

The background is a light blue gradient with several realistic water droplets of various sizes scattered across it. The droplets have highlights and shadows, giving them a three-dimensional appearance.

STEPPING INTO THE CHAOS: UNDERSTANDING & SUPPORTING GRIEVING TEENAGERS

MARK E. HUNDLEY, M.ED., LPC-S

CREATING A CONTEXT FOR LOSS – CRUCIAL DEFINITIONS

- **LOSS** – ANY ABSENCE OF, DEPRIVATION OF, REMOVAL OF PERSON/PLACE/THING THAT IS A PART OF ONE'S ROUTINE.



CREATING A CONTEXT FOR LOSS – CRUCIAL DEFINITIONS

- **GRIEF** – *WHAT WE FEEL OR EXPERIENCE AS A RESULT OF LOSING SOMEONE OR SOMETHING OF VALUE. (REACTIVE PROCESS)*



CREATING A CONTEXT FOR LOSS – CRUCIAL DEFINITIONS

- **MOURNING** – *WHAT WE DO WITH WHAT WE FEEL OR EXPERIENCE. THE PROCESS OF EXTERNALIZING THROUGH ACTIVITY. (PROACTIVE PROCESS)*



CREATING A CONTEXT FOR LOSS – CRUCIAL DEFINITIONS

- **RESOLUTION** – *SHARPENING THE FOCUS ON THE ISSUE AT HAND.*



CREATING A CONTEXT FOR LOSS – CRUCIAL DEFINITIONS

- **RECONCILIATION/INTEGRATION** – *THE PROCESS OF COMING TO TERMS WITH THE DIFFERENCE BETWEEN WHAT WE THOUGHT WE HAD AND WHAT WE DO HAVE AND CARRYING THE BALANCE FORWARD.*



CREATING A CONTEXT FOR LOSS – CRUCIAL DEFINITIONS

LIFE

LOSS

LOSS

LIFE

LIFE
LOSS

LOSS IS LOSS – MAJOR SOURCES OF LOSS FOR ADOLESCENTS

- DEATH
- DIVORCE OR DISSOLUTION OF A RELATIONSHIP
- RELOCATION
- LIFESTYLE ALTERATIONS
- SOCIAL STATUS CHANGES
- FAMILY CRISES/TRAUMA



DEVELOPMENTAL TASKS COMPLICATED BY LOSS

- SEPARATING FROM FAMILIES
- PHYSICAL DEVELOPMENT AND SELF-ESTEEM
- SCHOOL AND WORK EXPERIENCES
- EMOTIONAL DEVELOPMENT
- DEVELOPMENTAL MILESTONES COMPLICATED BY GRIEF

ADOLESCENT MOURNING NEEDS

- **ACKNOWLEDGE THE REALITY OF THE DEATH ~ MOURNING RITUALS**
- **MOVE TOWARD THE PAIN OF LOSS WHILE BEING NURTURED PHYSICALLY, EMOTIONALLY AND SPIRITUALLY.**
- **CONVERT THE RELATIONSHIP FROM ONE OF PRESENCE TO ONE OF MEMORY.**
- **DEVELOP A NEW SELF-IDENTITY BASED ON A LIFE WITHOUT THE PERSON WHO DIED.**
- **RELATE THE EXPERIENCE OF DEATH TO A CONTEXT OF MEANING.**
- **A CONTINUED SUPPORTIVE ADULT PRESENCE IN FUTURE YEARS.**

PRACTICAL INTERVENTIONS



RESOURCES

- ACES TOO HIGH

[HTTPS://ACESTOOHIGH.COM/](https://acestoohigh.com/)

- CENTER FOR LOSS AND LIFE TRANSITION: DR. ALAN WOLFELT

[HTTP://WWW.CENTERFORLOSS.COM/](http://www.centerforloss.com/)

- NATIONAL ALLIANCE FOR GRIEVING CHILDREN [HTTP://CHILDRENGRIEVE.ORG/](http://childrengrieve.org/)

- THE DOUGY CENTER [HTTP://WWW.DOUGY.ORG/](http://www.dougy.org/)

- THE W.A.R.M. PLACE [HTTP://WWW.THEWARMPLACE.ORG/](http://www.thewarmplace.org/)

- JOURNEY OF HOPE GRIEF SUPPORT CENTER

[HTTP://WWW.JOHGRIEFSUPPORT.ORG/](http://www.johgriefsupport.org/)

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THANK YOU!