

Multiple Loss Journey

Complexity of Losses

- Self
- Significant people, places, things, hopes, dreams (tangible and intangible)
- Community of Meaning
- Social/political context of stigma and marginalization

Loss of identity & assumptive world

Attaching

- Acknowledge difficulty in attaching

Anticipating Losses

- Normalize confusion
- Give language/help make "it" real (some 1-1, peer, professional support)
- symbols/metaphors/rituals

Ongoing Loss Events

- Shattering of assumptions
- Numb
- Flooding
- Disorientation

Single Loss

Loss/Death

Who am I?

Protest

Shock

Anger/Depression

- Social isolation
- Withdrawal
- Repressed diffuse anger

Searching & Yearning

- Meaninglessness, hopelessness
- Depersonalization
- Suicidal thoughts

Despair

- Full range of feelings
- Help express anger

Tasks

1. Tell the story
2. Experience the pain
3. Make necessary adjustments
4. Able to reconcile/make meaning reorient towards new beginnings (W.Worden)

Reinvestment

Who am I becoming?

Reorganization

Who have I been?

Victim to agent

- Intermittent motivation
- Self-doubt
- Anxiety
- Profound sorrow
- Diffuse anger/rage

- Explore what you believed to be true about yourself
- What Is Lost?**
- What Is Left?**
- Support shift to **agency**

- Which part of self needs to "die" – help mourn

- Help reflect on survival discovery and growth to this point
- Identify **current** challenges and capacities

Ongoing Self-Creation

- Re-inventing self
- Recognition of places of challenge
- Increased capacity to respond

Transformation

- Reconnection to soul's purpose
- Meaningful/purposeful engagement in life
- Constructing a narrative that includes meaning of loss in new orientation to the world

What Is Possible?

- What has meaning for you?
- What is your soul's desire?



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