



Helping Grievers Draw Boundaries

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Boundaries in Nature



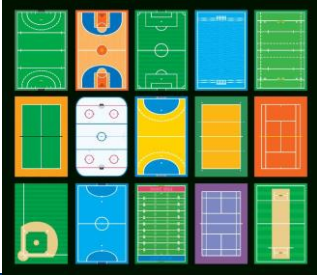
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Boundaries by Governments



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**Boundaries
in Sports**



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**Boundaries
in Our Homes**



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**We Set Boundaries
to Protect**



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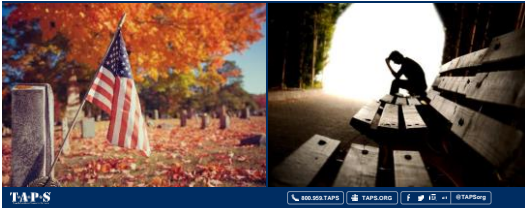
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**COVID Set Boundaries
to Not Infect**



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**But Grief Leaves Us
Feeling Wrecked**



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At Their Best, Boundaries Are All About Respect



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Course Objectives



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Outline and Objectives

1. Describe different kinds of loss and grief affecting today's U.S. military families
2. Relate the griever's boundaries to various key contemporary research theories and best clinical practices for coping with grief
3. Use Berger's CORE Principles to choose at least one intervention to apply in one's role for helping grieving persons to draw healthy boundaries for oneself



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Objective 1

Describe different kinds of loss and grief affecting today's U.S. military families



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Ongoing ...

BREAKING NEWS




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“Grief In Veterans: An Unexplored Consequence of War”



- Risk
- Injury
- Facing mortality
- Trauma
- Death of comrades
- Moral distress
- Suicide of comrades
- Suicidal struggles
- Re-entry family/social support systems
- There is no Purple Heart for these wounds

Pauline Lubens and Roxane Cohen Silver, 2019: [Grief in Veterans: An Unexplored Consequence of War](#), *American Journal of Public Health* 109, 394-395, <https://doi.org/10.2105/AJPH.2018.304924>





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Soul Injury

- Separates you from your sense of “self”
- Opus Peace – Soul Injury ©
 - www.opuspeace.org/about-soul-injury
- Founded by VA hospice nurses
 - Deborah Grassman, Pat McGuire, Marie Bainbridge, Sheila Lozier, and Shakuntala Desai





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Naming Different Kinds of Grief

- Anticipatory
- Sudden
- Disenfranchised
- Ambiguous
- Near-Miss





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**More Terms That Help Us Define,
Give Definition To ...**



- Delayed
- Posttraumatic Stress Disorder (PTSD)
- Complicated
- The Domino Effect
- What else?

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Colors of Grief Portray the Person's Story

What losses and grief color your portrait?

- _____
- _____
- _____
- _____
- _____

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Empowerment

Seeing the shape of your story
 How your story shapes you
 How you shape life and living ahead

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Objective 2.

Relate the griever's boundaries to various key contemporary research theories and best clinical practices for coping with grief

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Give Grieving Persons Keys to Grief

Empower them to "get in the car"

How to be in it

How to journey through it

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Model Boundaries With Them

- Be a safe "seat belt" for them
- Invite the person to describe what that is, and is not, for them

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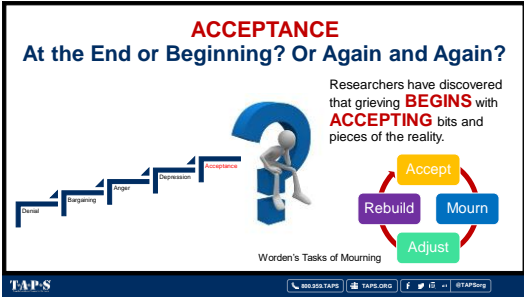
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Loss & Life Both going on at the same time

Coping with grief is less about "stages" you achieve and is more about personal ongoing, changing, cycles of moments in time, through time, and across time.
(Stroebe and Schut, 2010)




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Hope for Coping: Grief vs. Mourning

"Grief" is about how the loss affects you.
"Mourning" is more proactive; it's about what you choose to do with your loss and grief.




