



A grief education programme
for adults affected by suicide

Overview of sessions

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Session 1: Introduction

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

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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

3

Session 3: Emotional responses and coping

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

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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



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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

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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 on to memories and connections with loved ones.
- Sharing stories about loved ones and how people want to remember them

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Session 7: Looking ahead, moving forward

- Identifying, acknowledging and sharing how grief and loss changes 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

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Session 8: Closure, reflection and feedback

- Bring 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.



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