

Loss and grief are not limited to bereavement...

"All changes involve loss, just as all losses require changes"
(Goldsworthy, 2005)

- ◊ Bereavement
- ◊ **Parental separation and divorce**
- ◊ Natural disasters
- ◊ Emigration and migration
- ◊ Out of home care
- ◊ Parental incarceration
- ◊ Homelessness
- ◊ Disability

good grief

Seasons for Growth

Our Focus Today

- ◊ How do young people **react** to separation and divorce?
- ◊ What **influences** their coping?
- ◊ How can we help **normalise** the change for them?
- ◊ What does the evidence tell us? How do we help in building their **resilience** to transition through family separation?

good grief

Seasons for Growth

Australian Families

48,000 ◊ Around 48,000 children per year experience parental divorce

1 in 4 ◊ Estimated 1 in 4 Australian children experience parental separation or divorce during childhood or adolescence

good grief

(Australian Bureau of Statistics, 2010; 2017)

Seasons for Growth

Loss and Secondary Losses

Secondary losses are the succession of **on-going** changes and losses following a loss event

good grief

(Ellis et al., 2013)

Seasons for Growth

Grief is a normal response to loss

"Grief can be defined as the response to loss in all of its totality – including its physical, emotional, cognitive, behavioural and spiritual manifestations - and as a **natural and normal** reaction to loss."
(Hall, 2014)

good grief

Seasons for Growth

Understanding Children's Loss and Grief



And yet,
it is not often
named beyond
bereavement



Understanding Children's Loss and Grief

- Children and young people are surprised but relieved to discover that their reactions to change and loss are normal
- In this way, their feelings and behaviours become explainable



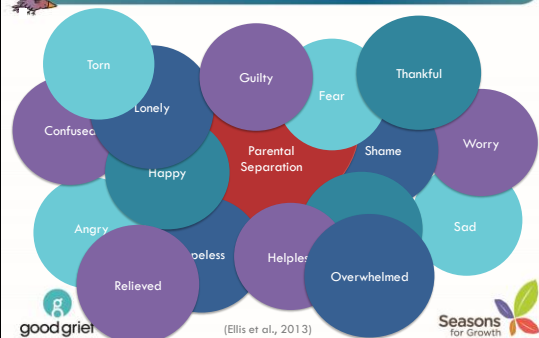
How do children react and behave following parental separation?

In unique and different ways!

- Influenced by a range of factors, not solely age
- Many primary aged children appear to adapt easily but may hide their own feelings or have difficulty regulating emotions (such as anger) and their behaviour



Myriad of feelings...



How do children react and behave following parental separation?

Primary School

- Sad and angry one minute, okay the next
- Unrealistic and frightening thoughts
- Blame self and others
- Regress to earlier behaviours
- 'Lash out' at family, friends and teachers
- Clingy and uncooperative
- Tired and distracted
- Stomach aches and headaches




How do children react and behave following parental separation?

Adolescents...

- May retreat into very private and intense grief
- May appear self-centred and may withdraw from the family increasing the risk of engaging in risky behaviour
- Sleep problems, exhaustion, headaches
- Mood changes
- Withdrawal from social networks



Storm Warning



"Storm" by Fanny Schertzer - Own work. Licensed under Creative Commons

To Vote, go to
www.slido.com
 Enter #canberra

good grief

Seasons for Growth

Storm Warning Activity

Q1. How would you respond to the following scenario?

Your Dog Runs Away

- ◊ A. Breeze
- ◊ B. Wind
- ◊ C. Storm
- ◊ D. Gale
- ◊ E. Cyclone



To Vote, go to
www.slido.com
 Enter #canberra

good grief

Seasons for Growth

Storm Warning Activity

Q2. How would you respond to the following scenario?

You move house

- ◊ A. Breeze
- ◊ B. Wind
- ◊ C. Storm
- ◊ D. Gale
- ◊ E. Cyclone




To Vote, go to
www.slido.com
 Enter #canberra

good grief

Seasons for Growth

"In and Out" of Grief




- ◊ They experience sadness, anger and fear, but also are able to have fun and engage in activities.
- ◊ This is a **"normal"** grief response.
- ◊ Prolonged or chronic depression, anger, withdrawal or fear over a period of several months may indicate that the student needs professional help in dealing with loss"

(The Dougy Center, n.d., p.9)

good grief

Seasons for Growth


- ◊ Following separation, the focus tends to be upon children's adaptation and behaviour - **little recognition given to children's experiences of loss and grief, and how best to support them.**



good grief

Seasons for Growth

Supporting Children and Young People



MacKillop Family Services

good grief

Seasons for Growth

What influences children's coping?

