

CENTER *Connections*



The Center *for*
Loss and Bereavement

The Sunflowers

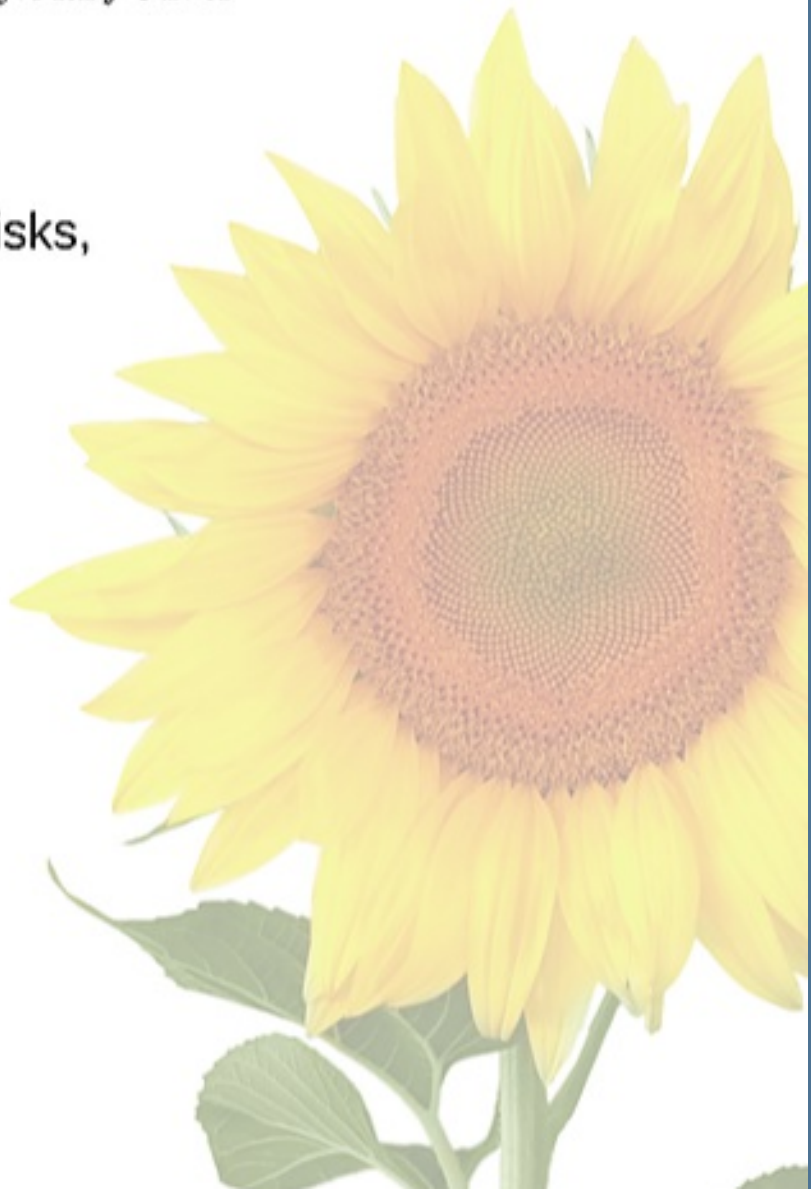
By: Mary Oliver

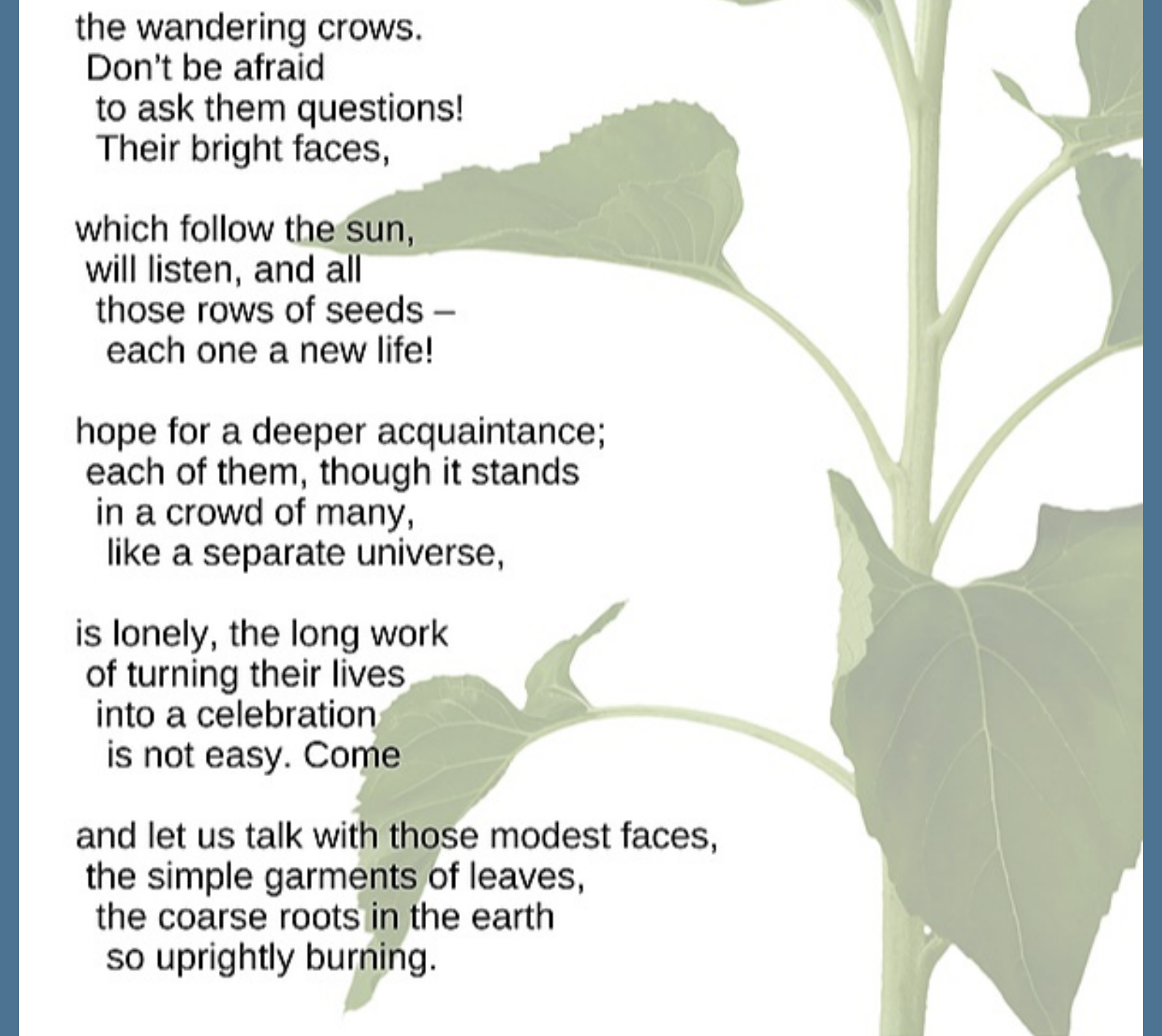
Come with me
into the field of sunflowers.
Their faces are burnished disks,
their dry spines

creak like ship masts,
their green leaves,
so heavy and many,
fill all day with the sticky

sugars of the sun.
Come with me
to visit the sunflowers,
they are shy

but want to be friends;
they have wonderful stories
of when they were young –
the important weather,





the wandering crows.
Don't be afraid
to ask them questions!
Their bright faces,

which follow the sun,
will listen, and all
those rows of seeds –
each one a new life!

hope for a deeper acquaintance;
each of them, though it stands
in a crowd of many,
like a separate universe,

is lonely, the long work
of turning their lives
into a celebration
is not easy. Come

and let us talk with those modest faces,
the simple garments of leaves,
the coarse roots in the earth
so uprightly burning.

Please join us for a new fundraising event to benefit The Center for Loss and Bereavement in Skippack. We will offer an opportunity to pick your own sunflowers right from a local farm in Worcester! The Smith Family has planted fields of stunning sunflowers to help raise awareness and hope for those dealing with grief and loss. Fields of Hope sunflowers will be available by reservation only for picking, plein air painting, professional photography, and more during our **Fields of Hope event!**

Community Connections

FIELDS *of* HOPE

Join us this summer for our fields of Hope Sunflower event!
SAVE THE DATE!
The event will run from July 15-20, 2021

There will be opportunities to register for individual or group slots to safely:

- “Pick Your Own” Sunflowers
- Purchase Pre-designed Flower Arrangements
- Participate in Plein Air for Artists
- Have Professional Portraits taken in beautiful Sunflower Fields

All proceeds will benefit The Center for Loss and Bereavement’s Mission and Services!

FIELDS OF HOPE
INFORMATION

Grief Brief

On Grieving Styles

By: Steve Keller

Is every grief experience unique? Technically, yes. We know that grief response is influenced by many factors: gender, age, relationship to the deceased, circumstances of the death, and prior loss history. However, researchers have found that among grievers certain patterns or styles do exist.

We therapists at The Center for Loss and Bereavement frequently encounter clients who wonder, "am I grieving right?", and/or family members who are perplexed or troubled by their differing internal experiences of grief or ways of expressing it. For instance, it is not uncommon for a husband and wife to find themselves completely "out of sync" regarding their grief processes following the death of a family member. This can cause family discord at a time when mutual understanding and support is most needed.

