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.
General Principles - Con’t

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

- Support the observance of anniversaries
- Seek specialists for consultation if behavioral changes persist
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.