CHAMPS/WMT AHEC RESILIENCY LEARNING COMMUNITY

BUILDING RESILIENCY SKILLS: WALKING TOGETHER TOWARDS HEALING IN A TIME OF COLLECTIVE LOSS

WEEK ONE: UNDERSTANDING THE IMPACT OF COLLECTIVE LOSS

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COLLECTIVE LOSSES

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THE PLAN

Review: Loss and Grief
The Nature is Chaos
Accumulating Losses
The “Griefworthy” Trap
Disenfranchised Losses
The Missing Pieces
Now What?
CHANGE = LOSS = GRIEF

Working remotely is the Change…
What have you lost?
GRIEF IS NOT A PROBLEM TO BE SOLVED

…it is something we learn to live with...

…or something we help others learn to live with…
SYMPTOMS OF GRIEF

Emotional
Social
Cognitive
Spiritual
Physical
THEATERS HAVE STAGES.
GRIEF DOES NOT.
ONE LOSS = MANY LOSSES
WHAT IS GRIEFWORTHY? WHAT IS NOT?
DISENFRANCHISED LOSSES
WHEN SUPPORT IS SO FAR AWAY
NOW WHAT?

Acknowledge the losses (they matter)  Break Out Groups
Skip the platitudes
Dial Back (WAY back)
Cope with intention
Be alert for Opportunity
COPE AS IF LIFE DEPENDS ON IT

Because lives do.