Do you treat your loss like dirt to throw away?

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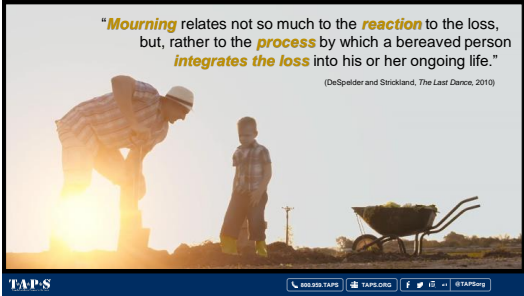
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Or with nurture for new life ahead?

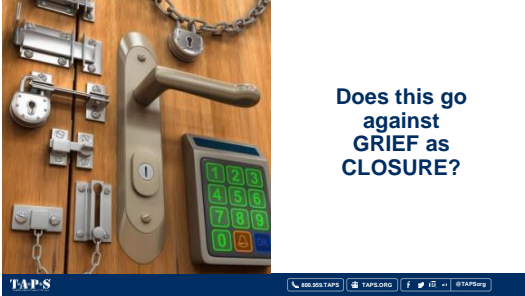


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Closed.

Not open

'this business is closed, due to Covid restrictions'

Unwilling to accept new ideas, not communicating with others
'you're facing this situation with a closed mind'



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Close.

Very near to someone or something; with very little space between
'they stood close to the door'
'she was holding her child close'

On very affectionate or intimate terms
'they had always been very close, with no secrets at all'

Observation, examination done in a careful and thorough way
'pay close attention to what your body is telling you'



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Too Close?

Someone to you

- Got too close
- They overstepped
- Got too involved

You with someone or something

- You can't let it go
- You can't close it out
- It has a hold on you



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Close – To Complete

To make complete, bring to an end, supply what is lacking; to fulfill, accomplish
'I closed my day with a meaningful visit'
'I closed my laptop and was glad to go home'

Finished, ended, whole
'his life came to a peaceful close'

**You've got to walk the walk
to run the race.**



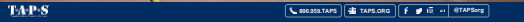
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Meaning Reconstruction

Boundaries? You Choose ...

- To Scrap
- Store
- Explore
- Reshape
- Reconstruct
- What matters to you



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More Contemporary, Evidence Based Research

For PTSD and Anxiety

- Eye Movement Desensitization and Reprocessing (EMDR)
- Guided Imagery and Music
- Service Dogs

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Objective 3.

Use Berger's CORE Principles to choose at least one intervention to apply in one's role for helping grieving persons to draw healthy boundaries for oneself.

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Persons Who Invade the Grieving Person's Boundaries!

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Moments Occur

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What Happens? How Do Use It?

Burns Up?	Burns Out?	Fuels Within?
		

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**Empower
In-Power
Power from Within**

Regulate – Choose & Use – Temp/Temper/Adjust - Thermostat

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Core Principles

Care
Ownership
Respect
Empower

(Beiger, J. (2006). *Music of the Soul: Composing Life Out of Loss*. In *Series in Death, Dying and Bereavement*, ed. Neimeyer, Robert. NY: Routledge/Taylor & Francis)

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bound¹

/baʊnd/

See definitions in:

All Mathematics Language Biochemistry Needlework Logic

verb

walk or run with leaping strides.
"Louis came bounding down the stairs"

Similar: leap jump spring bounce hop vault hurdle

noun

a leaping movement upward.
"I went up the steps in two effortless bounds"

