



# Title IX for K-12: Assessing Risk, Regulation, and Documentation

March 9-10, 2023

Hosted by Belmont University  
Nashville, TN

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Upcoming Webinar

# Managing Suicidal Students on Campus

March 15, 2023  
1:00 – 2:30 PM ET

[dprepsafety.com/webinars](https://dprepsafety.com/webinars)

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# After the Shooting: Healing and Resiliency


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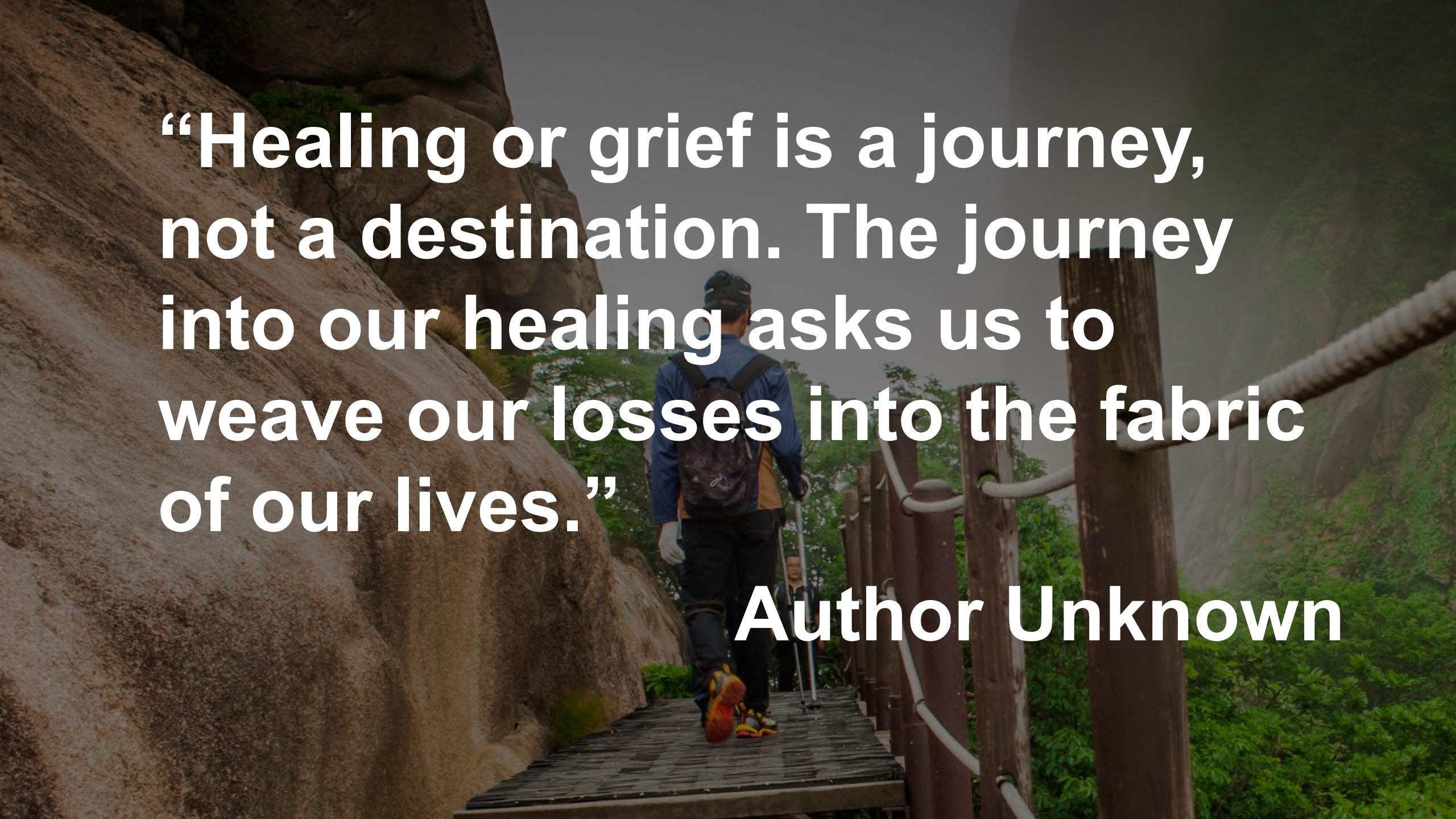




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**“Healing or grief is a journey,  
not a destination. The journey  
into our healing asks us to  
weave our losses into the fabric  
of our lives.”**

**Author Unknown**



**Any discussion of death or loss begins with the Kübler-Ross model, based on her 1969 book, “On Death and Dying”**

**The stages outlined as Denial, Anger, Bargaining, Depression and Acceptance were originally presented as stages those grieving must pass through to achieve peace.**





**Denial:** Conscious or Unconscious refusal to accept the facts and information about the current situation. A normal first defense mechanism.

