



Insight

Klass, Silverman, and Nickman's 1996 research on "continuing bonds" helped reframe grief as an evolving relationship, rather than a severed one.

Del—This comes from my first module. Through the first Module, I have had four exercises as they call it as a checking-in with a written response to their question or situation with a client.

Myth of Grief Stages

- * **Reality:** grief is not linear. Emotions may come in wave cycles or remain dormant for years before resurfacing.
- * **Practice Tip:** normalize this non-linear reality with clients use metaphors like spirals or tides to explain their experience further in module two

The Myth of Time Healing All Wounds

Common advice says “give it time” assumes that grief will fade eventually. Well, the intensity might decrease, relief often, transforms rather than disappears. Clients may revisit their grief at birthdays, adversaries, or life milestones even decades later.

- * **Reality: Time** does not “heal” so much as provides space for integration and adaptation
- * **Practice Tip:** help clients identify long-term ways to stay connected with their grief while continuing on with their lives

The Myth of “Moving On”

The pressure to move on this myth can provoke shame in those who continue to feel connected to the deceased many fine healing, not in detachment, but in creating new forms of relationships with the person who died.

- * **Reality:** the concept of continuing bonds honors and ongoing emotional and spiritual connection with the deceased
- * **Practice Tip:** support clients in finding new personal ways to maintain meaningful connection- memorial rituals conversations with the deceased or symbolic tokens

Del: This is very valuable to share and understand that the only thing severed is the connection with the body. Memories and your feelings of love will continue on forever.

The Myth of Grief’s Universality

While the experience of loss is universal, its expression is not. Grief is shaped by culture, gender, language, and belief systems. Assuming a single norm grief response overlooks these vital differences. **Del:** this is where each person has to learn to deal with their grief on their terms and on their time frame.

- * **Reality:** some cultures emphasize emotional restraint, others value, communal mourning brief rituals can arrange from quiet alters to multi day festivals

Practice Tip: ask clients how their background shapes their grief. Reference model six for Supporting grief experiences marginalized by a dominant culture.

The Myth of Grief as Depression

Relief and depression may overlap in symptoms, like sadness, withdrawal, sleep disruption, but they are distinct. Grief is a natural a debt adaptive response to loss. Depression is a clinical condition that may require medical or psychological intervention.

***Reality:** grieving individuals may still experience, joy, humor, or connection, even admits the sorrow an important diagnostic distinction

***Practice Tip:** Know when to refer if a client's functioning severely impaired or grief becomes frozen or isolated. Ethical referral discussed in module seven may be appropriate. **Del:** This refers to those that are struggling and need more care than I can provide. I have to make connections with licensed therapists.

Dispelling Myths in Practice

Holistic grief involves gently dismantling these mess through education, inquiry, and permission giving. Clients often need reassurance that their grief is valid, even if it doesn't fit society expectations. As grief guides, our role is not to pathologize or to push people toward closure, but to offer spacious and support for their unique process.

Degining Grief, Mourning, and Bereavement

Del: Understanding the differences of grief, mourning, and bereavement helps clarify the full spectrum of loss. Each term points to a different aspect of the experience. It is important for the client to recognize the differences and will help support more precise empathetic care.