



# *PARTICIPANT HANDOUTS*

## **CHAMPS Perinatal Mental Health Series: Trauma, Loss, Family Systems, and Resources**

*Thank you for attending today's training. By doing so, you are strengthening the ability of your community-based and patient-directed health center to deliver comprehensive, high-quality primary health care services.*

### **Presented by:**

Tatiana Turo-Handy, PsyD, PMH-C, [Colorado Perinatal Mental Health Project](#)

### **Live Event Date/Time:**

Thursday, June 11, 2026

12:00–1:00PM Mountain Time | 1:00–2:00PM Central Time

### **Target Audience:**

This series is intended for Region VIII health center medical and behavioral health providers as well as nurses, care coordinators, other clinical roles, and those who support the mental health and wellbeing of pregnant and postpartum individuals and their families.

### **Event Overview:**

This session focuses on trauma-informed care in perinatal settings. Participants will explore clinical approaches grounded in a family systems framework to support individuals and families navigating traumatic events. The session also reviews national and local perinatal mental health resources to support timely referral and coordinated care.

### **Learning Objectives:**

At the end of this session, participants will:

1. Apply trauma-informed care principles when working with perinatal clients who carry prior trauma histories or who experience traumatic events during pregnancy, birth, or the postpartum period.
2. Identify clinical approaches for supporting clients navigating miscarriage, pregnancy loss, birth trauma, and fertility challenges within a family systems framework.
3. Utilize national and local perinatal mental health resources to connect clients and families with appropriate, timely support.

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### **CHAMPS Archives**

This event will be archived online. This online version will be posted within two weeks of the live event and will be available for at least one year from the live presentation date. For information about all CHAMPS archives, please visit <https://champsonline.org/events-trainings/distance-learning/online-archived-champs-distance-learning-events>.

### **Description of CHAMPS**

Community Health Association of Mountain/Plains States (CHAMPS) is a non-profit organization dedicated to supporting all Region VIII federally-designated Community Health Centers so they can better serve their patients and communities. Currently, CHAMPS programs and services focus on education and training, collaboration and networking, workforce development, and the collection and dissemination of regional data. Staff and board members of [CHAMPS Organizational Members](#) receive targeted benefits in the areas of business intelligence, networking and peer support, recognition and awards, recruitment and retention, training discounts and reimbursement, and more.

**For over 40 years, CHAMPS has been an essential resource for Community Health Center training and support!** Be sure to take advantage of CHAMPS' programs, products, resources, and other services. For more information about CHAMPS, please visit [www.CHAMPSonline.org](http://www.CHAMPSonline.org). The Happenings box in the middle of the CHAMPS home page highlights the newest CHAMPS offerings, while the CHAMPS Membership box on the lower part of the home page lists current benefits for CHAMPS Organizational Members.

### **Description of The Birth Squad/CO PMHP**

The Birth Squad/Colorado Perinatal Mental Health Project (CO PMHP) is a Colorado-based nonprofit dedicated to improving access to comprehensive perinatal mental health care for prenatal and postpartum individuals and their families. Through clinical training, community outreach, and cross-sector partnerships, CO PMHP works to close the gap between screening and care by building a robust perinatal support network that meets families where they are.

### **Speaker Biography**

Tatiana Turo-Handy, PsyD is a psychologist and a bilingual mental health facilitator. She is an English and Spanish speaking licensed clinical psychologist who has supported birthers both during and after their perinatal period to work through a range of issues including anxiety, depression, and a wide range of other symptoms. Tatiana wants to decrease stigma and promote the importance of perinatal mental health support because she believes quality support can be life changing. Tatiana is a mom of two and loves spending time with her family, hiking, camping, and planning activities to do with her kids.



# PERINATAL MENTAL HEALTH SERIES: EVIDENCE-BASED PRACTICE ACROSS THE CONTINUUM OF CARE

May 28: Perinatal Mood Disorders and Screening  
Emely Romero, LCSW, IBCLC, PMH-C

June 4: Treatment, Continuum of Care, and Integrated Practice  
Celeste St. John-Larkin, MD, PMH-C

**June 11: Trauma, Loss, Family Systems, and Resources**  
**Tatiana Turo-Handy, PsyD, PMH-C**

*The AAFP has reviewed Perinatal Mental Health Series: Evidence-Based Practice Across the Continuum of Care and deemed it acceptable for up to 3.00 Live AAFP Prescribed credit(s). Term of Approval is from 05/28/2026 to 06/11/2026. Physicians should claim only the credit commensurate with the extent of their participation in the activity.*



**Perinatal**  
Mental Health  
PROJECT

**Perinatal  
Trauma, Loss,  
Family Systems  
& Resources**

Tatiana Turo-Handy, PsyD., PMH-C.

