

## Adult Grief Group Outline

Date	Title	Topics	Handout(s)	Homework
Session 1	Setting the Stage	The Language of Grief, 4 Tasks of Mourning	Group Contract, Hopes & Fears Worksheet, Four Tasks of Mourning, Feelings Wheel	Journal Entry #1 - Accept the Reality of the Loss
Session 2	Sharing our Stories	Common Emotions, Range of Feelings	A Tangled Ball of Emotions	Journal Entry #2 - Process the Pain
Session 3	Ways We Are Affected By Grief	Grief Symptoms	The Grief Experience, Areas of Adjustment	Journal Entry #3 - Adjust to a New Environment
Session 4	Adjusting To Our Changed Selves	Helped / Hurt, Continuing Bonds	None	Journal Entry #4 - Find Enduring Connection
Session 5	Close Group, What Do We Take With Us	Hopes & Fears	None	None

### How to use these materials

This 5 session Grief Group incorporates William Worden's Tasks of Mourning as explained in his book, *Grief Counseling and Grief Therapy, Fourth Edition: A Handbook for the Mental Health Practitioner*. Special thanks also to Meg Eifrig, LCPC, <https://grieftherapycenter.com/>, with whom I delivered a similar group several years ago!

The **PowerPoint** presentation is used from week-to-week, each week's **handouts** are labeled with the week in which they are used, and the journal prompts are in the **Weekly Journal Prompts** document.

One note on the journal prompts - I suggest that they *not* be provided to group participants in the first session so as to not overwhelm. Provide just each week's journal prompt at the *end* of each session as homework. Ideally, participants will have a dedicated notebook or journal in which you will encourage them to use during and between sessions. Setting the stage that this is grief "work" is helpful to set the expectation that spending time journaling is helpful and healing.

You also will likely move slower through the material than you anticipate, and that's OK. We want to not overwhelm and instead provide safe spaces for oftentimes confusing feelings and thoughts to be shared and that all simply takes time.

In closing, please consider dropping me a line to gift me feedback on how you used these materials, what you shifted, what worked well, etc.

From my heart to yours,

Sheri Khan, LPC

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