

Grief and Everyday Care | Facilitate

Facilitating Grief Work with Choice

Professionals | 10 to 15 minutes | Session guide

Offer grief resources without imposing a timetable, narrative, or preferred emotion.

Begin by asking what the person wants from this encounter. They may need practical help, silence, information, companionship, or space to describe a loss. The pack is an optional structure rather than a required sequence.

How to use this page

Preview the language with the person. Check which terms, names, and topics they want used. Agree on a pause signal and offer a practical-care page when remembrance or reflection is unwelcome.

Understand the context

Ask about the meaning of the loss, current demands, available support, and relevant cultural or spiritual practices without assuming shared beliefs. Allow mixed feelings and complicated relationships. Loss may involve discrimination, financial hardship, changes in identity, or reduced access to care that require more than emotional reflection.

PK04-07 | continued

Avoid a performance of grief

Do not set goals such as finishing stages, finding a benefit, crying, forgiving, or sharing publicly. In a group, offer fictional examples and passing. Explain confidentiality limits and discourage unsolicited advice. A person can choose privacy while still participating meaningfully.

Review support and further needs

End with a small agreed next step or a decision to pause. Check whether the person has the support needed after the conversation. Use appropriate assessment and referral when distress, impairment, or safety concerns warrant it; these pages do not distinguish diagnoses or provide crisis care. Review practical barriers alongside emotional needs.

1. The person's stated preference, my adaptation, and any agreed follow-up**Facilitator notes and adaptation**

Independent clinical review is pending. These original activities are educational supports, not a grief treatment manual or diagnostic tool. Follow professional scope and local procedures for safety concerns.

PK04-07 | continued**About this resource**

AI-assisted original draft for More Than Therapy. Version 1.0. Source and editorial checks: 27 October 2026. Independent clinical review pending; no human clinical reviewer is recorded. The references below inform concepts and do not validate or endorse this original page.

Conceptual references

PA06 | National Institutes of Health, News in Health | Navigating Grief

<https://newsinhealth.nih.gov/2026/07/navigating-grief>

PA07 | National Institutes of Health Clinical Center | Kind Ways to Support Someone Who Is Grieving

<https://www.cc.nih.gov/bereavement/support>