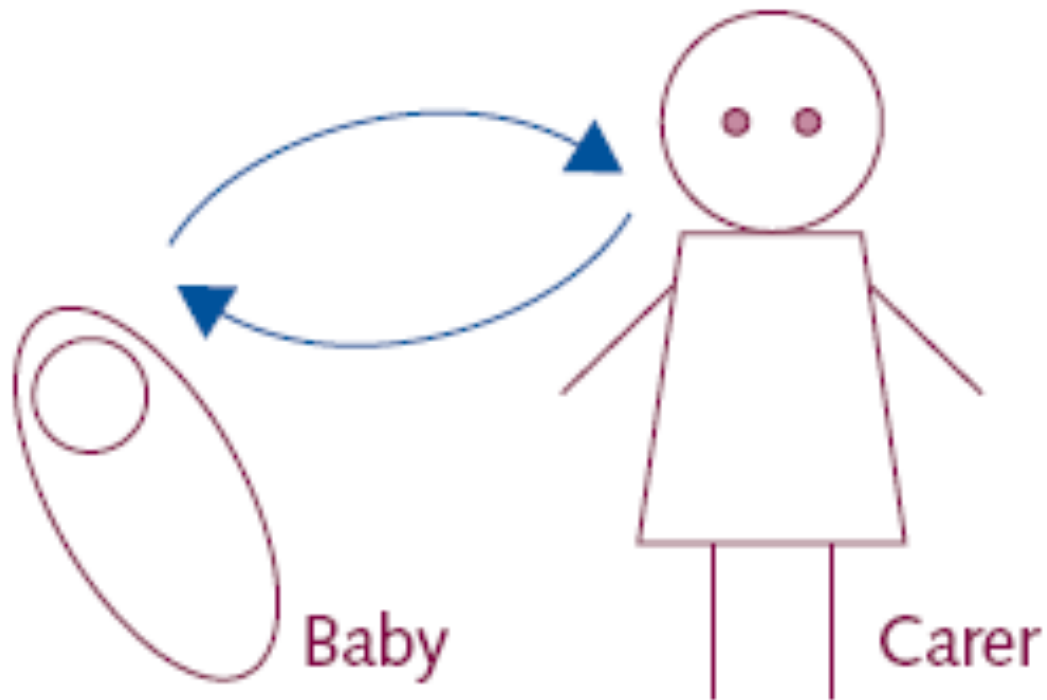


Containment - Diagram 1

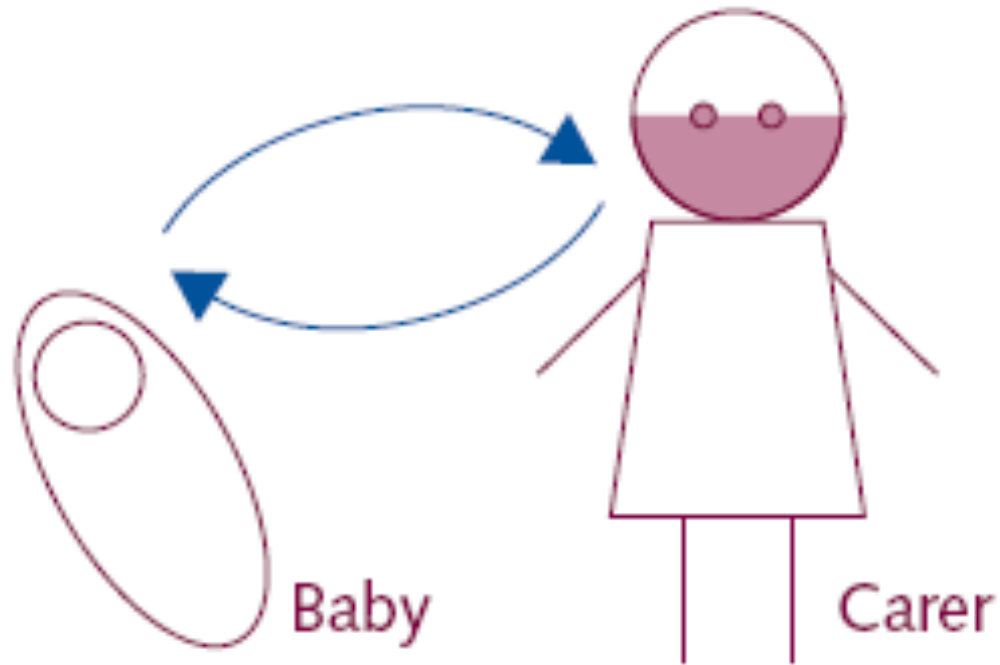
adapted from the Solihull approach



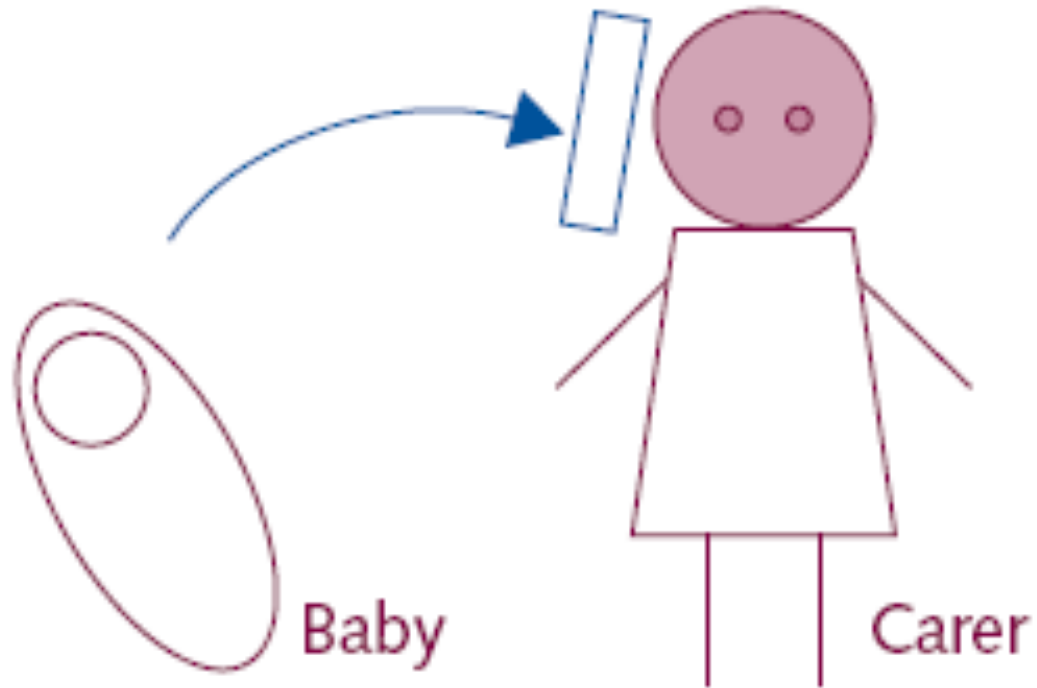
Containment - Diagram 2



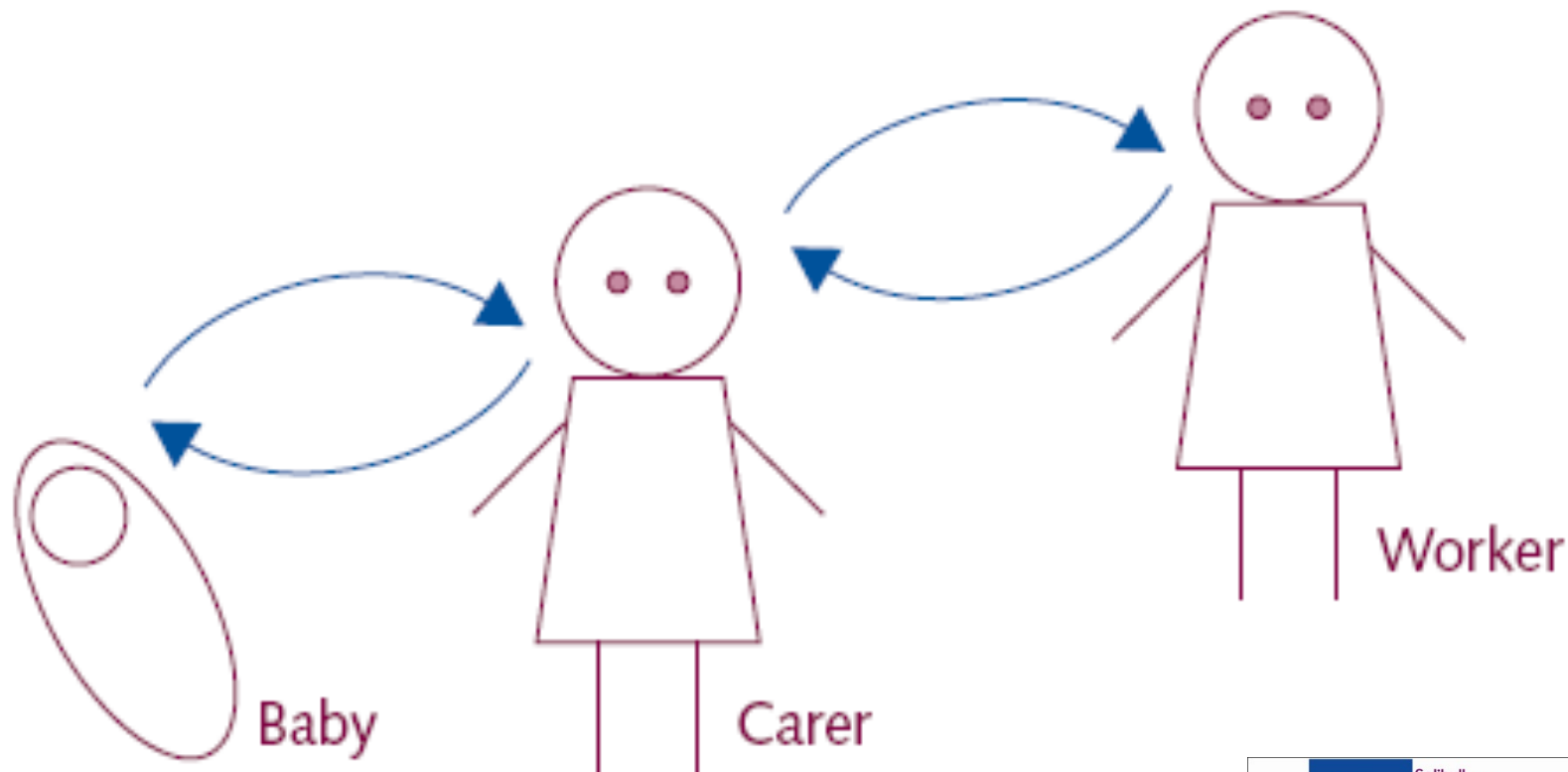
Containment - Diagram 3



Containment - Diagram 4



Containment – Diagram 5



We've covered...

- Transitions and the meaning of grief
- The range of changes and losses experienced in life (particularly as an ex-patriate)
- The relationship between change, loss, grief and behaviour
- Different reactions to change and factors that influence them
- Strategies of empowerment including:
 - The role of choice in the grief journey
 - The importance of networks of support.





Thank you.
Please complete the
evaluation form.