

Bereavement & Loss



Counselling

Bereavement counselling is support from a professional counsellor who is trained and qualified to help with your feelings of grief. You can talk to them about the person who has died, about how their death is affecting you and how you are coping. Using counselling skills, the bereavement counsellor will help you to understand your feelings. And they can help you begin to adapt to life without the person who has died.

Grief is a natural response to losing someone important to you. There's no right or wrong way to grieve and it feels different for everyone.

There's also no timescale for grief. So how long it takes for you to feel like you're beginning to both grieve and live again, will be different for everyone too.

How can counselling help?

Bereavement, grief and loss can cause many different symptoms and they affect people in different ways. There's no right or wrong way to feel.

As well as bereavement, there are other types of loss such as the end of a relationship or losing a job or home.

Some of the most common symptoms include:

- Shock and numbness – this is usually the first reaction to loss, and people often talk about "being in a daze"
- Anger; towards the person you've lost or the reason for your loss
- Overwhelming sadness, lots of crying, tiredness or exhaustion
- Guilt; for feeling angry, about something you said, did not say, or not being able to stop your loved one dying.

These feelings may not be there all the time and powerful feelings may appear unexpectedly.

It's not always easy to recognise when bereavement, grief or loss are the reason you are acting or feeling differently.

If your emotions are so intense that you feel you cannot go on, or if you are struggling to cope with your day-to-day life in the way that you did before, you may need to see a bereavement counsellor.

What to expect

This therapy provides support to individuals who are grieving the loss of a loved one. It is a safe and confidential space where you can talk about your feelings and emotions with a trained professional who can help you understand and cope with your grief.

Bereavement counselling is not a one-size-fits-all solution, and the number of sessions required may vary depending on the individual's needs and circumstances.

Ideally sessions will be every week or fortnightly and each appointment lasts 50 minutes.

Grief is not age, gender or time-limited and will vary between individuals and cultures and will be affected by the relationship to the person who has died and the circumstances of the death. There is no standard emotional response when suffering from bereavement.

During your sessions, you can discuss the person who has died, how their death is affecting you, and how you are coping with the loss. The counsellor will use their skills to help you understand your feelings and emotions, and provide you with tools and techniques to help you manage your grief.

In a safe space and time and at your pace your therapist may encourage you to explore your thoughts, emotions, feelings including:

- Feelings and experiences related to the death
- Learn techniques for coping based on the type of loss
- Discuss ways to cope with the loss
- Receive grief education to understand the grieving process and what to expect
- Identify issues that may be hindering progress
- Pain, suffering and healing
- Reconnect with others
- How to Learn to live without their loved one

You are very welcome to book a free 30 minute consultation (with no obligation or commitment), to help you decide if you are ready to start therapy, if this treatment & the therapist is right for you.