Stressors include:

- ◊ Poverty
- ◊ Violence and abuse
- ◊ On-going parental conflict
- ◊ Low parental mental wellbeing
- ◊ Diminished parenting capacity
- ◊ Multiple secondary / other losses



(Baxter et al., 2011; Hagan et al., 2012; Kaplow et al., 2014; Kaspi et al., 2009; Mooney et al., 2009; Pryor & Rogers, 2001; Sadowski & McIntosh, 2016; Shapiro et al., 2013)



What does this tell us about what children need?



(see, Hagan et al., 2012; Sadowski & McIntosh, 2016; Shapiro et al., 2013; Wolchik et al., 2008)



What do Children Need Most?

Q3. What do children and young people need most following separation and divorce?

- ◊ A. Involvement in ongoing decision making
- ◊ B. Caring support networks
- ◊ C. Competent and warm parenting
- ◊ D. Parent Wellbeing
- ◊ E. Low parental conflict
- ◊ F. Cooperative post separation parenting



To Vote, go to www.slido.com
Enter #canberra



What does this tell us about what children need?

A strong, supportive, warm and open relationship with at least one parent is the overwhelming mediating factor emerging time and time again in many different studies.



(see, Hagan et al., 2012; Sadowski & McIntosh, 2016; Shapiro et al., 2013; Wolchik et al., 2008)



Positive Parenting Involves...

Open, warm conversation and involvement in decision-making

- ◊ Clear, factual, age-appropriate information
- ◊ Reassurance they are not to blame
- ◊ Warm, open communication to talk through and make sense of what has happened – repeatedly and without judgement
- ◊ Space to express and make sense of a range of emotions
- ◊ Opportunity to be involved in decision-making around subsequent changes



(Hagan et al., 2012; Haine et al., 2006; Rolls & Payne, 2007; Shapiro et al. 2013; Wolchik et al., 2008)



Positive Parenting Involves...

Ideally, children also need a parent or carer who remains attentive to the practical aspects of parenting

- ◊ Strives to maintain family routines, care & meals
- ◊ Support for school and extracurricular activities
- ◊ Notices changes in their child – including if the child may be hiding their grief to prevent overburdening the parent
- ◊ Maintains usual family boundaries and expectations



(Haine et al., 2006; Shapiro et al. 2013; Warner-Lin & Bask, 2013; Wolchik et al., 2008)



GIVE CHILDREN A BIGGER VOICE, MORE OF THE TIME

FINDINGS FROM THE AIDS CHILDREN AND YOUNG PEOPLE IN SEPARATED FAMILIES STUDY 2018

Supporting Children



But...

- Children experiencing parental separation are usually in the care of distressed adults
- Children's loss and secondary losses may be complex to disentangle and recognise
- Beyond bereavement, little recognition of grief
- Other adults (eg. teachers, coaches, extended family) may feel uncomfortable and unsure how best to offer support



(Dyregrov et al., 2013; Kahn, 2013)



Seasons for Growth: Facilitates what children need



- Based on a belief that change, loss and grief are part of life
- Explores a range of issues associated with change and loss – what they may experience and ways they can respond and adapt



Worden's Tasks	Seasons for Growth' Tasks	Session Content
To accept the reality of the loss	Learn that change and loss are part of life	AUTUMN Session 1: Life is like the seasons Session 2: Change is part of life
To process the pain of grief	Learn about different ways people experience change and loss	WINTER Session 3: Valuing my story Session 4: Naming my feelings
To adjust to a changed world after the loss	Learn skills to assist with adapting to change and loss	SPRING Session 5: Caring for my feelings Session 6: Remembering the good times
To find an enduring connection with what has been lost while embarking on a new life	Learn about ways that help in moving forward with life	SUMMER Session 7: Making good choices Session 8: Moving forward

Key strengths of the Program

- Seasonal metaphor as a learning tool Worden's Tasks – requires an active rather than passive response
- The explicit emphasis on education - 'learning about'...
- An interdisciplinary understanding of children and childhood
- The role of relationships as a basis for recognition
- Builds on established links between participation (having voice, choice, influence, working together) and wellbeing



Theorising Grief

**Grief is a process
- not a state ...**

(Grief Counselling, 1980 p. 10)



Seasons for Growth

is built around the grief theory related to the work of J. William Worden.



