

**GRIEF IS A PROCESS,
NOT AN EVENT –
UNWELCOME CHANGE**

PRESENTED BY

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MYTH #1



*Everybody grieves
the same way*

MYTH #2



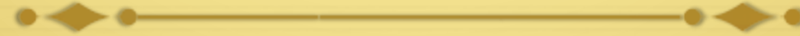
*Grief will go away
if you ignore it*

MYTH #3



*If you don't cry it
means you didn't care
about your loved one*

MYTH #4



*Children
don't grieve*

MYTH #5



*A sudden death is
worse than a long
term illness*

MYTH #6



*Time Heals all
wounds*

MYTH #7



*It's a good idea to
dispose of the deceased
belongings as soon as
possible*

MYTH #8



*It's harder to cope
with the death of a
relative than a friend*

MYTH #9



*After a year you
should be over with
your mourning*

MYTH #10



*If you have to seek
counseling there is
something wrong with
you*

Factors Influencing Grief/Risk Factors for Adverse Health Outcomes


(Worden 1991; Stroebe, 2007)

- **Society**
- **Circumstances of the death**
- **Ancestry**
- **Relationship to the deceased**
- **Support System**

What do Mourners Need?



- ✦ To understand the grief process
- ✦ To give them permission to grieve
- ✦ To identify their support systems & share their stories
- ✦ To follow their own spiritual path
- ✦ To recognize the other griever around them
- ✦ To give themselves permission *NOT* to grieve 24/7
- ✦ To identify “*Secondary losses*”
- ✦ To recognize “*Triggers*”
- ✦ To let people do concrete things for them
- ✦ To help identify ways to honour the deceased



✦ EVENT STORY → LIFE STORY

Moving from the Event story to the Life story

*You can help those who are grieving to remain mindful and allow themselves to be open to new experiences – you will be helping them discover that there is an **emergent property** that in turn, will help them find a new path that they didn't even know existed!*

Understanding the Process



*For more information contact **Corrie Sirota***

www.corriesirota.com

Someone Died... Now What?

A Personal and Professional Perspective
on Coping with
Grief and Loss



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