



Grief and Bereavement at the End of Life

End of Life Symposium Webinar
Resources & References

Presenters:

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Master of Arts, Provisional Certified Chaplain**

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Doctor of Ministry, Board Certified Chaplain**



Resources

For more information about...

“FIVE WISHES”

“FINAL JOURNEY”

*“WHEN SOMEONE YOU LOVE DIES...
A GUIDE TO BEREAVEMENT”*

**Contact the Sheri & Les Biller Patient &
Family Resource Center – 626.218.2273**

HOPE Model

A simple way to open conversation

- What do you hope for in the time that is left?
- Does organized religion or cultural-specific practices play a role in your life?
- What personal beliefs or practices are helpful to you at a time such as this?
- How do your beliefs and values shape any end-of-life decisions that might arise?

“UNDERSTAND THE SIX NEEDS OF MOURNING”

1. Accept the reality of the death.

- Where do you see yourself in accepting the reality of this death?
- Do you think time is playing a part in where you are with this need? If so, how?
- What can you do to continue to work on this need?

2. Let yourself feel the pain of the loss.

- Where do you see yourself in allowing yourself to feel the pain of the loss?
- Do you think that time is playing a part in where you are with this need? If so, how?
- With whom have you shared your feelings of hurt?

3. Remember the person who died.

- Where do you see yourself in the process of remembering the person who died?
- What do you miss the very most about the person who died?
- What do you want others to always remember about the person who died?

4. Develop a new self-identity.

- Where do you see yourself in developing a new self-identity?
- What roles did the person who died play in your life?
- Which, if any, positive changes in your self-identity have you noticed since the death?

5. Search for meaning.

- Where do you see yourself in your search for meaning?
- Do you have any “Why” or “How” questions right now? If so, what are they?
- Are you wrestling with your faith right now? Explain.

6. Let others help you – now and always.

- Where do you see yourself in letting others help you – now and always?
- Whom do you turn to for help?
- Are you getting support from others who have experienced the death of someone loved? Please explain.

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