

Griefwork *for* Teens

Healing from Loss

Reproducible
Interactive
& Educational
Handouts

by Ester R. A. Leutenberg & Fran Zamore, MSW, ACSW

Illustrated by
Amy L. Brodsky, LISW

Griefwork For Teens Reproducible Interactive And Educational Handouts

Ester A. Leutenberg, John J. Liptak



Griefwork For Teens Reproducible Interactive And Educational Handouts:

Griefwork for Teens Healing from Loss Ester R. A. Leutenberg, 2012 This resource is for facilitators to help grieving teens heal from their losses Everyone experiences loss We refer to the psychological process of coping with a significant loss as grief work p 7 Loss is part of everyone s life at some point Each person reacts to a loss in a personal way As well as the emotional response loss also has physical intellectual behavioural social and philosophical dimensions response to loss is varied and is influenced by beliefs and practices Teen s losses no matter what are important and often devastating to them They represent the disappearance of something or someone cherished Some examples of loss are Addiction change in family structure change of school childhood death divorce faith friends moving away suicide or treasured possessions p 10

Griefwork for Teens Ester A. Leutenberg, Fran Zamore, 2012 Loss is a part of everyone s life at some point Each person reacts to a loss in a personal way As well as the emotional response loss also has physical intellectual behavioral social and philosophical dimensions Response to loss is varied and is influenced by beliefs and practices GriefWork for Teens is for facilitators helping grieving teens heal from their losses The authors refer to the psychological process of coping with a significant loss as grief work The range of behaviors emotions and attitudes is huge Throughout the book they use the terms normalize and New Normal to convey that everyone s grief has a unique expression and is that particular person s normal GriefWork for Teens contains fully reproducible activity and educational handouts and journaling pages which can be used in individual counseling sessions educational settings and support groups Each interactive activity has comments and suggestions on the back explaining the purpose of the activity and at least one way to use it Read them prior to using the handout to get the most out of each one and to give you a starter idea Although the handouts are written for use in groups they may be adapted to use with individuals or as homework assignments Teens losses no matter what are important and often devastating to them They represent the disappearance of something or someone cherished The handouts in GriefWork for Teens will engage those who grieve any type of loss not just death and encourage them to identify internalize and or verbalize personal feelings while working through the grieving process Five chapters guide clients through the grieving process Getting in Touch Telling Your Story Self Care Relationships A New Normal Griefwork Fran Zamore, Ester A. Leutenberg, 2008 A resource for therapists counselors group facilitators and other professionals working to help grieving people heal from their losses The handouts guide clients through stages of shock disorganization reorganization and a New Normal a term to convey that everyone s grief has a unique expression and is that particular person s normal Clients are encouraged to deal with sorrow express feelings share with peers develop internal and external support systems accept adjust and move forward The book helps leaders understand and empathize and teaches participants to heal and grow Activities facilitate introspection and interaction The book s reproducible handouts and art work map the journey from numbness to normal Instead of using solely with grieving groups consider using the activities with participants in other

groups The human experience dictates that clients have already experienced or will face future grief loss issues

