

# **Welcome**

## Module 9

# Aims of Today

- Handling Grief - **The Magical Glade**
- Discussing Andrewisms' and how we use them, and how Andrew uses them

# DEALING WITH GRIEF

Grief can be Loss of:

- Parent/Child/Family member
- Pet
- Good friend
- Lifestyle
- Relationship

**THE 5 STAGES OF GRIEF** (As laid out by Elizabeth Kubler-Ross)

- Shock/Disbelief/Denial
- Anger
- Bargaining/Guilt
- Depression
- Acceptance

# GRIEF

**Shock/Denial/Disbelief** - The person is in shock and does not want to acknowledge the bad news. ***“There must be some mistake”*** etc.

**Anger** - The person’s bottled-up emotion comes out as anger at the situation. “It’s not fair. Why?” etc.

**Bargaining/Guilt** - Here any **guilt** or **regret** is in play.

***“If only we had done “x”    “If only I had said “y”.***

(i.e., willing/wishing it could be different, looking for a way out).

**Depression** - Here the person starts to acknowledge the inevitable and begins to feel the sadness of the loss.

***“ He’s gone”, “She’s gone”*** etc.

## **Acceptance & Hope**

- Finally, the person **accepts the loss**, that things may never be the same ... but that life can go on.
- These “stages” are **not fixed**, and people do not necessarily move through each stage.
- They are just **common reactions** that people may be going through at any particular time following a loss.

## Treating Grief Owing to Loss of Someone Close (Could include pets)

- Establish the details of the loss - How soon - 3 months? 3 Years?
- What does the loss mean to the client, and how is it impacting the client's life? E.g., Upset when alone ... or cannot function, always in tears.
- Ask the question: ***“Did they get a chance to say ‘goodbye ’properly?’”***
- Use the **“Magical Glade”** Exercise

# The Magical Glade

## INTRODUCTION SCRIPT

*“Imagine you are walking through a beautiful wood on a lovely sunny day. There is sunlight flittering through the trees and a gentle breeze rustles the leaves.*

*You notice some woodland creatures scampering here and there ... and feel the crunch of leaves and twigs beneath your feet.”*

*Up ahead you notice what seems to be a clearing in the woods but when you step into it, it has a magical, enchanted feel to it ... as if anything could happen here.*

*As you step further in, you feel safe...but in anticipation of something ...  
And then, from the other side of the glade you see [name the deceased] walking towards you.*

*He/she looks well and happy ... and as you move closer towards each other, you realise this is an opportunity to say all the things you never had a chance to say”.*

# THE MAGICAL GLADE - PART CONVERSATION

## Part 1.

- Have the client talk to the deceased, expressing everything they never had a chance to say - good or bad! This is often very emotional. Keep encouraging the conversation towards the deceased - not about them.
- E.g., ***“She made me feel so special and loved.” “YOU made me feel so special and loved”.***
- Prompt the client now and then if need be, using information gathered in your conversation, or from the session if you are doing this spontaneously in the middle of a session.
- Keep going this with as long as you can but check in with the client now and again to see how they are feeling - we need to make sure they are not holding anything back.

# THE MAGICAL GLADE - PART CONVERSATION

## Part 2.

Here's the interesting bit ...

- Have the client switch places in their mind and become the deceased person talking back to the client.
- Address the client now as if they are the deceased, encouraging the deceased person/ being to say everything the client needs to hear.
- Expect more emotion at this point in most people.
- If appropriate, use phrases such as “***I will always be here, still loving you, supporting. You***” ... etc.”.

Again, keep this going for as long as feels appropriate.



# THE MAGICAL GLADE - PART CONVERSATION

## Part 3.

- Have the client switch back to being themselves and see how different they feel now. Check their response to what has been said - usually they will now feel **“lighter”**. If there is more to say, then encourage them to say it.
- If not, begin the goodbye ... but with the proviso that they can always return to this place in their mind any time they wish.
- Ask the client if it is OK to let [deceased] go now ... and allow them to say goodbye. As a final tear-jerker,
- Encourage the client to say, **“Thank you for being my mother/father/son/daughter/grandparent/friend/ pet”** etc., whatever the relationship was.
- Then when the deceased has gone, have the client walk out of glade, back through the woods etc.

# Tackling the Stages of Grief

- Using this technique you can address the person at whatever stage of grief they are at ... .. and in most cases lead them to the acceptance and hope/move on stage, more quickly.
- Sometimes it goes beautifully. Sometimes there may be a **muddle of conflicting emotions** to work through.
- Just engage in the conversation, **expressing the unexpressed** and allow every emotion to be valid.
- Also, be prepared to switch back and forth a few times if need be.
- Can be used in a multitude of scenarios, including the loss of a baby at birth, miscarriages and abortions.
- Instead of the “person” I may suggest the “**personality essence** of the being”, like a ball of light, or whatever seems appropriate based on their beliefs.
- Take the idea, the principle and experiment with it. The results are often miraculous.

# Exercise

- Groups of 2 - 3
- Conduct a grief session
- Induction, deepener
- Magical glade script
- Express the unexpressed