**Grief and Loss Resources**

- **Peter’s Place**
  www.petersplaceonline.com
- **Chester County Hospital:** 610-696-8312 x176
- **The Center for Grieving Children, Teens and Families:** 215-744-4025
  www.grievingchildren.org
- **Compassionate Friends:** 877-969-0010
  www.compassionatefriends.org
- **Survivors of Suicide:** www.afsp.org
  Paoli Contact Person: Sue Kelleher
  215-545-2242
- **Unite Support Group:** Loss of a baby including miscarriage, ectopic pregnancy, stillbirth & infant death: 888-48-UNITE
- **The Center for Loss and Bereavement:**
  610-222-4110
  www.bereavementcenter.org

**Counseling Services Staff**

- **Ruth Conboy, M.C.A.T., LPC, NCC**
  Director of Counseling Services
  rconboy@immaculata.edu
  x3478

- **Bill Patzig, NCC, LPC**
  Counselor
  bpatzig@immaculata.edu
  x3171

- **Jane Zakrzewski, MSSW, LSW**
  Counselor
  jzakrzewski@immaculata.edu
  x3510

- **Corey Neifert**
  Administrative Assistant
  cneifert@immaculata.edu
  x3506

**Faith * Caring * Service**
**Integrity * Learning * Teamwork**

www.immaculata.edu/CounselingServices
What is Grief?

Grief is a normal and natural process that occurs in response to an experienced and felt loss. Such losses could relate to the death of a loved one, the break-up of a significant relationship, an academic failure or any significant change in one’s life.

Responses to Grief and Loss

- **Denial, numbness, and shock:** These are normal reactions to an immediate loss and should not be confused with "lack of caring”
- **Sadness:** One of the most common feelings
- **Anger:** expressed towards one’s self, others, the deceased, God, Life, or the event
- **Guilt:** based on things you might have done, or did not do
- **Anxiety:** over your future or that of others
- **Physical reactions:** disruption to daily routines; sleeping eating etc
- **Withdrawal:** Pulling back from social connections can be common as well
- **Spiritual Crisis:** Some people question their faith. They may have difficulty finding answers to the question of why this happened.
- **Feeling Scattered:** Some people have difficulty focusing on their work or daily activities. They may find it hard to concentrate and to get things done.

Kubler-Ross proposes 5 stages to the Grieving process:

**Denial:** “This can’t be happening to me.”

**Anger:** “Why is this happening? Who is to blame?”

**Bargaining:** “Make this not happen, and in return I will…”

**Depression:** “I’m too sad to do anything.”

**Acceptance:** “I’m at peace with what is going to happen/has happened.”

**Although these stages are not concrete, many individuals flow in and out of these various questions throughout their grieving process.**

How to Help Yourself

- **Participate in rituals/say goodbye.** Ceremonies and rituals are a great way to memorialize the loss, and express one’s emotions
- **Care for yourself physically.** Get adequate rest, nutrition and exercise. Refrain from self-medicating.
- **Care for yourself emotionally.** It is important to allow yourself to feel, and process your emotions. Refrain from making any major decisions during this time.
- **Express your feelings.** Allow opportunities to express the full range of your emotions.
- **Seek support.** Go to friends, family, Campus leaders, Support groups and others who you can trust
- **Spiritual care:** Prayer and meditation along with seeking spiritual guidance can be comforting and a healthy way to heal during the grieving process
- **Plan Ahead.** Prepare yourself for anniversaries of the event. Be willing to remember, and willing to seek support during those times
- **Consider seeking professional help.** IU Counseling Services (x3478) offers individual counseling, and a grief and loss support group. We can also refer you to resources in the community.

How to Help Others

- **Talk openly** to the bereaved person about his/her loss and feelings. Don’t try to offer false cheer or minimize the loss.
- **Be available.** Call, stop by to talk, share a meal or activity. Just being there is important.
- **Listen/be patient.** Listening without judgment can be very powerful. Don’t feel you need to offer advice.
- **Be Proactive.** Send a card, write a note, call. This should be done immediately as well as later, and at anniversary dates.
- **Encourage self care.** Encourage your friend to care for himself or herself physically, emotionally, socially and spiritually.
- **Accept your own limitations.** Accept that you cannot eliminate the pain your friend is experiencing. Grief is a natural, expected response to loss that must occur for proper healing.

Remember that You are Not Alone

Counseling Services………..x3478
Health Services…………….x3500
Office of Mission and Ministry……..x3084
Residence and Commuter Life…….x3130