# Tatiana Turo-Handy, PsyD., PMH-C



- Licensed Clinical Psychologist specializing in perinatal mental health
- Bilingual Mental Health Professional with CO PMHP and the Birth Squad program
- Postpartum Support International Colorado Liaison
- Owner of Wellness Psychology, PLLC
- Mom to 2 kids

I have no conflicts of interest in relations to this program or presentation.



# Learning Objectives



- Identify perinatal trauma risks within pregnant and postpartum individuals using a trauma-informed care framework.
- Apply grief-informed communication strategies while integrating results from validated screening tools (City BiTS, PCL-5, BGQ, ICG, & PGS) to guide support and referral.
- Recognize family system dynamics that shape experiences of perinatal grief and loss.



# Self Awareness



- The information and content of this presentation may be triggering for those who have experienced birth-trauma, are bereaved parents or have experienced their own perinatal loss
- For some, this information may be new and overwhelming
  - This information can be A LOT to take in
- Please practice self-compassion and self-care throughout this presentation and afterwards!



# Perinatal Trauma, Loss and Grief

**Perinatal trauma** refer to experiences during the conception journey, during pregnancy, labor, birth and/or the postpartum period that are perceived as physically and/or emotionally threatening, harmful, leading to a lasting adverse effects on an individual's and families mental, physical, social, emotional and spiritual wellbeing.

**Reproductive loss** refers to any experience of grief related to reproductive health, fertility and the outcome of the pregnancy. This includes experiences of infertility, fertility treatments, abortions, miscarriage, stillbirth, adoption, surrogacy, sterilization and loss of a child.

**Grief** a natural reaction to loss that involves a wide range of emotions and may include physical symptoms including loss of appetite, and sleep disturbances.

**Mourning** the *active* behavior of grief including social rituals and customs that can vary across cultures.

**Bereavement** the *process* of grieving and managing the loss of someone or something important.

# Birth Trauma and Maternal Mental Health

- 1 in 3 people report trauma from their childbirth experience.
- 1 in 5 people report experiencing some kind of mistreatment during pregnancy or childbirth.
- Leading factor of birth trauma is the birther's perceived experience of poor interpersonal care and communication.
- Women of color are at increased risk for neglectful care and obstetric complications, increasing risk of experiencing birth trauma.
- Birth trauma can lead to a range of maternal mental health conditions (anxiety, depression, perinatal OCD and posttraumatic stress disorder (PTSD)).



# Perinatal Loss & Disenfranchised Grief

- Length of gestation is not associated with the degree of distress following perinatal loss.
- Women who experience pregnancy loss at an early gestational stage can exhibit grief responses similar to those observed following losses at more advanced stages (Kliet et al., 2002).
- Grief experiences related to reproductive loss, especially for first trimester miscarriages, termination for medical reasons, and elective abortions are often unacknowledged by society and healthcare providers (Lang et al., 2011; deMontigny et al., 2017; Bellhouse et al., 2018).



# Family Systems and Loss

- 2SLGBTQIA+ families experience various losses in their journey to parenthood as a result of increase engagement with assisted reproductive technologies (RTZ, 2020; Riggs et al., 2020).
- Lesbian couples loss is intensified by the psychological, interpersonal and resources they dedicated to conception (Peel, 2010).
- A study with men, transmasculine, and non-binary participants found that the social isolation tied to being transmasculine often meant others failed to acknowledge or validate their pregnancy loss (Riggs et al., 2020).