Vulnerable and Capable

Recognises that children are both
vulnerable
 (as a result of their circumstances, inexperience) and
capable
 (of making decisions, setting goals, solving problems
 given opportunity and support)



Program Recognition & Accreditation



Australian Government
 Australian Institute of Family Studies

Communities for Children
 Facilitating Partners Evidence-based programmes



Supporting children to navigate loss

The **core** elements within the literature regarding what children need surrounded:

- ◊ Supportive relationships
- ◊ Support to understand their reactions
- ◊ Opportunity to participate
- ◊ Sense of recognition (as grievers)

These elements are woven through the Seasons for Growth program.



Putting these insights into practice in your life or work

We cannot reverse the loss a child has experienced, but we can influence wellbeing and build capacity

- ◊ **Acknowledge** a child's loss - offer recognition = '**I am**'
- ◊ Open, honest **communication** - offer voice = '**I have**'
- ◊ Help **normalise** the experience of grief and encourage children to identify their feelings and the actions / choices they can take - facilitate agency = '**I can**'



Conversations with Young People

- ◊ Let the young person know their loss is recognised
- ◊ Identify yourself as a safe person who is open and willing to listen
- ◊ But, don't say, "I know how you feel"
- ◊ Don't force children to share the details of their story
- ◊ Don't assume to know
- ◊ Keep communication open
- ◊ Enquire and implement support strategies – check in



Help with managing feelings

- ◊ Let children know it is ok to feel sad, angry etc. after a big change – it is a normal part of grieving a loss
- ◊ Help them to recognise and identify their feelings
- ◊ Help them to understand whilst feelings are ok, boundaries apply – helps children feel safe and retain normality
- ◊ Help them to find other techniques or ways to diffuse overwhelming feelings




www.goodgrief.org.au/assistance

good grief


Do you need support?

Our programs are offered by trained people in many places across Australia, New Zealand and Scotland. We are also here to help you find out what you need. However, if you feel urgent professional support is needed, one of the following agencies may be able to help.




Children and grief

[Download More Info](#)



Young people and grief

[Download More Info](#)



Supporting someone who is grieving

[Download More Info](#)

Resources Available

New Booklet Series

Steps to feeling better

There are times when we need a bit of extra help and there are steps we can take to feeling better...

The booklet series, "Warried", "Sad" and "When Someone You Love Dies", provide practical ways to looking after ourselves and others.

AVAILABLE NOW

good grief

Seasons for Growth

In a Nutshell

- Grief is a normal response to loss and change
- Children will grieve in unique ways
- Children need:
 - Supportive relationships
 - Help to understand their reactions
 - Opportunity to have a voice & participate
 - Sense of recognition

good grief

Seasons for Growth

*"The best teachers...
are those who show you where to look
but don't tell you what to see"*

good grief

Alexander K. Trenfor

Seasons for Growth

Thank you

Fiona McCallum,
General Manager Good Grief,
MacKillop Family Services

good grief

Seasons for Growth

References

- ABS. (2017). 3310.0 Marriages and Divorces Australia, 2017. Retrieved from: <https://www.abs.gov.au/auststats/abs@.nsw/Latestproducts/3310.0Main%20Features42017?opendocument&tabname=Summary&prodno=3310.0&issue=2017&num=&view=>
- ABS. (2010). 4102.0 Australian Social Trends, Sep 2010: Parental Divorce or Death during Childhood. Retrieved from: <https://www.abs.gov.au/AUSSTATS/abs@.nsw/Lookup/4102.0Main+Features40Sep+2010>
- Baxter, J., Qu, L., & Weston, R. (2011). Family structure, co-parental relationship quality, post-separation paternal involvement and children's emotional wellbeing. *Journal of Family Studies*, 17(2), forthcoming.
- Dyregrov, A., Dyregrov, K., & Idsoe, T. (2013). Teachers' perceptions of their role facing children in grief. *Emotional and Behavioural Difficulties*, 18(2), 125-134. url: <http://dx.doi.org/10.1080/13632752.2012.754165>
- Ellis, J., Dowrick, C., & Lloyd-Williams, M. (2013). The long-term impact of early parental death: Lessons from a narrative study. *Journal of the Royal Society of Medicine*, 106(2), 57-67. url: <http://dx.doi.org/10.1177/0141076812472623>

