

A Session for Grief Support

Grief and life transitions | Clinicians | 50 minutes

Structure a 50 minute session around the client's current grief needs and one supportive action.

Intended outcome: the client names a current loss related need, chooses a coping or support option, and leaves with a manageable plan. Use this structure flexibly; telling the loss story or completing a worksheet is optional.

Minutes 0 to 15

0 to 5: Check current wellbeing, safety, and the client's preference for talking, practical planning, or quiet reflection. 5 to 15: Use GRF01 to identify the loss and secondary changes that matter today. Follow their language and avoid assuming a particular emotional response.

Minutes 15 to 40

15 to 30: Choose GRF02 for intense reminders, GRF04 for a meaningful date, or GRF05 for practical burdens. Complete only the relevant parts. 30 to 40: Practice one support request or coping choice. Ask whether the plan respects cultural practices, privacy, energy, and the client's relationships.

Minutes 40 to 50

40 to 45: Notice the client's current level of activation and offer a pause or orientation to the room if desired. 45 to 50: Ask what they are taking from the session and what they need next. Agree on one optional practice and a check in plan. Address any referral or safety needs before ending.

Current need, selected support action, and follow up plan

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