



Grief Support Group or Individual Therapy

What Type of Support is Right for you?

Those who have experienced the death of a loved one may experience a wide range of emotions which are a natural part of the grieving process. While some decide to process their feelings privately, some find that having a safe place to express themselves can nurture their healing. There is no right or wrong way to decide what type of support will work best for you, but here are a few things to consider when deciding if a support group or individual therapy is right for you.

Individual therapy:

- Focuses on the needs of the individual. The entire session will be devoted to what is pertinent to you.
- Potentially allows you to set the schedule. Your therapist may be able to accommodate your scheduling requests as well as be available for additional sessions or more frequent contact if needed.
- Provides support that is not time frame dependent. You may be in individual therapy before the death occurs, a few days after, even many years after the death of someone close to you.
- Fosters insight into the causes for reactions and responses. You and your therapist may address communication patterns and the intricacies of the relationship you are grieving as well as how your grief may be impacting your current relationships.
- Would be more appropriate for you if you feel that your life no longer has meaning and you are at risk of harming yourself.

Note: If you are in immediate crisis, call the suicide hotline at 1 (800) 273-8255.

OUR HOUSE Grief Support Groups:

- Focus on acknowledging the needs of all members of the group.
- Group schedules are pre-set with established dates and times.
- Place you into a group that is relationship specific, with others around your same age. Additionally, the death of your loved one will have occurred within the same time frame as others in the group.
- Provide support that is specific to your grief. If other issues arise in group, conversations will be redirected to the topic of grief or the relationship you had with your loved one.
- Encourage the group participants to support one another through the bonds of shared grief reactions. Group members often comment on how friends, family and people in the community may not understand their grief the way other group members do.
- Help reduce isolation and increase connection with others.
- Encourage you to fully express and experience the different emotions of grief, while reminiscing about memories and finding ways to maintain a connection with your loved one.

www.OurHouse-Grief.org

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Your Journey Toward Hope and Healing...

Coping with the death of a loved one is a journey that can be lonely when traveled alone. Some find the combination of individual therapy and group support to be helpful; while others find that choosing one or the other resonates more. You are the expert in your grief and what feels right for you. OUR HOUSE staff is available for support and consultation as you make a plan for your grief.

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