



Grief & Loss: A Neurodiverse Perspective

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About Me

- Licensed Professional Clinical Counselor in Minnesota
 - Work with Neurodiverse Teens and Adults
- Board of Behavioral Health & Therapy Approved Supervisor
 - Supervise Clinical Trainees and Mental Health Practitioners
- EMDR Trained
- “Geek” Therapist
- Mental Health Services Director of Amongst Wildflowers Creative



About Amongst Wildflowers Creative

- Our purpose is to provide arts-based programming and mental health education to serve youth and adults by providing a safe space and creative outlet to amplify that which often goes unvoiced.
- Weekly “Therapist Thursday” on Facebook



Presentation Focus

What is Grief?

Ambiguous Loss

Talking About Grief to a Neurodiverse Individual

Supporting Those Who Are Grieving

Creative Ways to Express Grief

It's Okay To Seek Help For Grief

Grief Is...

- A natural response to a loss
- Universal
- Unique
- Non-Linear
 - Stages of Grief

Ambiguous Loss

- Misconception: Grief must involve the death of a loved one
- Ambiguous loss is an unclear loss that defies closure (Pauline Boss)

Talking About Grief to a Neurodiverse Individual

- Talking about grief will vary depending on the needs of the individual
- Using euphemisms may provide further confusion
 - Use straightforward language
- Talk about how routines may be disruptive
- Difficulties in communication and expression may make it difficult to ask for help
- Include them in hard conversations

Supporting Those Who Are Grieving

- Allow Space: Both Physical and Emotional
 - Loss is overwhelming
- Processing Emotions
 - Can take longer
 - Harder time expressing and understanding emotions
- Creating space for neurodiverse individuals to grieve will allow loved ones to focus on their grief
- Involve other members of their support team

Using Creative Arts to Express Grief



Art



Music

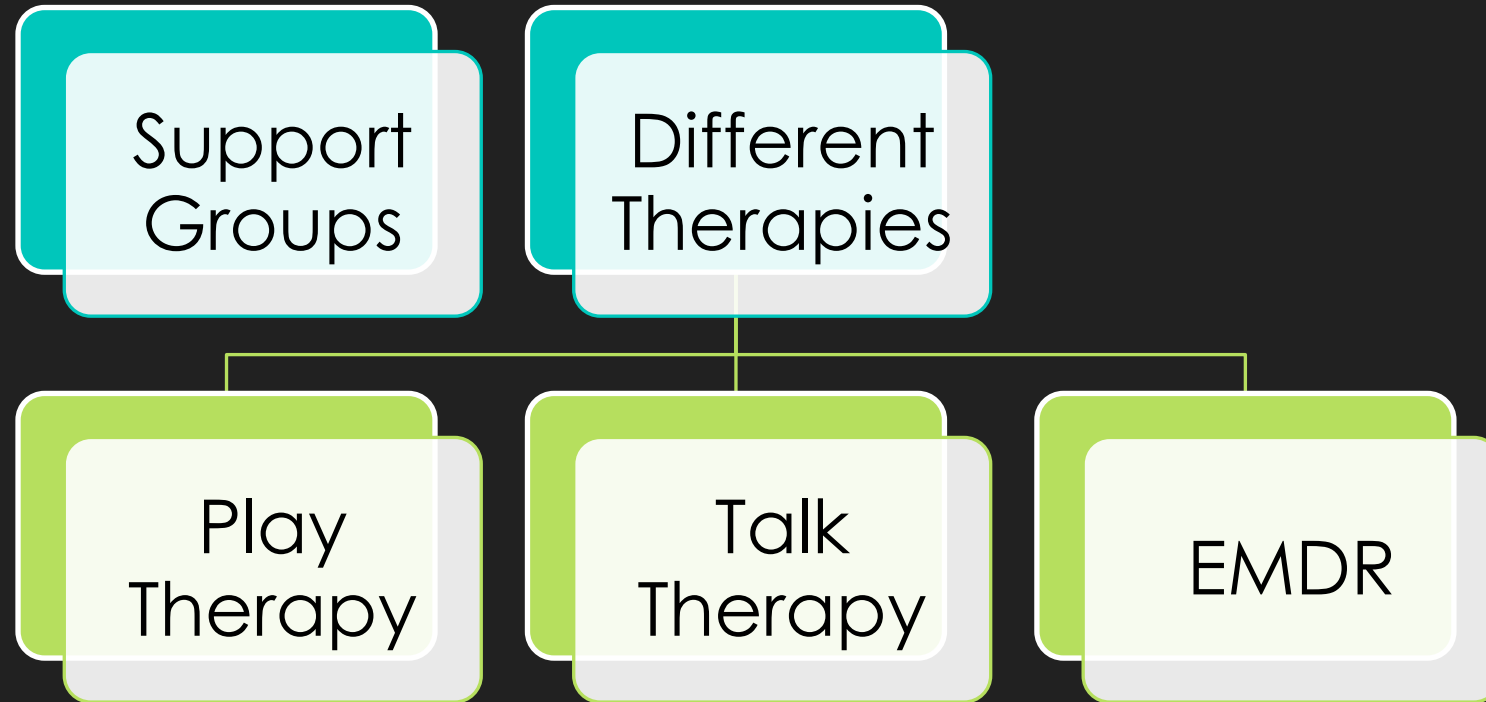


Writing and Journaling



Play

It's Okay to Seek Help For Grief



For More Information

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We're on Facebook, Instagram and TikTok