Week 7 Exam

1. I think what sticks out to me the most from that document that would parallel with a child who has lost a sibling would be that that kids need to feel connected, some form of normalcy/stability, deserving of being a part of what’s going on/ knowing whats going on to some extent or age appropriate level / be able to grieve in their own ways, and to have access to support / opportunities / education or emotional support. I can see how all of those elements would be affected in the case of sibling loss, specifically while parents are freshly grieving or needing to make decisions about their situation & I can see how it would be easy for a child’s needs in the home to not be top priority or the parents wishing to shield them from knowing the truth about the situation.
2. I feel like if I were to walk into this scenario, I would first validate their feelings and offer silent support + active listening. From there I feel like I would try to gently encourage this couple to participate in memorial options – pictures, footprint, lock of hair, just a few options instead of listing off every possible option. I would also encourage them to either ask for a different room for the husband/family/friends to hold the baby (if mom was just not wanting to interact at the moment) or ask for the baby to be placed in a cooling bed so that maybe they mom could gently be encouraged to interact/ look at/ or even hold her baby at some point. If the baby was staying in the room in any capacity, I would try to point out a few features of her baby as encouragement for the mom to engage with her baby.
3. Dissociation – blocking out their traumatic experiences, be it loss or NICU experience, I feel is a shared experience and response to such significant situations. The brain naturally wants to protect against such deep emotional/mental pain, so I feel on a biological level the brain is reacting identically in both a loss and a NICU experience.
4. Grieving while caring for other children – to some extent, I would help prepare a family for this transition similarly to those not experiencing grief – I would help them plan for meals / food options, home/care tasks, help with siblings from friends/family/trusted sources as needed. But, I feel like I would also encourage them to set up extra networks for their own self care & mental health + help them with ideas on how to include their other children in what’s going on and addressing their grief as well (also providing resources for their kids as well as specific resources for parenting while grieving). I would of course validate how they were feeling and validate that caring for other children while grieving is difficult and comes with challenges / ups and downs. I think lastly, I would encourage them to think about starting rituals for themselves and with their children to honor/remember their lost child/sibling.
5. Giving options for them allows them to create their own experience/story/path, letting them be able to decided how they want to move through their journey instead of being told how to, and being able to decide how they want to outwardly show their love and grief.
6. For this scenario, my brain instantly goes to scanning and assessing for immediate mental heath crisis, but I know that if my outward approach reflects that it probably wouldn’t be helpful to a client. I know I would have to slow down, take the time to listen to this clients story and feelings and try my best to validate their experience first, maybe talking about grief and how things feel impossible in the moment. Then I would try to find a way to shift to depression and postpartum mental health screening to make sure there were no immediate dangers to this client or her family, and then I would suggest some support options for them such as support groups & postpartum doula care.
7. It shows that her body is returning to a rhythm, which may feel as though her body is forsaking her grief or trying to forget about the baby. Positively - The physical benefit is that the menstruation can help flush out any remaining fragments of placenta and start with a cleared uterus.
8. Attached page
9. Lost & Found Grief Center, MEND swmo, Springfield area Share.
10. The music + image combo definitely gave a sense of anxiety, pressure / urgency. I felt like I might of found an actual image and then the music would pick up and it would stress me out and make me feel like this was silly and crazy….and then the music would slow and I felt like I could regroup and try to find the image again, before the process started all over again.

Personal Death Inventory

1. My most recent death experience was (date: 8/2022

2. At present, I anticipate I will live 30-40 more years.

3. I consider “old age” to begin at the age of: 70

4. I would describe successful aging as: living a content life, whatever that might look like

5. If I learned today that I had a fatal diagnosis, I would: Make sure all arrangements and plans were made or completed, make sure all legal stuff was ready and that my husband knew what steps to take after my death in that regard, I would also explore if there was any legacy project planning I wished to do or special things I wanted to prepare for after my death, and then I would decide what things I wanted to do last in my life and try to make them all happen.

6. If this were to be the last day of my life, my biggest regret would be: probably not having things panned out better so my family wouldn’t struggle as much

7. If this were to be the last day of my life, my biggest sense of accomplishment would be: Breaking generational traumas

8. If this were to be the last day of my life, I would be most thankful for: all of my experiences and adventures

9. If I could choose where and how my death would occur, I would prefer to die: I think I would prefer to die in nature, but quickly or like have a wild hallucination trip experience before dying so I didn’t have to think about the sensations of dying. That or just in my sleep.

10. In thinking about how I wish my body to be disposed of, I prefer: A, I think it would be amusing to be mixed with wildflower seeds and passed out in seed packets but I don’t specifically care other than saying to go with whatever is the cheapest and easiest option.

A. to be cremated, with my ashes (buried) (scattered to the wind).

B. to be buried in a cemetery (specify which one if you do not own a burial plot).

11. I prefer to have: (a funeral) (a memorial service) (neither) – I have absolutely no cares lol I would say whatever my husband and kids felt they needed from the experience.

12. I would like the funeral or memorial service to take place: no cares, just not religious focused.

A. in my church, synagogue or temple (specify)

B. at home

C. at a funeral chapel (specify)

D. outdoors (specify)

E. elsewhere (specify)

13. I would like as the person to officiate: don’t care specifically, just not a religious focus.

A. a clergy person (specify)

B. a funeral director (specify)

C. a friend or family member (specify)

D. someone else (specify)

14. List the names of family members or friends who you would like to participate in the service

and specify which function you wish each to perform (i.e. pallbearer, organist, vocalist, etc.): whomever wanted to & to whatever capacity they felt they could or needed that was respectful of my immediate family.

15. Describe additional desires you wish for your service, such as interpretive dancing,

decorations, religious or philosophical convictions expressed. Do you want an elaborate service

with many people, or a private, simple ceremony? I do not have any preferences or cares, whatever happens after my death is for those left behind & what they felt was important to them in their processing of the situation.