

An abstract painting with a dense, textured surface. The color palette is rich and varied, featuring deep blues, vibrant greens, fiery reds, and warm oranges, all intermingled with darker, more muted tones. The brushwork is expressive and visible, creating a sense of movement and depth. The overall composition is non-representational, focusing on color and form.

# Addressing Grief and Loss in Practice

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# Faculty Disclosure

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- In the past 12 months, I have relevant financial relationships with:
  - Cognoa, Inc.
  - DotCom Therapy
  - Happiest Baby, Inc.
  - Mattel, Inc.

I do not intend to discuss an unapproved/investigative use of a commercial product/device in my presentation.



# Learning Objectives

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- Recognize universal elements experienced by patients and families as they are grieving;
- Identify resources for families who are grieving;
- Commit to becoming a “grief-literate” clinician



# What we know about Grief

- Many causes
  - Death of a loved one
  - Separation/Divorce
  - Injury
  - Anything that changes the vision a patient had for themselves or a loved one
- No formal training



# Universal Elements

- Several Universal Elements
  - What to say?
  - Guilt and Grief
  - The loss shapes the grief
  - Support is essential to move forward
  - New resources help promote self-management
  - “Under the Table” CBT is helpful



# What NOT to say....

- “He’s in a better place now”, “God’s will”..
- “You have other children” (or “you can have other children”)
- “What he did was so selfish...”
- “Her biggest battle was with herself and now it is over”
- “Aren’t you glad that.....(chemo, hospital, medication, therapy)
- “They would want you to get on with your life”
- “I can’t imagine this happening”
- “At least he isn’t contributing to population overload on our planet”

# What is helpful...

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- Silence—"tell me what you are thinking"
- "I'm sorry this happened to you; I'm here to listen or talk if you need me"
- "I have some great memories of her that I'd love to share with you sometime.."
- "He is and will always be your amazing son"
- Any personal story that highlights the life of their loved one



# Guilt and Grief

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- Tragedy is random....
- Guilt....bargaining?
- What's rational?  
What isn't?
- CBT Exercise--"Only if" to "Even if"











A circular inset image on the left side of the slide shows a 3D maze made of dark grey blocks with light grey walls, creating a complex path. The maze is viewed from an elevated perspective, and the lighting creates shadows that emphasize its depth.

# The Loss Shapes the Grief

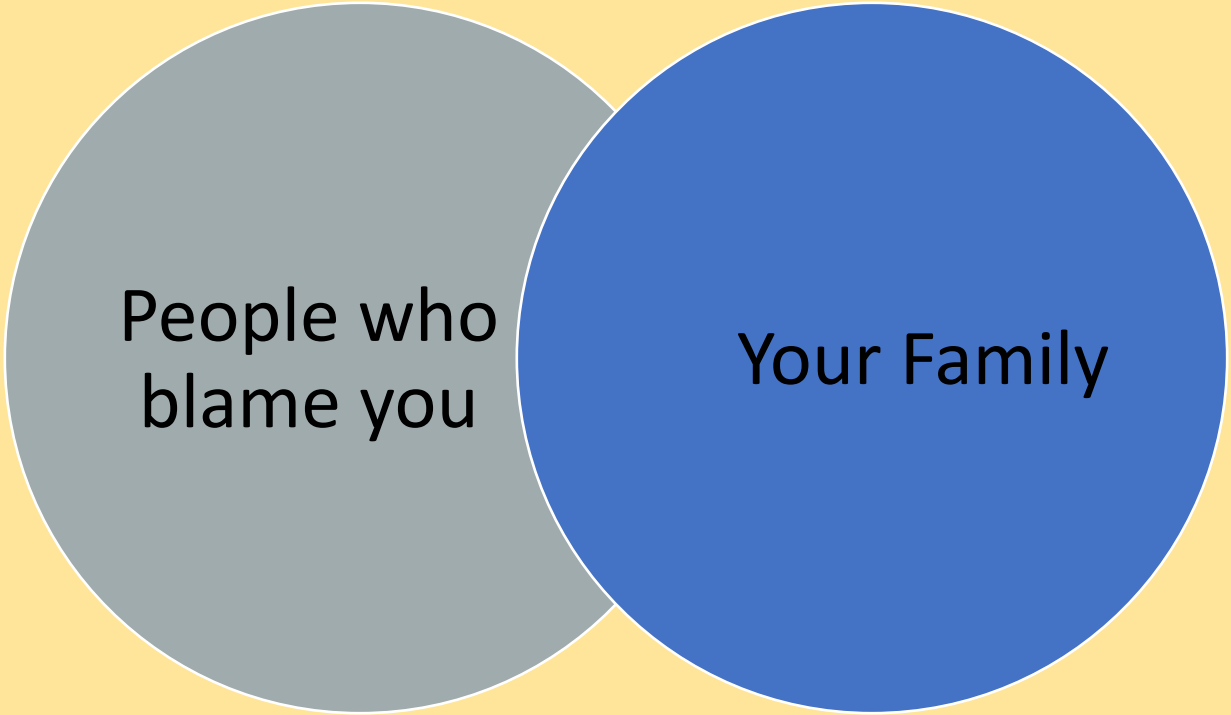
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- Ask about the loss
- What makes a difference?
  - Age
  - Manner of loss
  - Role in your patient/family's life
  - Expected vs. Unexpected
  - Guilt finds its way into any situation
- “When” are you?
  - Exercise to reframe the picture to a different time