good grief

Seasons for Growth

References

- Fallin, K. J. (2013). *Seasons of change: Life and lessons in grief and loss*. South Carolina: CreateSpace.
- Graham, A. (2015) *Seasons for Growth®: Children and Young people's Program*. Sydney: Good Grief Ltd.
- Hagan, M. J., Tein, J.-Y., Sandler, I. N., Wolchik, S. A., Ayers, T. S., & Luecken, L. J. (2012). Strengthening effective parenting practices over the long term: Effects of a preventive intervention for parentally bereaved families. *Journal of Clinical Child & Adolescent Psychology*, 41(2), 177-188. url: <http://dx.doi.org/10.1080/15374416.2012.651996>
- Haine, R. A., Wolchik, S. A., Sandler, I. N., Millsap, R. E., & Ayers, T. S. (2006). Positive parenting as a protective resource for parentally bereaved children. *Death Studies*, 30(1), 1-28.
- Hall, C. (2014). Bereavement theory: Recent developments in our understanding of grief and bereavement. *Bereavement Care*, 33(1), 7-12.
- Kahn, G. S. (2013). *Bereavement in the classroom: How teachers respond to grief at school* (Ed.D. thesis). Northeastern University, Boston. Retrieved from http://iris.lib.neu.edu/education_theses/93/



References

- Kaplow, J. B., Howell, K. H., & Layne, C. M. (2014). Do circumstances of the death matter? Identifying socioenvironmental risks for grief-related psychopathology in bereaved youth. *Journal of Traumatic Stress*, 27(1), 42-49.
- Kaspiew, R., Gray, M., Weston, R., Moloney, L., Hand, K., Qu, L., & the Family Law Evaluation Team. (2009). *Evaluation of the 2006 family law reforms*. Melbourne: Australian Institute of Family Studies.
- Mooney, A., Oliver, C., & Smith, M. (2009). *Impact of family breakdown on children's well-being: Evidence review*. London: Thomas Coram Research Unit, University of London.
- Palmer P. (1999) There is a season. In: Palmer P (ed) *Let Your Life Speak*. San Francisco: Jossey-Bass.
- Pryor, J., & Rodgers, B. (2001). *Children in changing families: Life after parental separation*. Oxford: Blackwell Publishers.
- Rolls, L., & Payne, S. A. (2007). Children and young people's experience of UK childhood bereavement services. *Mortality*, 12(3), 281-303.



References

- Sadowski, C., & McIntosh, J. E. (2016). On laughter and loss: Children's views of shared time, parenting and security post-separation. *Childhood*, 23(1), 69-86. url: <http://chd.sagepub.com/content/23/1/69.abstract>
- Shapiro, D. N., Howell, K. H., & Kaplow, J. B. (2013). Associations among mother-child communication quality, childhood maladaptive grief, and depressive symptoms. *Death Studies*, 38(3), 172-178.
- Stokes, J., Cook, V., & Reed, C. (2009). Life as an adolescent when a parent has died. In D. Balk & C. Corr (Eds.), *Adolescent encounters with death, bereavement and coping*. New York: Springer.
- Werner-Lin, A., & Blank, N. M. (2013). Holding parents so they can hold their children: Grief work with surviving spouses to support parentally bereaved children. *OMEGA - Journal of Death and Dying*, 66(1), 1-16. 10.2190/OM.66.1.a
- Wolchik, S. A., Ma, Y., Tein, J. Y., Sandler, I. N., & Ayers, T. S. (2008). Parentally bereaved children's grief: Self-system beliefs as mediators of the relations between grief and stressors and caregiver-child relationship quality. *Death Studies*, 32(7), 597-620.
- Worden, J. W. (2009). *Grief counselling and grief therapy*. 4th ed. New York: Springer.



LEAD THE WAY TOWARDS wellbeing CONFERENCE 2019

KEY SPEAKERS • THE LATEST RESEARCH • PRACTICAL WORKSHOPS



2 DAYS
OCT 31ST
NOV 1ST

WATERVIEW
BICENTENNIAL PARK
HOMEBUSH NSW
FOR MORE
INFORMATION
goodgrief.org.au



Seasons as a Metaphor for Change & Loss



"Seasons" is a wise metaphor for the movement of life...