Griefwork for Teens Ester A. Leutenberg, Fran Zamore, 2012 **Teen Resiliency-Building Workbook: Reproducible Self-Assessments, Exercises & Educational Handouts** Ester A. Leutenberg, John J. Liptak, 2012-07 A workbook for teenagers covering various traits of resiliency and how to deal with stressful situations Teen Safety Workbook John J. Liptak, Ester A. Leutenberg, 2012-07 Being a teen has always been challenging but today teens face issues that have been compounded by a rapidly changing society and a plethora of technology These changes require new strategies in ways to teach teens to protect themselves from the challenges they will constantly face in school and community and with their friends and family Some of the areas in which teens need to worry about their personal safety include Risks related to violence including bullying exposure to gangs and harm from guns and other weapons Online dangers including harassment cyber bullying sexually explicit materials identity theft and financial theft and scams and agreeing to meet strangers in person after developing online relationships Victimization of crimes Risks while driving in dangerous ways including driving after drinking or taking drugs underestimating dangerous road situations texting or using cell phones inappropriately and not wearing seat belts Putting themselves in personal danger by pressures to do things they do not want to do such as experimenting with drugs and alcohol having unprotected sex going to unsafe places by themselves and engaging in risky behaviors For teens staying safe is a much more difficult task than in the past To help teens sharpen their awareness of the need and ways to stay safe the Teen Safety Workbook will guide them as they explore situations fraught with danger and face people who may threaten their safety During adolescence teens are eager to press to become more independent from their parents caregivers or family They need to learn to be more responsible for their own safety Regardless of whether they are at home school work or in the community or online they must face great safety hazards and need to be aware of them Teens judgment levels are still forming most are not ready to make adult level decisions It is vital for teens to learn that they have the power to keep themselves safe and to be equipped with the tools to overcome dangerous situations The Teen Safety Workbook is designed to help teens engage in self reflection examine their thoughts and feelings that go into the decisions they make and learn effective tools and techniques to stay safe in the future This book combines two powerful psychological tools for the management of unsafe potentially dangerous thoughts feelings and behaviors self assessment and journaling The Teen Safety Workbook contains five separate sections to help the participants learn more about the choices they have made and the choices they have yet to make in their lives Positive Feelings Scale helps teens explore the negative feelings they are experiencing in life and learn effective methods to constructively express their emotions Healthy Choices Scale helps teens explore how healthy or unhealthy their lifestyle choices are Social Media Safety Scale helps teens explore safe behaviors while texting chatting using social media sites and surfing the Internet Relationship Safety Scale helps teens explore the safety in their family friendships and dating relationships Self Harm Scale helps teens explore the extent to which

they deliberately harm themselves in attempts to cope with intense overwhelming emotions Enrichment activities at the end of each chapter are a third tool for facilitators of teens from families struggling with substance abuse Teens Together Grief Support Group Curriculum Linda Lehmann,Shane R. Jimerson,Ann Gaasch,2013-05-13 The texts focus on preschool aged children children in kindergarten through grade two children in grades three through six and teenagers Each curriculum contains ten ninety minute sessions that should be implemented over a period of ten weeks By employing age appropriate themes to engage the child and provide continuity throughout the sessions the division of material within the curricula assures that the activities reflect the developmental level of the grieving child or adolescent Each person grieves differently and Grief Support Group Curriculum addresses the issues related to mourning while recognizing the importance of individuality in grieving Coping with Loss Joseph V. Palazzola,2013-07 Life is filled with many experiences that young people must cope with each day One of the most severe situations they will encounter is the death or loss of a parent relative or close friend To help teenagers cope with their grief author Joseph V Palazzola has written a workbook to help ease the pain and get youngsters through the seven stages of grief By using various learning strategies that rely on making personal connections participants can realize true understanding of the grieving process Joe is a former educator who has taught in the public schools and at college level His first wife died at a young age and he was left to raise their son Chris who was 15 at the untimely death of his mother Joe and Chris never really dealt with the loss of their loved one together They silently grieved alone They were coping but not addressing the issue of their mutual loss Six years after the death of his mother while a college student Chris was killed in an industrial accident Twenty years after the death of Chris Joe has written a workbook that will help teenagers cope with the pain of losing a loved one Joe realized how difficult it was for Chris so he wrote this workbook of activities He includes many strategies and concepts that he used in his teaching career and information he imparted to his graduate students This book will help ease the hopelessness and despair in a healthy and logical way A Detroit area native Joseph V Palazzola has retired from teaching and now resides in Vero Beach Florida This is his third book Publisher s website <http://sbpra.com/JosephVPalazzola> **Helping Teens Work Through Grief** Mary Kelly Perschy,2004 This book is a valuable guide helping adults connect with grieving teens The reader will find background information along with many specific activities to help teens reflect upon and talk about their particular concerns Thoughts of You Jennifer Yonker,Jennifer Yonker Lcsw,2013-01-21 A journal formatted workbook designed to assist teens in working through the feelings associated with grief Using easy to understand headers such as This is what you meant to me and This is the story of how you died writers are guided through the process of healing from grief This may be used for writing poetry or artwork This journal is perfect as an extra tool for therapists and providers who work with teens It has an easy to use and understand format enabling it to be used with younger teens and with teens of varying abilities and skill levels It is filled with reproducible pages allowing therapists to copy chosen pages for use in therapy It is ideal for youth who process emotions

