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| **ISA ISPID  Abstract Submission  Nº: 234**   |  | | --- | | Topics: **Implementing best practices** | | Type: **Oral** | | ***Guided self-help* – a baseline for bereavement support activity in Norwegian SIDS and stillbirth Society** | | **Kalstad, Trine Giving**1; **Berge, Torkil** 2 *1 - Norwegian SIDS and Stillbirth Society. 2 - Norwegian Association for Cognitive Therapy.* | | **Introduction** Across cultures a child´s death challenge the world being a safe place. Many bereaved experience physical, psychological and social consequences of strong grief. Most bereaved need help from friends, family and peer supporters. In bereavement support it is also important to empower the bereaved to be his/her own supporter every day. Because the dead child was loved, grief and mourning is both necessary and wanted. By using mental strategies and problem-solving techniques for self-support, you can develop a better understanding of how grief is affecting you and what you can do to cope and increase control of your daily life. All peer supporters in the Norwegian SIDS and Stillbirth Society have lost a child and are trained in voluntary bereavement support. To be able to empower the bereaved, the peer supporters need to be trained in guided self-help. **Objectives:** 1: Empower bereaved parents to cope with the consequences of grief by learning strategies of self-help and care, and 2: Educate peer supporters in self help strategies to make them able to guide and empower bereaved parents to be their own best supporter in their struggle with grief and coping with everyday problems.  **Material and Methods** The last two years we have developed a strategy for addressing guided self-help in our peer support. We have arranged a seminar in guided self-help for peer supporters, another seminar for both newly bereaved and peer supporters, a workshop in self help techniques based on a cognitive behavioral approach for bereaved parents, in addition to promoting self help literature at our website. We also offer regular follow up to peer supporters and newly bereaved from our office. Self-help techniques introduced are: 1) How to sort out what are thoughts and feelings in order to understand how they affect our body and behavior, 2) How to talk to your self in a more friendly and caring way, 3) Dealing with typical consequences of grief as rumination, worry, anxiety, feeling of guilt, lack of energy, preoccupation with thoughts of the loved one etc., and 4) Finding balance between mourning and daily life activities (oscillation, mindfulness). In cooperation with the Norwegian Association for Cognitive Therapy we develop specific self help notes describing *what* is typical grief problems, and *how* and *when* is it appropriate to introduce self help as a method of coping.  **Results** Guided self-help is based on trust, and the peer supporters need to balance between confirming painful grief and motivate for change and self-help. Most bereaved could benefit from guided self-help early in their grief process in order to cope with or prevent specific problems. But, both timing and willingness to address the problematic consequences of grief, is of major importance.  **Conclusions** Due to the systematic approach to guided self help we have achieved more competent peer supporters. Bereaved parents describe this as important and useful help. Therefore, guided self-help contribute to prevent complicated grief and other illness following the death of a child. | |  |  |  |  | | --- | --- | | **CONTACT** | | | Name: | **Trine Giving** | | Lastname: | **Kalstad** | | E-mail: | **trine@lub.no** | | Country: | **Oman (MC: is this correct?)** | | Institution | **Norwegian SIDS and Stillbirth Society** | | Cellphone: | **004795106088** | | City: | **Oslo** | |