



GLASGOW ANXIETY & DEPRESSION
COUNSELLING SERVICE

GRIEF AND BEREAVEMENT **COUNSELLING**

What is Grief and Bereavement Counselling?

Grief and loss is complicated and messy. There's no simple way of putting it. That's how it is.

In psychotherapy and counselling, we often hear clients say that family and friends keep telling them that 'you should be over this by now'; 'how can you still feel sad about X' or even 'pull your socks up and get over it' (I have to admit, I shriek inside when I hear that, arghhh!).

The thing is, hearing these things 1) isn't helpful or validating; and 2) misses the point when it comes to grief, loss and bereavement.

We can also experience grief, loss and bereavement for lots of different things: it's not just in response to the loss of a loved one.

We can experience this in relation to the loss of a beloved parent, friend, colleague or pet. We can experience it in relation to loss of health, a job, moving house/location, loss of elements of our identity, an interest/hobby, an object that had meaning for us, something in our environment and even a value/attitude/viewpoint.

Neither is grief, loss and bereavement 'a straight line'. It goes up and down; backwards and forwards; and can be unpredictable at times.

Here's some more information about Grief and Bereavement Counselling

- While loss and grief are an inevitable part of life, the experience of such can leave us feeling depressed, vulnerable, confused, lonely, angry, and a whole host of other things. Even when the loss is expected, it can



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lead us to feeling distressed and affect our daily lives. You may find yourself struggling to cope with your feelings or emotions or find difficulty in doing daily tasks that you formerly found easy to do.

- Grief and Bereavement Counselling can help you cope with loss, whatever type of loss that might be (see above). Your Counsellor or Therapist will help you understand your grief and feelings of bereavement and help you to develop methods and strategies for coping with your loss and grief.
- Grief and Bereavement Counselling offer you a safe, understanding and supportive space in which to discuss your feelings and emotions, discover helpful tools and strategies ways to ease the grieving process; and support you to apply the new coping method in real life.
- Grief and Bereavement Counselling is recommended especially for individuals whose grief:
 - Interferes with daily activities
 - Causes feelings of guilt or depression
 - Makes it harder to carry on with their own lives
 - Causes problems in existing relationships

Recognise this in yourself? Maybe you are experiencing this now. Then we recommend seeking help and support when you can to help you through the process of loss and grief.

We can support you through difficult times. There's no pressure, no expectations, no hurry. Sessions go at your pace and we focus on what you need to focus on right now.