

Grief Support Resources

Our Books & Audiobooks



Download a Free Book on Grief @ GRIEVINGTEENS.com

We have grief materials to coach you through your losses. Go to iTunes, Amazon, or Audible.com and search for "Dr. Tom Morris"

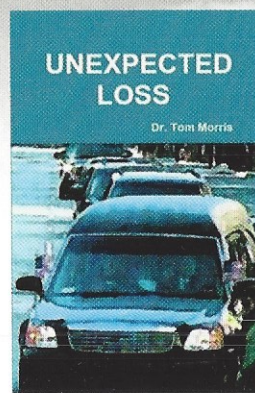
How Are We Funded

Consider Supporting GrievingTeens

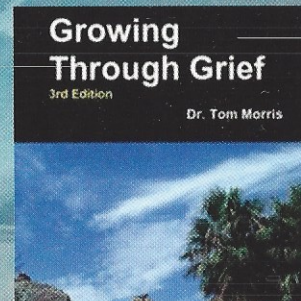
GrievingTeens is funded by private individuals and businesses. We are a 501 (c) 3 non-profit organization. Our legal name is YFCGRIEVINGTEENS and we do business as GrievingTeens™.

Our Tax ID # is 27-4236935

Because of this funding model we serve the public school community as volunteers.



Available on Amazon or iTunes...



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GrievingTeens™

What is grief?

What is my responsibility?

Grief is a process that affects the whole person (physically, emotionally, socially, and spiritually) and is a response to loss. This program chooses to see it in phases that have a task component for the griever. This means that you have a responsibility to work through your grief.

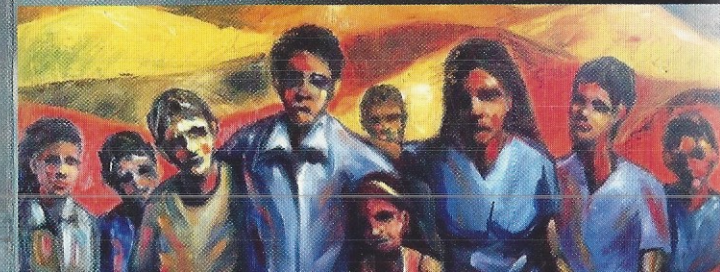
These **tasks** have been taken from J. William Worden's, *Grief Counseling and Grief Therapy*.

The tasks are as follows;

- Task I Accept the Reality of the Loss
- Task II Work Through the Pain of Grief
- Task III Adjust to a World Without the Deceased
 - A. External Adjustments
 - B. Internal Adjustments
 - C. Spiritual Adjustments
- Task V Emotionally Relocate the Deceased & Move on With Life

You Can Grow Through Grief!

GrievingTeens.com



GrievingTeens Support Groups

How We Got Started!

In 1997, a good friend asked me to speak to his health classes on Death and Dying. I told him "Yes, I'll speak to your classes." I called a funeral home to borrow a casket (a prop for the front of the room) to help set the stage. I spoke for 45 minutes about death. For most students it was their first extended discussion on the subject. They had never discussed it at home. As they talked about death, their unresolved issues about mortality and grief came to the surface. This program is the result of that invitation to speak and the needs it uncovered. I started facilitating grief support groups in the school year 1997-98. Since then it has grown to many other schools.

The Counseling Principles for Grief Support Groups

1. Help the Youth Face the Loss
2. Help the Youth to Identify and Experience Feelings
3. Assist in Living Without the Deceased
4. Help Find Meaning in the Loss
5. Facilitate Emotional Relocation of the Loss
6. Provide Time To Grieve
7. Help Them Understand What is Normal in the Midst of Loss
8. Allow for Individual Differences
9. Examine Defenses and Coping Styles
10. Identify Pathology and Refer Grief Groups

What Schools Say:

Olivia Munoz @ PDHS said, "It is a sad reality that every year we always lose a student due to a tragic car accident, illness, homicide or suicide. When we encounter these tragic moments, I can always count on Dr. Morris coming to our school to help students deal with these difficult times.

In some schools it took tragic events to realize the need for grief support.

Veronica Davis at LQHS wrote. "In September of 2007, La Quinta High established a much needed grief group with the assistance of Dr. Morris. This program has provided tremendous support to our students that are coping with their grief from the death of a loved one, divorce, and other forms of significant loss.

"As volunteers on our campus, "GrievingTeens" conduct weekly support group meetings. Their program significantly impacts our support services by allowing students an accessible and continuous level of group support counseling....These students have found a place to feel safe."

"This program is invaluable to our students. For most, without the grief group they would be dealing with these highly charged emotions alone. I would hate to imagine an ending to this program at our school. I hope that this is a service that will continue the healing of students for years to come."

What Students Say:

"My name is Jessica and I joined grief group my senior year of high school. I lost my grandmother to cancer back in December. My grandma and I were very close and before she passed I was taking care of her. When I lost my grandma it took a huge toll on my life I missed a lot of school and made a lot of bad choices. My senior year started and my counselor told me about grief group and thought it could help me. me to get back to being the confident girl I once was and I became close with a lot of the other people in the group. I'm really grateful for grief group and Tom, without them I don't know how I would be today."

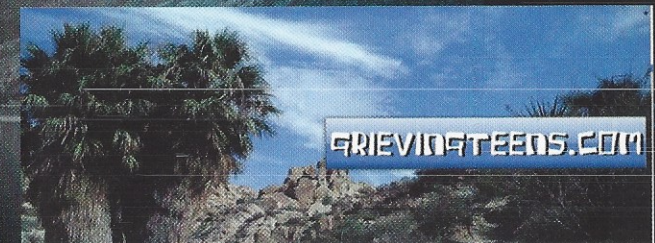
"Griefgroup caught me at a time when I had a multitude of issues come spiraling down upon me as a result of my friends death. The single most important thing the group allowed me to do was talk with others going through the same thing."

"The group taught me to cope with the situation, and channel my feelings in a non-destructive manner - talking my feelings out instead of holding them in. Tom, thanks for getting me to talk, and helping me to move past a state of grief and into a state of understanding."

Jordon said, "I personally thought he was crazy because in my head nothing could help me. When I came to the group, I entered a room filled with people whom I've seen around school. When I heard their stories and how similar they were to mine, I decided to open up, share my story and how it has affected my life. Tom, our grief group coach, and the other students talked to me and gave me advice on how to deal with certain things and ways to deal with grief. The group has helped me to find myself again. It has helped!"

"Well I was a sophomore when I first attended your group. I was shy and nervous because I didn't know if others had the same problems or worse. I did not know what to expect... But, as I continued to keep on going, I realized I was not alone, I made friends, who were dealing with the same kind of problems. I had support in the group. I was able to just be myself. Everyone had a different story and we all learned from each other's stories. We all learned how to get along and encourage each other to a point where we grew as a family. No matter if it were new or the same old people attending the group, I enjoyed it because we not only talked about our stories and our pain, we all helped each other work through our grief. Thank you again! For the time you put out for us ..." Jake

Contact Your High School's Counseling Office for a Grief Support Group!



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Helping People Grow Through Grief -
GrievingTeens™