

Group 11: Managing Secondary Losses

Facilitator's Guide to Mending Hearts After Loss Groups
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OVERVIEW & PURPOSE

Support participants in brainstorming, and developing responses to “common questions” that are often triggering for the bereaved parent. Empowering bereaved parents to respond in ways that are aligned with their experience.

OBJECTIVES

1. Understand and Identify secondary losses.
2. Action steps to align new priorities.
3. Brainstorm and prepare responses to common questions.
4. Get comfortable with new ways of responding.

MATERIALS NEEDED

1. Download group 11 worksheet.
2. Paper/pencil/pen

MATERIALS PROVIDED

These may be audio, video, or pdf downloads. You may choose to screen share videos, send participants links or use info in videos to weave into groups.

1. Group 11 worksheet
2. Group brainstorming for listing secondary losses
3. Group brainstorming for ideas of how to handle them.
4. Questions and responses for role play.

ACTIVITY

Activities you can use during group sessions, you can shorten, omit, or add to any of them. Facilitator may wish to play soothing music while participants work on these.

- Worksheet 11
- Group brainstorming for secondary losses.
- Group brainstorming on responses to insensitive questions.
- Role Play and debrief.

Ending Ritual

Last 15-20 min. Close group with ritual of asking each member what their biggest takeaway is from today's group and what they want to remember in the coming week and review which things they will commit to trying this week. Close with a breathing exercise (4x4), or guided meditation depending on time. Meditation audios are provided for you. There are some scripts as well. You can play them or read scripts.