# Family Systems & Implications of Loss

- Consider the public experience of loss
- Consider the workplace culture related to perinatal and infant loss
- Extended family implications
- Grief experience of the father
- The Couple Experience of loss/grief



Due, Chiarolli & Riggs, 2017; Cole et al., 2019  
Shreffler, Hill & Cacciatore, 2012

# Is it Grief or Depression?

## Grief

- There is an identified loss
- Individual is focused on the loss
- Individual has the ability to feel pleasure
- Physical symptoms fluctuate
- Individual is usually comforted by closeness to others
- Individual can experience a wide range of emotions
- Individual may experience guilt over some aspect of their loss
- Thoughts of death are typically related to wanting to be reunited with their deceased loved one

## Depression

- A specific loss may or may not be identified
- Individual's focus is on themselves
- They have an inability to feel pleasure
- Experience prolonged and marked impairments in functioning
- Individual usually isolated from others
- Emotions and feelings are usually fixed
- Individuals tend to experience a generalized feelings of guilt
- Commonly feel worthless and self-loathing
- Thoughts of death relate to the feelings of worthlessness, undeserving life, or unable to cope with pain

# Breakout Rooms: 8 minutes

## Discuss the following possible case and angles of discussion:

Ari and Lena, a married lesbian couple, recently lost a long-awaited pregnancy at 16 weeks. The pregnancy followed multiple rounds of reciprocal IVF, with Ari providing the egg and Lena carrying. Both describe the loss as devastating. Lena feels her body “failed,” while Ari feels torn between supporting her partner and grieving herself.

They share that Ari’s sister is having a baby shower in three weeks. They love her and want to be supportive, but the thought of attending feels unbearable. They worry that skipping it will cause tension in the family, yet going feels emotionally unsafe.

They’re seeking help navigating their grief, communicating with each other, and deciding how to handle the upcoming baby shower.

- **Grief responses** — How each partner may grieve differently.
- **Boundary setting** — Options for navigating the baby shower.
- **Queer family-building** — How reproductive interventions shape the loss experience.



# Trauma, Grief & Loss Screeners

- **City Birth Trauma Scale (City BiTS)**

- developed by Ayers et al.
- The only validated screener for birth related PTSD
- Part I of the screener asks about traumatic birth experience
- Part II covers the Four DSM-5 criteria for PTSD
- Recommended first-line screener for patients when the concern is specifically related to the birth experience
- Screen between 4 to 12 weeks postpartum
- A score of 12 or higher warrants assessment and planning for ongoing care



# City Birth Trauma Scale (City BiTS)



## City Birth Trauma Scale

This questionnaire asks about your experience during the birth of your most recent baby. It asks about potential traumatic events during (or immediately after) the labour and birth, and whether you are experiencing symptoms that are reported by some women after birth. Please tick the responses closest to your experience.

What date was your baby born? \_\_\_\_\_

During the labour, birth and immediately afterwards:		
Did you believe you or your baby would be seriously injured?	Yes	No
Did you believe you or your baby would die?	Yes	No

The next questions ask about symptoms that you might have experienced. Please indicate how often you have experienced the following symptoms in the last week:

Symptoms about the birth*	NOT AT ALL	ONCE	2 - 4 TIMES	5 OR MORE TIMES
Recurrent unwanted memories of the birth (or parts of the birth) that you can't control				
Bad dreams or nightmares about the birth (or related to the birth)				
Flashbacks to the birth and/or reliving the experience				
Getting upset when reminded of the birth				
Feeling tense or anxious when reminded of the birth				
Trying to avoid thinking about the birth				
Trying to avoid things that remind me of the birth (e.g. people, places, TV programs)				
Not able to remember details of the birth				
Blaming myself or others for what happened during the birth				
Feeling strong negative emotions about the birth (e.g. fear, anger, shame)				

\* Although these questions refer to the birth, many women have symptoms about events that happened just before or after birth. If this is the case for you, and the events were related to pregnancy, birth or the baby then please answer for these events.

Symptoms that began or got worse since the birth	NOT AT ALL	ONCE	2 - 4 TIMES	5 OR MORE TIMES
Feeling negative about myself or thinking something awful will happen				
Lost interest in activities that were important to me				
Feeling detached from other people				
Not able to feel positive emotions (e.g. happy, excited)				
Feeling irritable or aggressive				
Feeling self-destructive or acting recklessly				
Feeling tense and on edge				
Feeling jumpy or easily startled				
Problems concentrating				
Not sleeping well because of things that are not due to the baby's sleep pattern				
Feeling detached or as if you are in a dream				
Feeling things are distorted or not real				

If you have any of these symptoms:

When did these symptoms start?	How long have these symptoms lasted?
Before the birth	Less than 1 month
In the first 6 months after birth	1 to 3 months
More than 6 months after birth	3 months or more
Not applicable (I have no symptoms)	Not applicable (I have no symptoms)