"The notion that our lives are like the eternal cycle of the seasons does not deny the struggle or the joy, the loss or the gain, the darkness or the light, but encourages us to embrace it all – and to find in all of it opportunities for growth"

Parker Palmer (1999)



Seasons as a Metaphor for Change & Loss

- Each season is good, unique and important for growth
- Individuals are affected differently by the seasons
- We have to find ways to adjust to differences in each season
- Each season has its own story; there are easy days and difficult days
- Seasons have their own unpredictability and that is normal
- Seasonal change is often silent, gradual and unseen

"Life is like the seasons, good times
like summer will come again"



Worden's Tasks	Seasons for Growth® Tasks	Session Content
Accept the reality of the loss	Learn that change and loss are part of life	AUTUMN Session 1: Life is like the seasons Session 2: Change is part of life
Process the pain of grief	Learn about different ways people experience change and loss	WINTER Session 3: Valuing my story Session 4: Naming my feelings
Adjust to a changed world after the loss	Learn skills to assist with adapting to change and loss	SPRING Session 5: Caring for my feelings Session 6: Remembering the good times
Find an enduring connection with what has been lost while embarking on a new life	Learn about ways that help in moving forward with life	SUMMER Session 7: Making good choices Session 8: Moving forward

Worden's Tasks of Grief



For the Seasons for Growth Program these have been adapted as:

1. To accept the reality of loss
2. To process the pain of grief
3. To adjust to a changed world after the loss
4. To find an enduring connection with what has been lost while embarking on a new life



The Strengths of Task Theory

- ◊ Shifts grief from being a passive ('If only') to an active ('I can') experience
- ◊ Makes sense of the 'to and 'fro' of emotional turmoil and normalises such experience
- ◊ Helps empower by encouraging an intentional response
- ◊ Doesn't prescribe any specific order with tasks
- ◊ Can be revisited and reworked over time
- ◊ Important learning for children as they find their way in a perpetually changing world



Conversations with Young People



- ◊ Focus on discussing concerns or changes required in your context. In a school a class teacher might ask:
 - ◊ How / if they would like their classmates informed?
 - ◊ How would they like the teacher to deal with questions?
 - ◊ Would they like to choose a safe place they can go if they begin to feel overwhelmed etc.?
- ◊ Keep communication open over time:
 - ◊ check how things are going
 - ◊ if strategies are working out
 - ◊ any new concerns



Supporting children – Worden (1996)

Worden identified that grieving children need the following:

- ◊ Adequate information
- ◊ Fears and anxieties addressed
- ◊ Reassurance they are not to blame
- ◊ Careful listening
- ◊ Validation of individual's feelings
- ◊ Help with overwhelming feelings
- ◊ Modelled grief behaviours
- ◊ Opportunities to remember
- ◊ Involvement and inclusion
- ◊ Continued routine activities.



How can schools help?

Children and young people need ...

- ◊ to feel safe
- ◊ to be supported
- ◊ to learn about what is happening for them
- ◊ to be seen as an individual – what is normal behaviour for this young person, and if it changed, what support may they need?
- ◊ increased awareness of the role of social media

Remember: Many children cope well with the support of family, friends and trusted, caring adults.



What works?

- Teach about grief and emotions – recognise feelings and techniques to express their emotions safely
- Allow for regression in behaviours and for physical changes including tiredness
- Answer questions honestly
- Allow **voice** and participation in decision making wherever possible to build a sense of control
- Flexibility with homework and assignments
- Encourage access to additional support:
 - Friends and family
 - In school support – counselling or programs
 - Online eg kidshelpline or eheadspace.)



Insights into practice in our work

Need to be tuned in to the diverse contexts in which children live their lives

Recognise how loss and grief permeate much of contemporary childhood

Support with recognition of the loss, opportunity to have a voice and to participate, facilitate agency

Programs and practice aimed at improving children and young people's lives need to be evidence-based

"We cannot give what we don't have"

- the importance of self-care



But no season lasts forever,
... not even Winter.



"The only thing in life that is permanent is change.
Change is the one constant in life"

(Fallin, 2013, p.5)



A Message of Hope

“ Life is filled with disappointments, reversals of fortune, heartache, and pain but also new experiences that bring hope and joy.

*That is the message of the seasons:
a message of hope, not despair* ”

(Fallin, 2013, p.3)