

# PSESD Supporting Grieving Youth: An Introduction for School Counselors

## **Welcome & Introduction**

Jana Iwasaki and Kim Beeson from Puget Sound ESD welcome the participants and discuss logistics of the training; length, use of chat log, hand raising, time for questions after each presentation section.

## **Safe Crossings Foundation Introduction**

Karen Schrantz shares intention of training and briefly introduce the Caitlin Koch with Our Treehouse, Darren Wenz and Lisa Duke with Bridges Center for Grieving Children

## **Grief Outline and Common Responses**

### **Theory of Grief**

Tasks of Grieving

Dual Process Model

### **Grief Across Development – ages 4 to 18**

### **Types of Death and the Potential Impact**

### **Culture and Its Role with Grief**

**Breakout room activities 10 min**

### **Grief Activities by Ages**

Talking with children and teens about death

Strategies for supporting grieving youth overview

Virtual grief activities– **Breakout Rooms 30 min; 10 min each room.**

**Presenters are moved to 1 of 3 rooms, every 10 min.**

Empowering adults in the life of grieving children and teens When do youth need additional support

### **Self-care Strategies**

### **Closing**

Karen Schrantz-continuing education resources