Do these symptoms cause you a lot of distress?	Yes	No	Sometimes
Do they prevent you doing things you usually do (e.g. socialising, daily activities)?	Yes	No	Sometimes
Could any of these symptoms be due to medication, alcohol, drugs, or physical illness?	Yes	No	Maybe

Thank you for completing this questionnaire



# Trauma, Grief & Loss Screeners

- **The PTSD Checklist for DSM-5 (PCL-5)**
  - developed by the National Center for PTSD at the VA
  - It is not birth specific

## PCL-5

**Instructions:** Below is a list of problems that people sometimes have in response to a very stressful experience. Keeping your worst event in mind, please read each problem carefully and then select one of the numbers to the right to indicate how much you have been bothered by that problem in the past month.

Your worst event: \_\_\_\_\_

In the past month, how much were you bothered by:	Not at all	A little bit	Moderately	Quite a bit	Extremely
1. Repeated, disturbing, and unwanted memories of the stressful experience?	0 ○	1 ○	2 ○	3 ○	4 ○
2. Repeated, disturbing dreams of the stressful experience?	0 ○	1 ○	2 ○	3 ○	4 ○
3. Suddenly feeling or acting as if the stressful experience were actually happening again (as if you were actually back there reliving it)?	0 ○	1 ○	2 ○	3 ○	4 ○
4. Feeling very upset when something reminded you of the stressful experience?	0 ○	1 ○	2 ○	3 ○	4 ○
5. Having strong physical reactions when something reminded you of the stressful experience (for example, heart pounding, trouble breathing, sweating)?	0 ○	1 ○	2 ○	3 ○	4 ○
6. Avoiding memories, thoughts, or feelings related to the stressful experience?	0 ○	1 ○	2 ○	3 ○	4 ○
7. Avoiding external reminders of the stressful experience (for example, people, places, conversations, activities, objects, or situations)?	0 ○	1 ○	2 ○	3 ○	4 ○
8. Trouble remembering important parts of the stressful experience?	0 ○	1 ○	2 ○	3 ○	4 ○
9. Having strong negative beliefs about yourself, other people, or the world (for example, having thoughts such as: I am bad, there is something seriously wrong with me, no one can be trusted, the world is completely dangerous)?	0 ○	1 ○	2 ○	3 ○	4 ○
10. Blaming yourself or someone else for the stressful experience or what happened after it?	0 ○	1 ○	2 ○	3 ○	4 ○
11. Having strong negative feelings such as fear, horror, anger, guilt, or shame?	0 ○	1 ○	2 ○	3 ○	4 ○
12. Loss of interest in activities that you used to enjoy?	0 ○	1 ○	2 ○	3 ○	4 ○
13. Feeling distant or cut off from other people?	0 ○	1 ○	2 ○	3 ○	4 ○
14. Trouble experiencing positive feelings (for example, being unable to feel happiness or have loving feelings for people close to you)?	0 ○	1 ○	2 ○	3 ○	4 ○
15. Irritable behavior, angry outbursts, or acting aggressively?	0 ○	1 ○	2 ○	3 ○	4 ○
16. Taking too many risks or doing things that could cause you harm?	0 ○	1 ○	2 ○	3 ○	4 ○
17. Being "superalert" or watchful or on guard?	0 ○	1 ○	2 ○	3 ○	4 ○
18. Feeling jumpy or easily startled?	0 ○	1 ○	2 ○	3 ○	4 ○
19. Having difficulty concentrating?	0 ○	1 ○	2 ○	3 ○	4 ○
20. Trouble falling or staying asleep?	0 ○	1 ○	2 ○	3 ○	4 ○



# Perinatal Grief Scale (PGS)

- Validated 33-item measure
- Validated and translated to multiple languages
- Used for various types of loss throughout pregnancy

**Perinatal Grief Scale**

Respondent's name (optional): \_\_\_\_\_  
 Date: \_\_\_\_\_

Each of the items is a statement of thoughts and feelings which some people have concerning a loss such as yours. There are no right or wrong responses to these statements. For each item, tick the circle which best indicates the extent to which you agree or disagree with it at the present time. If you are not certain, use the "neither" category. Please try to use this category only when you truly have no opinion.