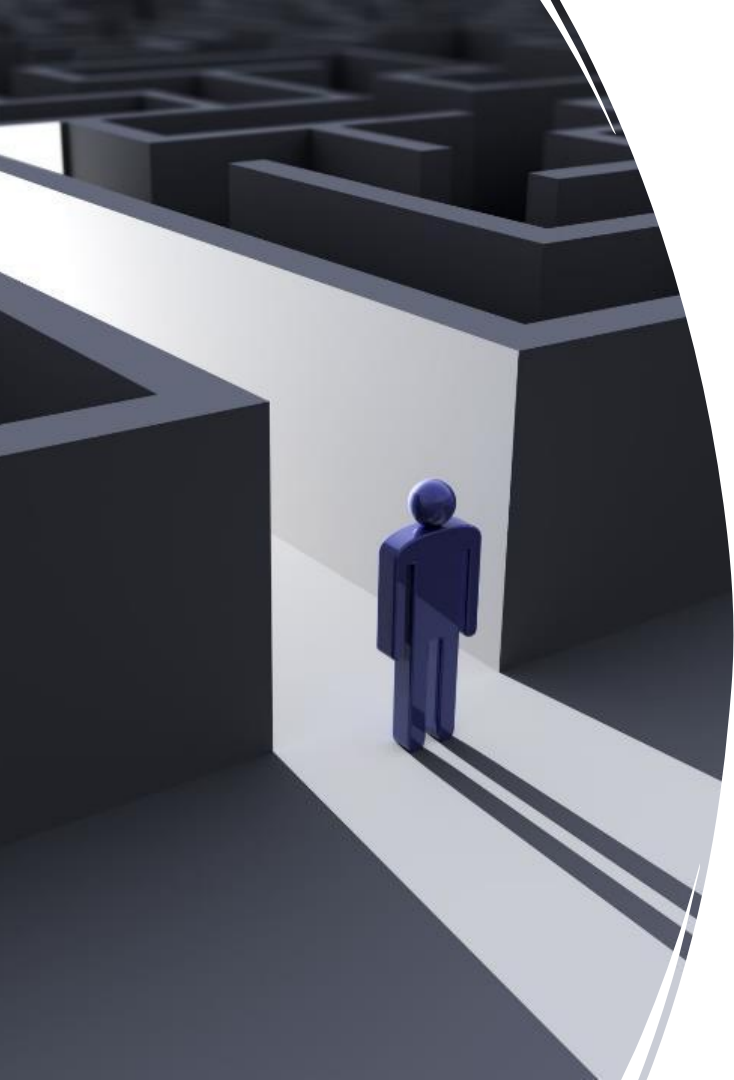




People who  
blame you

Your Family





# Support?

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- Often not from those who are close
- If they are grieving too---different path and judgment...
- If they are not grieving---blaming?

## Good Grief Support Groups

- One Legacy
- Grieving.com
- Compassionate Friends
- Mental Health America
- Tender Hearts (Grief.com)





# Resources

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- Information
- Education Programs (Grief Educator Certificate)
- Podcasts
- In-person support (One Legacy)
- Grief yoga
- Grief journaling



## Understanding Loss – Grief 101 Video

Grief is a no-judgement zone. There's no one right way to grieve. In this video, David Kessler explains the sometimes ...

[Read More](#)



## 10 Things to Help Children After a Tragedy

Now with all the recent Texas shooting that have left so many dead and the injured others, it's important to ...

[Read More](#)



## Free Grief Journal and Video

Get your free grief journal and tap into the transformational power of writing to witness your grief, discover and create ...

[Read More](#)



## The Best and Worst Things People Say



## Suicide Loss Support Series

When we lose a loved one dies by suicide, it feels



## Self-Care for Professionals

The Essentials of Self Care that will keep you

# Gratitude and Purpose

Wearing Grief well

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Thank

of ...