



Offices of Dr. Jane A. Simington Ph.D.

9703 108 Avenue Edmonton AB T5H 4R9

Tel: 780 473 6732

Fax: 780 472 0885

Websites: www.drjanesimington.com www.takingflightbooks.com www.takingflightinternational.com

Email: info@takingflightinternational.com

Securing Hope: Helping a Grieving Child



Dr. Jane A. Simington, PhD.

Dying and grieving are experienced across all age groups. Studies indicate that grieving children may view death as punishment for things they have done or not done. They may also view death as abandonment and experience a tremendous amount of separation anxiety. These views may contribute to the development of intense fears as children come to realize that if death has happened to a friend or family member it may also happen to them. These and other effects of childhood grief are experienced physically, mentally, emotionally and spiritually and can significantly impact children's social relationships and learning abilities.

Securing Hope: Helping a Grieving Child is about how children grieve at different ages. It is about helping grieving children manage their grief responses and about giving them strategies to heal.

During our time together you will:

- 1) Examine how grief impacts children at their various stages of development.
- 2) Advance your knowledge of the physical, mental, emotional, spiritual, social and educational effects of grief on children.
- 3) Gain skills to provide safe and therapeutic support to help a child resolve the physical, emotional, mental, behavioral and spiritual responses to grief.
- 4) Examine ways to increase hope and help a grieving child reinvest in life and relationships.
- 5) Acknowledge how working with a grieving child can reopen the unhealed wounds of unresolved grief in a care-provider.
- 6) Describe ways to maintain a program of ongoing personal healing as an important aspect of grief counseling.