Use the scale below:

Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
1	2	3	4	5

Statements	1	2	3	4	5
1. I feel depressed.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I find it hard to get along with certain people.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I feel empty inside.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I can't keep up with my normal activities.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I feel a need to talk about the baby.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. I am grieving for the baby.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. I am frightened.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I have considered suicide since the loss.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. I take medicine for my nerves.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. I very much miss the baby.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. I feel I have adjusted well to the loss.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. It is painful to recall memories of the loss.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. I get upset when I think about the baby.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. I cry when I think about him/her.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. I feel guilty when I think about the baby.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. I feel physically ill when I think about the baby.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17. I feel unprotected in a dangerous world since he/she died.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18. I try to laugh, but nothing seems funny anymore.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
1	2	3	4	5

Statements	1	2	3	4	5
19. Time passes so slowly since the baby died.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20. The best part of me died with the baby.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21. I have let people down since the baby died.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22. I feel worthless since he/she died.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23. I blame myself for the baby's death.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24. I get cross at my friends and relatives more than I should.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
25. Sometimes, I feel like I need a professional counselor to help me get my life back together again.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
26. I feel as though I'm just existing and not really living since he/she died.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
27. I feel so lonely since he/she died.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
28. I feel somewhat apart and remote, even among friends.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
29. It's safer not to love.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
30. I find it difficult to make decisions since the baby died.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
31. I worry about what my future will be like.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
32. Being a bereaved parent means being a "second-class citizen."	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
33. It feels great to be alive.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Additional notes**

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## Scoring

The total PGS score is arrived at by first reversing all of the items except 11 and 33.

By reversing the items, higher scores now reflect more intense grief. Then add the scores together. The result is a total scale consisting of 33 items with a possible range of 33-165.

Subscale 1 Active grief	Subscale 2 Difficulty coping	Subscale 3 Despair
1	2	9
3	4	15
5	8	16
6	11*	17
7	21	18
10	24	20
12	25	22
13	26	23
14	28	29
19	30	31
27	33*	32
<b>Subscale 1 total:</b>	<b>Subscale 2 total:</b>	<b>Subscale 3 total:</b>

Higher scores in each subscale indicate that a respondent feels the associated quality more intensely.

There is no universally established or standardized cutoff score.

## References

Lasker, J. (2018, May 28). *Perinatal grief scale, scoring and translations*. <https://judithlasker.com/perinatal-grief-scale/>


Toedter, L. J., Lasker, J. N., & Alhadef, J. M. (1988). The Perinatal Grief Scale: Development and initial validation. *American Journal of Orthopsychiatry*, 58(3), 435-449. <https://doi.org/10.1111/j.1939-0025.1988.tb01604.x>



# Brief Grief Questionnaire (BGQ)

- Brief self-report tool to assess symptoms of complicated grief
- Can also be used as an interview format
- Validated to assess prolonged grief

Initial: \_\_\_\_\_  
Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

  
THE CENTER FOR  
COMPLICATED GRIEF

**Brief Grief Questionnaire (BGQ)**

Katherine Shear M.D. and Susan Essock Ph.D.  
DO NOT CIRCULATE WITHOUT WRITTEN PERMISSION BY AUTHOR

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1. How much are you having trouble accepting the death of \_\_\_\_\_?

0 Not at all	1 Somewhat	2 A lot
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2. How much does your grief still interfere with your life?

0 Not at all	1 Somewhat	3 A lot
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3. How much are you having images or thoughts of \_\_\_\_\_ when he/she died or other thoughts about the death that really bother you?

0 Not at all	1 Somewhat	3 A lot
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4. Are there things you used to do when \_\_\_\_\_ was alive that you don't feel comfortable doing anymore, that you avoid? Like going somewhere you went with him/her, or doing things you used to enjoy together? Or avoiding looking at pictures or talking about \_\_\_\_\_? How much are you avoiding these things?

0 Not at all	1 Somewhat	3 A lot
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5. How much are you feeling cut off or distant from other people since \_\_\_\_\_ died, even people you used to be close to like family or friends?