Similar: leap jump spring bounce hop vault hurdle

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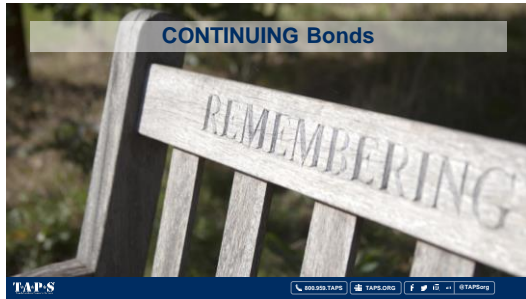
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Setting Healthy Boundaries "Healthy" = Whole Person Care




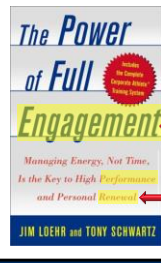
What do keep IN?
What do you keep OUT?

Name and Claim.
Choose and Use.

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Four Sources of Energy

Relate these the griever's boundaries

Capacity	of	Energy
Physical	=	Quantity
Emotional	=	Quality
Mental	=	Focus
Spiritual	=	Force



Use this metaphor as "Caution," "Stop," "Go" boundaries, actions, empowered self-care

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Pair your daily "To Do" List with your creative "To Be" List

"When I am doing _____, I want to be _____."

The person is creating a safe container, an intention, is protecting what to keep "in" bounds, safe, and healthy.




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Journal: Personal, User-Friendly Way to Voice It, Contain It, to "Put It Down"

- Pen and Paper
- Computer
- Phone Self-Audio Message
- Phone Self-Video
- Running / Walking
- Ritual, like "Take it to the Bridge"



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Ingrained Patterns Can Lead to "Helping" Fatigue



Means of Survival	Survival Strategies
Must save others	Rescue, Protect, Provide
Must be saved by others	Attaching, Protected, Provided
Must achieve goal	Asserting, Combat, Work
Must surrender goal	Adapting, Accept, Grieve

(Figley, C., Ed. (1995). *Compassion Fatigue: Coping With Secondary Traumatic Stress Disorder in Those Who Treat the Traumatized*. NY: Routledge/Taylor & Francis.)

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Too Closed?

Gently explore: "What do you want to protect?"

"What do you need from me, to feel safe?" paired with "What do you NOT need or want?"

"How will I know when I have overstepped, crossed a boundary with you?"

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Too Open, Too Vulnerable?



"What hooks you?"

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Boundaries For the Holidays



- Structure or Spontaneity?
- Group or Solitude?
- Potential Triggers?
- Meaningful Rituals
- I **DO** want and need
- I **DO NOT** want
- Past – Present - Future



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“What do you do that’s creative?”



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Helping Grievers Draw New Boundaries



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It's Been Good to Be With You!

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5. Choose your board category and board
6. Complete the program evaluation
7. Print your certificate

CE Code expires November 15, 2022

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Upcoming TAPS Institute Programs

- January 18** **Coping with Loss When Death is Stigmatized**
 This program is presented by Hospice Foundation of America (HFA) and the TAPS Institute for Hope & Healing
Live Webinar, Noon-1:00 p.m. ET
Kenneth J. Doka, PhD, MDiv, TAPS Advisory Board
- January 25** **Sibling Loss**
Live Webinar, Noon-1:30 p.m. ET
1.5 CEs available for professionals
Heidi Horsley, PsyD, LMSW, MS, Founder/Executive Director, Open to Hope Foundation
- February 22** **Denied and Delayed: Ritual Intervention in Times of Loss and the Pandemic**
Live Webinar, Noon-1:30 p.m. ET - Registration opening soon
1.5 CEs available for professionals
Thom Dennis, D. Min, LCPC, CT, Bereavement Services Coordinator, Northshore University Health System
- Visit taps.org/institute to learn more and RSVP!

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About the TAPS Institute for Hope and Healing®

Launched in March 2018 through an alliance with HFA, the TAPS Institute for Hope and Healing® serves as a resource and training center, providing programs for both professionals working in the field of grief and loss and the public.



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