Perhaps the most influential researchers in this area have been Kenneth Doka and Terry Martin, who coined the terms "Intuitive" and "Instrumental" grieving styles. They were initially interested in exploring the differences, if any, between women and men regarding grief. Research and clinical observation indicated that women and men do tend to grieve differently, but not always. Some women exhibited a more masculine pattern of grieving, and vice versa. He coined the feminine style "Intuitive" grievers and the masculine style "Instrumental" grievers, based on the characteristics of each.

Intuitive grievers experience their grief as very intense waves of emotion. Their feelings are very strong and expressed like "an open book". Intuitive grievers cope and adapt to the death by exploring and processing feelings. The benefit of "working through" feelings to facilitate healing makes intuitive grievers quite good candidates for support groups.

Instrumental grievers are less "feeling-based"; they experience their grief more cognitively and physically. They tend toward inward reflection, thinking about all aspects of the loss as well as attempting to problem solve to adapt to the new normal. Instrumental grievers typically cope in behavioral ways, for example building something to memorialize or pay respect to the deceased, etc.

Doka and Martin carefully elaborated, however, that the two grieving styles, intuitive and instrumental, are actually extremes on a continuum. In other words, the great majority of grievers exhibit "a blend" between the two styles, i.e., have characteristics of each. They went on to say that neither style is by definition superior to the other and that each has aspects that facilitate healthy adaptation to the loss.

A complicating factor is that some mourners feel "dissonance" in their subjective experience after the loss. That is, they encounter a conflict between their internal feelings and how they think others expect them to behave. This internal "disharmony" can result in tremendous private suffering for a mourner, as well as strained relations with family and friends. External expectations for mourning behaviors are shaped by societal, cultural, and family influences. Therefore, for example, a mourner of a given ethnic background may have a strong emotional reaction to a death but feel inhibited in his/her expression due to witnessing a very stoic reaction in his/her peers. On the other hand, a mourner may experience a death with an unemotional cognitive processing style but condemn him/herself and feel very guilty for not feeling whatever he/she thinks others expect (or acting the same as others). Honest, respectful communication and understanding can be essential at times for mourners experiencing this type of "dissonant" grief reaction. The enlistment of a grief counselor can be useful to help facilitate a "sensitive" conversation such as this.

The following resources expand on the subject:

- [**Styles of Grieving**](#)
- [**Grief and Gender: Intuitive and Instrumental Grief**](#)
- [**Instrumental Grief: Using Action To Heal**](#)

Spotlight

Now Accepting Counseling Clients!



[Brian McCaffrey](#) is enrolled as a student at Arcadia University's Master's program for Counseling. He earned a Master's in Business Administration from the Kenan-Flagler Business School at the University of North Carolina-Chapel Hill and a Bachelor's degree at Villanova University. Brian's prior career experience was focused on the Information Technology field. Drawing on his personal life experiences, Brian decided to redirect his career to the field of grief and loss counseling.

Brian joined us in September 2020 in the role of Center Intern and has been invested with our programs, intensely training with our staff over the last year. In supporting both peer group facilitation and grief education efforts, he has grown incredibly strong in his specialized knowledge and skills within our field. We are confident in expanding his work with us to include supervised clinical grief counseling and trust that any client fortunate to work with him will find his approach warm and capable of meeting their needs. Brian is accepting counseling clients at this time at a reduced fee rate. We could not be more grateful to have Brian as part of our team! Contact our intake coordinator, Kim Burian, for more information at 610-222-4110.

Clinical and Group Programs Update



As this month comes to an end and we move into the summer season, our hearts are warmed by the memories from our 2021 Camp Millie: Trailblazers, this past week. The in-person connection and support that the campers shared with one another was an invaluable experience and we look forward to opening our doors again for the upcoming Nello's Corner Program in September!

Our Clinical Counseling services and Specialized Adult Support Groups will continue to be offered virtually as well as in-person while following all safety protocols. Our Education and Community Outreach program continues to offer support to other agencies, schools and organizations by request and are planning the next round of trainings offered to professionals in the area. Contact us at 610-222-4110 to speak with our Intake coordinator Kim. She can help you navigate the options of support available to you.

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REQUEST
INFORMATION

Mark Your Calendars



**FIELDS OF HOPE
U-PICK SUNFLOWER EVENT**

Please save the date for our summer outdoor event!

July 15-20, 2021

FIELDS OF HOPE
INFORMATION

2ND ANNUAL STRIDES OF HOPE 5K

November 6, 2021

STRIDES OF HOPE
INFORMATION

PROFESSIONAL TRAININGS & COMMUNITY OUTREACH

2021-2022 Training & Education Schedule Coming Soon!

You can also still contribute to our [20th Anniversary!](#)
Thank You to our Growing List of [Generous Donors](#)

DONATE

REQUEST INFORMATION





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