0 Not at all	1 Somewhat	3 A lot
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# Inventory of Complicated Grief (ICG)


- Assesses severity of complicated grief
- Individuals with high scores on the ICG are more likely to experience long-term functional impairments
- Validated to assess and identify risk factors for ongoing distress

**Inventory of complicated grief**



For each statement please tick or circle the box that most accurately applies to how you are feeling

		Never	rarely	sometimes	often	always
1	I think about this person so much that it's hard for me to do the things i normally do					
2	Memories of the person who died upset me					
3	I feel i cannot accept the death of the person who died					
4	I feel myself longing for the person who died					
5	I can't help feeling angry about their death					
6	I feel disbelief over what happened					
7	I feel stunned or dazed over what happened					
8	Ever since they died, it is hard for me to trust people					
9	Ever since they died, i feel as if i have lost the ability to care about other people or i feel distant from people i care about					
10	I feel lonely a great deal of the time since they died					
11	I have pain in the same area of my body or have some of the same symptoms as the person who died					
12	I go out of my way to avoid reminders of the person who died					
13	I feel that life is empty without the person who died					
14	I hear the voice of the person who					

 See <https://pearlperinatal.com> for more handouts and resources.  
 Prigerson HG, Maciejewski PK, Reynolds CF 3rd, Bierhals AJ, Newsom JT, Fasiczka A, Frank E, Doman J, Miller M. *Complicated Grief: a scale to measure maladaptive symptoms of loss. Psychiatry Res. 1995 Nov 29;59(1-2):65-79. doi: 1781(95)02757-2. PMID: 8771222.*

	died speak to me					
15	I see the person who died stand before me					
16	I feel drawn to places and things associated with the person who died					
17	I feel that it is unfair that i should live when this person died					
18	I feel bitter over this person's death					
19	I feel envious of others who have not lost someone close					


Scoring and Interpretation:  
 The Inventory of Complicated Grief is a comprehensive assessment tool consisting of 19 items. These items are designed to evaluate the intensity of complicated grief experienced by individuals. Each item is scored on a 5-point Likert Scale, ranging from zero (indicating "never") to four (representing "always").

The total score on the scale can range from 0 to 74, providing a quantitative measure of complicated grief. Generally, scores of 25 or lower indicate lower levels of complicated grief, while scores exceeding 25 suggest more pathological grief.

However, it's important to note that the Inventory of Complicated Grief is a qualitative tool. It's crucial to supplement the scale's scoring system with a thorough analysis of individual items, as this may provide further insight into complicated grief experiences and their severity.

Additionally, scores should be viewed with other clinical indicators to gain the most accurate picture of an individual's unique circumstances and needs. This includes the possibility of post-traumatic stress disorder, major depressive disorder, anxiety disorders, and physical health functioning.

Referenc  
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 See <https://pearlperinatal.com> for more handouts and resources.  
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# Resources

- **Infant and Reproductive Loss** - A toolkit for supporting professionals
  - [www.griefstories.org](http://www.griefstories.org)
- **www.tommys.org** - work across the whole pregnancy journey, turning our research breakthroughs into new tests and treatments, campaigning for changes to national maternity care and providing expert information and support for everyone.
- **American Society for Reproductive Medicine (ASRM)**
  - [www.ASRM.org](http://www.ASRM.org)
- **Postpartum Support International & Support Groups**
  - [www.postpartum.net](http://www.postpartum.net)
  - [Free Perinatal & Postpartum Support Groups | PSI on ShareWell](#) - Pregnancy & Infant Loss Support Groups
  - [Free Perinatal & Postpartum Support Groups | PSI on ShareWell](#) - After Abortion & TFMR Support Groups
  - [Early Pregnancy Loss Support - Postpartum Support International \(PSI\)](#) - Early Pregnancy Loss Support
- **Death Doulas** - We are compassionate advocates, consultants, companions, guides, space holders, ceremonialists, and vigil attendants.
  - [Death Doula Directory | Death Doulas](#)
- **SPIKES Protocol for Breaking Bad News** - [SPIKES Protocol for Breaking Bad News.pdf](#)
- **Perinatal Hospice & Palliative Care** - information about perinatal hospice & palliative care, including many resources for parents and caregivers as well as an international list of more than 370 programs.
  - [List of programs | Perinatal hospice and palliative care](#)



# Resources

- **Podcasts for Grieving Dads**
  - Guys & Grief
  - Men and Miscarriage
  - Dad Still Standing
- **Sex therapy for couples referrals** - [AASECT:: American Association of Sexuality Educators, Counselors and Therapists |](#)
- **Pelvic Floor therapy referrals** - [Find a Pelvic Rehabilitation Practitioner Near You](#)
- Refer to child specialist when there are other children involved
  - [Center For Grieving Children - Resources](#)
  - [NACG](#)



# Questions?



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