COMPLETE CONCUSSIONS

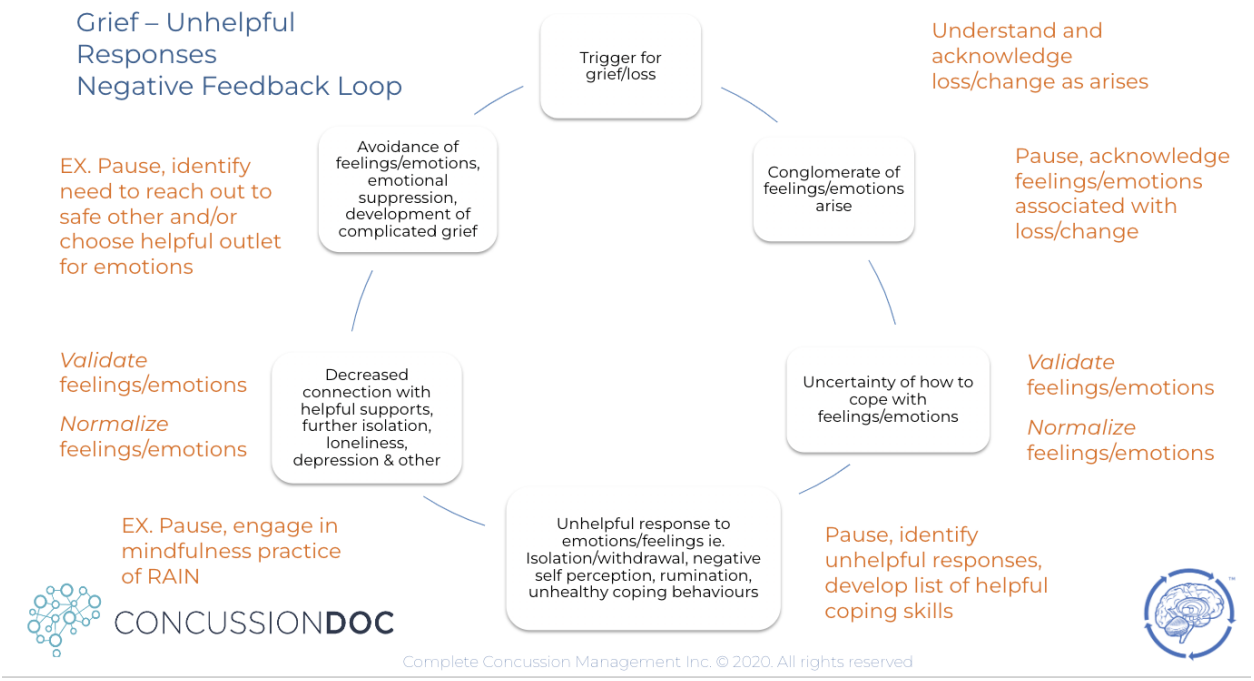
CONCUSSIONDOC

Navigating Grief and Loss

In this seminar Melinda goes over:

- Grief is a natural and NORMAL part of chronic injury recovery
- Grief if not linear
- Misconceptions of grief
- What people are experiencing grief over with a concussion
- Symptoms of grief
- Stages of grief - Kubler-Ross
- Name what is happening and the feelings I am experiencing, and validate them
- Using the RAIN practice (Recognize, Allow, Investigate, Nurture)
- How to process grief

Here is a copy of the Grief - Negative Feedback Loop



Complete Concussion Management Inc. © 2020. All rights reserved