best through writing and can be used as a tool for art therapists as well **Healing Your Grieving Heart for Teens** Alan D. Wolfelt, 2001-04-01 With sensitivity and insight this series offers suggestions for healing activities that can help survivors learn to express their grief and mourn naturally Acknowledging that death is a painful ongoing part of life they explain how people need to slow down turn inward embrace their feelings of loss and seek and accept support when a loved one dies Each book geared for mourning adults teens or children provides ideas and action oriented tips that teach the basic principles of grief and healing These ideas and activities are aimed at reducing the confusion anxiety and huge personal void so that the living can begin their lives again Included in the books for teens and kids are age appropriate activities that teach younger people that their thoughts are not only normal but necessary *The Healing Your Grieving Heart Journal for Teens* Alan D Wolfelt, 2002-09-01 In light of how difficult it is just to survive the teenage years the grieving process can be especially difficult and overwhelming for teenagers This journal affirms the grieving teen's journey and offers gentle healing guidance In order to sort through their confusing feelings and thoughts teens are prompted to explore simple open ended questions Teens are encouraged to write what they miss about the person who died the specific feelings that have been most difficult since the death or the things they wish they had said to the person before they died **When a Friend Dies** Marilyn E. Gootman, 2020-12-22 Updated third edition offers sensitive advice and genuine understanding for teens coping with grief and loss The death of a friend is a wrenching event for anyone at any age and can spark feelings that range from sadness to guilt to anxiety Teenagers especially need help coping with grief and loss This sensitive book answers questions grieving teens often have like How should I be acting How long will this last and What if I can't handle my grief on my own The book also addresses the complicated emotions that can accompany the death of an acquaintance as opposed to a close friend The advice is gentle non preachy and compassionate recommended for parents and teachers of teens who have experienced a painful loss This updated edition of a classic resource includes new quotes from teens as well as insights into losing a friend or an acquaintance in a school shooting or through other violence The book also features updated resources and recommended reading including information on suicide hotlines and other support for anyone in crisis **Teen Grief** Gary Roe, 2019-02-12 Teens are hurting Young lives and hearts seem to be more at stake than ever Written at the request of parents teachers coaches and school counselors this Book Excellence Award Winner presents sensitive and practical ways for each of us to make a massive difference one teen at a time Teens are the future It's time to help them heal *Grief Recovery for Teens* Coral Popowitz, 2017-06-01 Grief can affect both body and mind and teens dealing with grief may not know how to work through grief in healthy ways In this helpful and healing guide the director of the Children's Grief Connection offers help for teens dealing with the physical aspects of grief and loss This book utilizes somatic body oriented skills to help teens know how and why their bodies are reacting to grief as well as ways to relieve anxiety and confusion and begin the healing process **Teens, Loss, and Grief** Edward Myers, 2006-08-21 A self help guide for adolescents coping with bereavement

provides an overview of the grieving process and offers insights from bereavement experts and first hand accounts from teens

Healing a Teen's Grieving Heart Alan D. Wolfelt, 2001-04-01 A compassionate resource for friends parents relatives teachers volunteers and caregivers this series offers suggestions to help the grieving cope with the loss of a loved one Often people do not know what to say or what not to say to someone they know who is mourning this series teaches that the most important thing a person can do is listen have compassion be there for support and do something helpful This volume addresses what to expect from grieving young people and how to provide safe outlets for teens to express emotion Included in each book are tested sensitive ideas for carpe diem actions that people can take right this minute while still remaining supportive and honoring the mourner's loss

Grief Recovery for Teens, 2017 **Grief** Joe Jansen, 2020-11-23

Grief Insights and Tips for Teenagers is a compassionate guide to help you and those you care about navigate the difficult path of grief Filled with the words of other young adults who have walked this road themselves you will find that you are not alone and that things do get better You will learn how to honor the memory of those you have lost what movies writers musicians and philosophers can teach us about grief what has helped other teenagers work through their grief the many resources available to you including websites videos music podcasts and more Grief is one of the most personal emotions we can experience no one will ever have the unique relationship you had with your family member or friend At the same time the sadness of grief is one of the most universal feelings This book shows both the personal and universal sides of mourning bringing a message of hope during a difficult time

Grieving Teen Helen Fitzgerald, 2000-01 In this wise compassionate pragmatic book the author of *The Grieving Child* and *The Mourning Handbook* turns her attention to the special needs and concerns adolescents face during the grieving process

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