

Strategies for grief therapy: From models to methods

- **A. Find or create new meaning in the life of the survivor, as well as the death of the loved one** (Techniques: Loss characterization, past/future self letter)
- **B. Seek strands of continuity in the relationship to the deceased, as well as points of transition** (Techniques: Life imprint, biographies of deceased or relationship, linking objects, lifelines)
- **C. Attend to tacit**
- **(unexpressed/unexpressable) and preverbal, as well as explicit and articulate meanings** (Techniques: Poetry of loss, metaphoric stories, music therapy, art therapy)
- **D. Use narrative as a method, as well as a guiding concept, to facilitate affirmation or re-authoring of the self in the wake of loss** (Techniques: expressive journaling, unsent letters, memory books)
- **E. Facilitate the construction of meaning as an interpersonal, as well as personal process (the interactive dance within the family who suffered loss)** (Techniques: collective remembering, videography)
- **F. Anchor meaning making in cultural, as well as intimate, contexts** (Techniques: personal rituals, ceremonies of integration)

Grief therapy as meaning reconstruction (Neimeyer, 2001)

- 1. In a constructivist view, grieving entails reaffirming or reconstructing a world of meaning that has been challenged by loss
- 2. Meaning is both personal and social, implicit and existential; it is not a simple cognitive process. The articulation, symbolization and renegotiation of meaning are central goals
- 3. Both in-session and between-session work can help restore a sense of coherence and continuity to life narratives that have been disrupted by bereavement