

Overview of the Sessions

Session 1: Introductions

- Getting to know each other.
- Negotiating the process.
- Building trust and rapport.
- Establishing values and safety.

Session 2: Acknowledging the grief and loss.

- Acknowledging and sharing aspects of grief.
- Learning more about the grief process and different styles of grieving
- Learning about and sharing strategies for managing grief. Whānau

Session 3: Emotional responses and coping.

- Identifying, acknowledging, and sharing emotions (e.g., anger, sadness, fear, guilt).
- Learning more about managing strong emotions.
- Learning about and sharing healthy ways to express and manage emotions.

Session 4: Cognitive responses, living with why and coping.

- Identifying, acknowledging, and sharing recurring thoughts (e.g., why???)
- Learning more about making sense of suicide and managing unhelpful thoughts.
- Learning about and sharing healthy ways to express thoughts and manage thinking.

Session 5: Social responses, impact, and support.

- Identifying, acknowledging, and sharing how suicide has affected people and their family/whānau socially.
- Learning more about the social impact of suicide, stigma and supporting others.
- Learning more about and sharing ways to strengthen, repair and build new relationships.

Session 6: Healing, remembering, rituals and connections.

- Identifying and sharing how people accommodate grief, adjust to loss, and have begun to heal.
- Learning more about rituals, ways of letting go of pain and holding onto memories and connections with loved ones.
- Sharing stories about loved ones and how people want to remember them.

Session 7: Looking ahead, moving forward.

- Identifying, acknowledging, and sharing how grief and loss change over time.
- Learning more about stories of suffering, growth, and survivorship.
- Learning more about and sharing ways people can stay hopeful and resilient going forward.

Session 8: Closure, reflections, and feedback.

- Bringing the group to a close, reflecting on experiences with others.
- Collecting feedback to help the development of Waves.
- Collecting a message of hope for other survivors.