

How can I expect to feel after a bereavement or loss?

Grieving is such an intensely personal thing, there is no one specific way you can expect to feel, though some common themes and stages of grief have been identified.

Intense emotions and swift changes of mood are common.

Grieving and loss are not confined to the death of a person, and are often experienced at the loss of a pet, the break up of a relationship, or the loss of a role in life, such as if made redundant, or after an accident.

People who lose a limb or have a disfigurement may also grieve for the loss of the body they once had; people with a terminal illness often go through a similar grieving process for their impending loss of life.

Poor concentration, agitation, disturbed sleep, preoccupation with the person or the loss, dwelling on arguments or times when you feel you could have done things differently, withdrawal, loss of energy, loss of appetite and tearfulness are all common.

It's not unusual to 'see' or 'hear' the person in the early stages of grief, or to sense their presence.

The stages of grief

may include:

- Shock, emotional numbness, disbelief
- Yearning for the person/loss
- Anger; feelings of guilt
- Sadness
- Acceptance; letting go, moving on.

When does grieving become problematic?

It often takes a couple of years to get over a major bereavement, and even then healing may not be complete.

Life may have completely changed as a result of your loss.

It is common for feelings of mourning and sadness to intensify on anniversaries, at Christmas etc.

If at any time you find your feelings unbearable or unmanageable, or they are seriously affecting your ability to cope with everyday life, then please consider seeking professional help.

What factors make problematic grief more likely?

The following factors may increase the likelihood of your grieving being complicated or extended:

- a dependent relationship with the person who has died
- a relationship where you had mixed or negative feelings about the person
- a history of mental health or emotional issues, such as depression or anxiety
- being male
- lack of social/family support
- low self-esteem
- several previous bereavements
- a sudden or unexpected death
- death by suicide or murder
- more than one death at once
- stigma about the mode of death, for example, AIDS, suicide
- the loss of a parent when a young child or adolescent
- The loss of a child.

How can Mindscape Therapies help?

Mindscape offers a range of therapies which may help you through your grief, or any associated problems.

Hypnotherapy is extremely useful in enabling you to relax, to balance distressing feelings with more positive ones as appropriate, and in working with the subconscious mind, to enable you to explore,

express and overcome any conflicting or intense feelings which are making life harder for you.

Where grief is especially intense or prolonged, or the death or loss was traumatic, **EMDR** could be extremely beneficial. EMDR is a specialist trauma therapy, which is highly effective in enabling you to process the complex and distressing thoughts and feelings associated with your loss, to reduce their emotional intensity, and to replace them with more accepting and positive thoughts and feelings, to enable you to move on with your life.

Occupational Therapy can help you look at the roles you have in your life, and to develop new ones.

Where else can I get advice and support?

A number of organisations provide bereavement support, counselling and advice. Some work with people in specific circumstances; the Compassionate Friends (08451 232304) support parents who have lost a child. Cruse (0870 1671677) and the National Association of Bereavement Services (0207 7099090) offer help in all circumstances of bereavement.

Why choose to work with Mindscape Therapies?

My name is Kate Mortimer, and I run Mindscape Therapies. **An experienced, well qualified clinician, I work with a wide range of issues**, specialising in emotional wellbeing and mental health. I have facilitated skills and therapeutic groups and worked 1:1 with clients since 1999.

I work from a humanistic, client centred perspective, valuing and respecting you, your experiences and your choices.

I work to NCH, AHP & BAOT Codes of Ethics, and am totally committed to providing a holistic, confidential, ethical and professional service.

I am a dedicated, dynamic therapist, and am passionate about supporting people to achieve their goals and dreams.

Please contact me for a **free** consultation, information or advice.

Sessions from £45 per 50 minutes.

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www.mindsapetherapies.co.uk

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BEREAVEMENT and LOSS

HELP IS HERE!

FREE INITIAL CONSULTATION AND ADVICE

**HYPNOTHERAPY, EMDR, NLP
and OCCUPATIONAL THERAPY**