

**Presentation Title:** *Part 1: Responding to Grief Issues of Children and Adolescents*

**Prepared and Lead By:** Santiago Fallon, MA, LMHC and Madaline Offner, M.Ed., LMHC

**Presentation Outline:**

- I. Stages of Grief
  - A. Understanding Grief
  - B. Kubler-Ross, 5 Stages of Grief
  - C. Grief Cycle
  
- II. Recognizing Grief
  - A. Symptoms
  - B. Characteristics
  
- III. Helping the Grieving
  - A. How to Talk to Children and Adolescents in Crisis
  - B. Communication Do's and Don'ts
  - C. Leading a Discussion

**Objectives:**

This training session is designed to provide an introduction to grief work and the issues associated with bereavement. Ideal participants include teachers, counselors, social workers, nurses, clergy, mentors, professional and volunteer youth workers and anyone who has regular contact with our young people. Our goal is to ensure that individuals who work with our youth are better equipped to help the population they serve.

After attending this training, participants will:

1. Know the stages of grief as defined by Elisabeth Kubler-Ross, MD.
2. Be aware of myths regarding grief.
3. Recognize symptoms and characteristics of grief
4. Understand that symptoms and characteristics of grief vary with age and developmental maturity.
5. Know the signs of being stuck in grief.
6. Communicate effectively with young people who are grieving.
7. Be able to facilitate a discussion with grieving children and adolescents.

**Length of Presentation:** 3 - 6 hours