



# Grief in Community: Personal Grief Rituals

Antonia P Montoya, LCSW, CHES



# Grief in Community: Personal Grief Rituals



## 1 GRIEF AND OPIOID USE

Why are we talking about grief?

## 2 PERSONAL GRIEF RITUALS

Putting grief into action





# Layers of Loss

- Traditional Activities Participation
- Role in Community/Family
- Death
- Sense of Safety
- The Unknown

# Common Responses to Traumatic Loss –Physical–

## Trauma

- Recurring sensations as if it just happened
- Exaggerated startle response
- Panic attacks
- Extreme/enduring changes in appetite
- Oversensitivity to noise

## Grief

- Change in sleep patterns
- Significant weight gain or loss
- Digestive problems
- Restlessness
- Headache, muscle ache
- Fatigue
- Frequent sighing

Adapted from Accommodation To Violent Dying A Guide to Restorative Retelling and Support



# Common Responses to Traumatic Loss

## -Emotional-

### Trauma

- Intense and contradictory emotions
- Feeling “frozen” overwhelmed
- Dissociation (feeling out-of-the-body)
- Hypervigilance always on guard

### Grief

- Feelings of anger, guilt regret
- Feeling irritable
- Crying at unanticipated times
- Overwhelming sense of sadness
- Intense loneliness and sense of isolation

Adapted from Accommodation To Violent Dying A Guide to Restorative Retelling and Support



# Common Responses to Traumatic Loss

## -Cognitive-

### Trauma

- Scattered thoughts
- Ruminating or obsessive thinking
- Recurring imagery of the death
- Nightmares
- Fear for safety (self/others)
- Avoidance

### Grief

- Forgetfulness
- Poor concentration and ability to focus
- Loss of time perception
- Sense of unreality about the death
- Imagine hearing, seeing, smelling them

Adapted from Accommodation To Violent Dying A Guide to Restorative Retelling and Support



# Common Responses to Traumatic Loss -Spiritual-

## Trauma

- Shattered worldview re: safety
- Change in spiritual beliefs
- Search for meaning purpose

## Grief

- Anger at God/Universe
- Loss of hope
- Faith shaken or strengthened

Adapted from Accommodation To Violent Dying A Guide to Restorative Retelling and Support

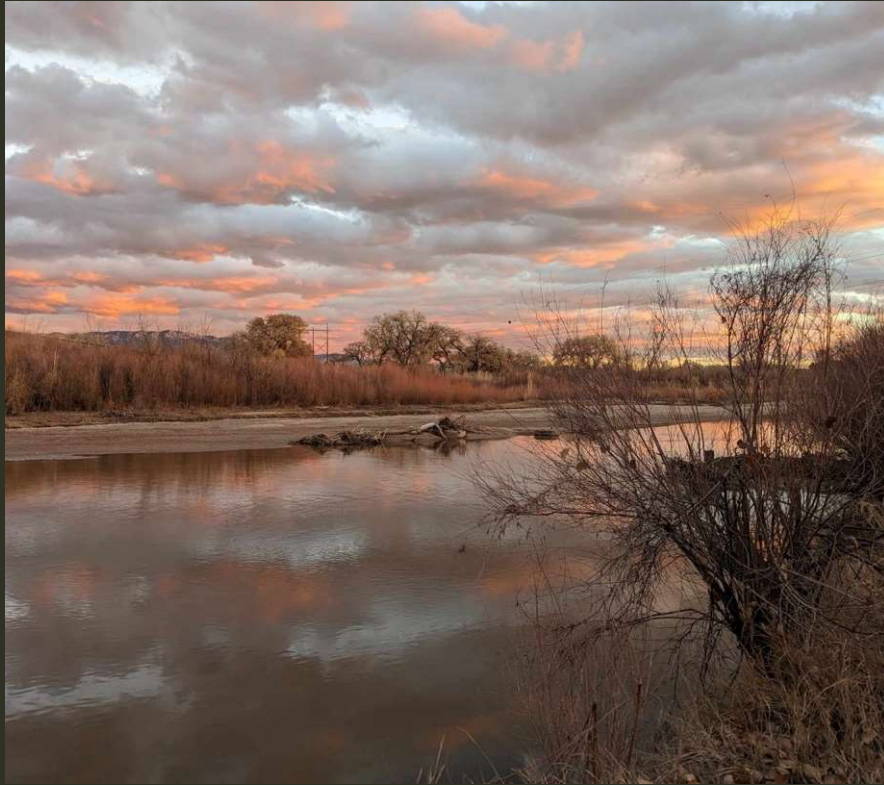


# AM I DOING IT RIGHT?

How You Grieve  
What You Feel  
How Long You Grieve







Traditions  
Customs  
and change?



**PERSONAL GRIEF RITUALS**



# Personal Grief Rituals

- Deliberate Action(s)
- With Intention/Purpose
- Using Objects and Actions That Have Meaning



Who?





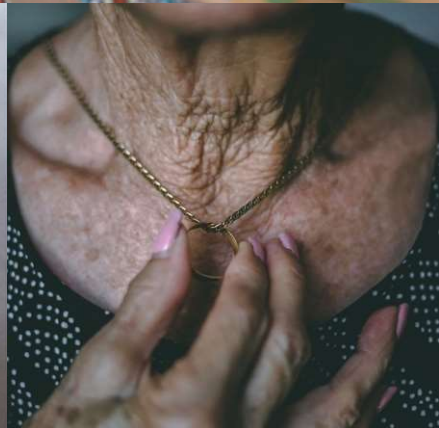
# When?

## How Long?

## How Often?



# EXAMPLES





# PURPOSE



Acknowledging /  
Accepting

Feeling /  
Expressing  
Emotion

Honoring /  
Remembering



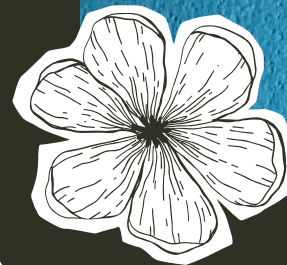
Releasing /  
Letting Go

Being in  
Relationship

Vision /  
Growth



# SYMBOLIC OBJECTS





# INTENTIONAL ACTIONS





Self Care

Community Care





“And when great souls die, after a period peace blooms, slowly and always irregularly. Spaces fill with a kind of soothing electric vibration. Our senses, restored, never to be the same, whisper to us. They existed. They existed. We can be. Be and be better. For they existed.”

—MAYA ANGELOU




# WITH GRATITUDE

Antonia P Montoya, LCSW, CHES

[therapy@antoniamentoya.com](mailto:therapy@antoniamentoya.com)

505.333.9336

 @curanderatherapist

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