




# Grief – Therapeutic Interventions




# General Principles for Therapists

- ▶ Be honest, include & involve those with Developmental Disabilities with the normal activities surrounding death.
  - ▶ Listen – understanding the permanence might come slowly.
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# General Principles - Con't

- Actively seek out nonverbal rituals
  - Respect photos & other mementos
  - Minimize change
  - Avoid assessment of skills at that time
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# General Principles - Con't

- Support the observance of anniversaries
  - Seek specialists for consultation if behavioral changes persist
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# Technique # 1

- Sometimes it is helpful to have clients make a record of their life in book form. This helps visualize the past, present, and future life.



## Technique # 2

- ▶ Ask the client to write a list of positive things about the deceased and how she/he plans to remember each. This list can be processed with the therapist.
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