**Anger:** Is expressed differently by each of us. Some express anger towards ourselves, others to those around them.

**Bargaining:** Often involves arguments with God or a higher power for a chance to start over, for the reality to be changed.

**Depression:** They begin to feel to full impact of the loss and the sadness that accompanies the death. Can be a “dress rehearsal” or “practice run” for living with the change.

**Acceptance:** An emotional detachment and objectivity.



# Kubler-Ross Grief Cycle



## Denial

- avoidance
- confusion
- excitement
- shock/fear



## Anger

- frustration
- irritability,
- anxiety



## Bargaining

- struggle to find meaning
- to help others
- to tell your own story



## Depression

- helplessness
- hostility
- avoidance



## Acceptance

- Exploring opportunities
- introducing new plans
- moving forward



Emotional Support

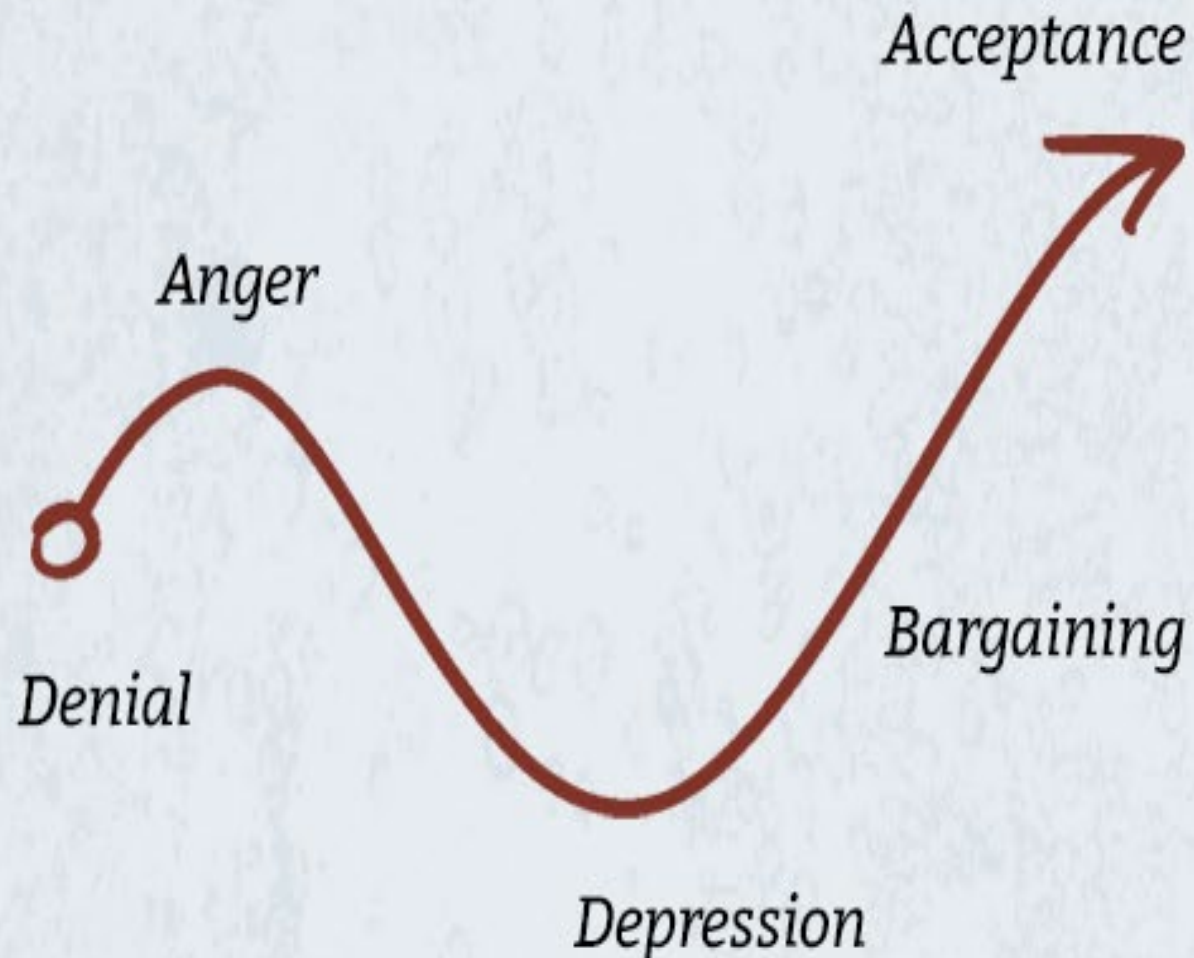
Information & Communication

Guidance & Guidance

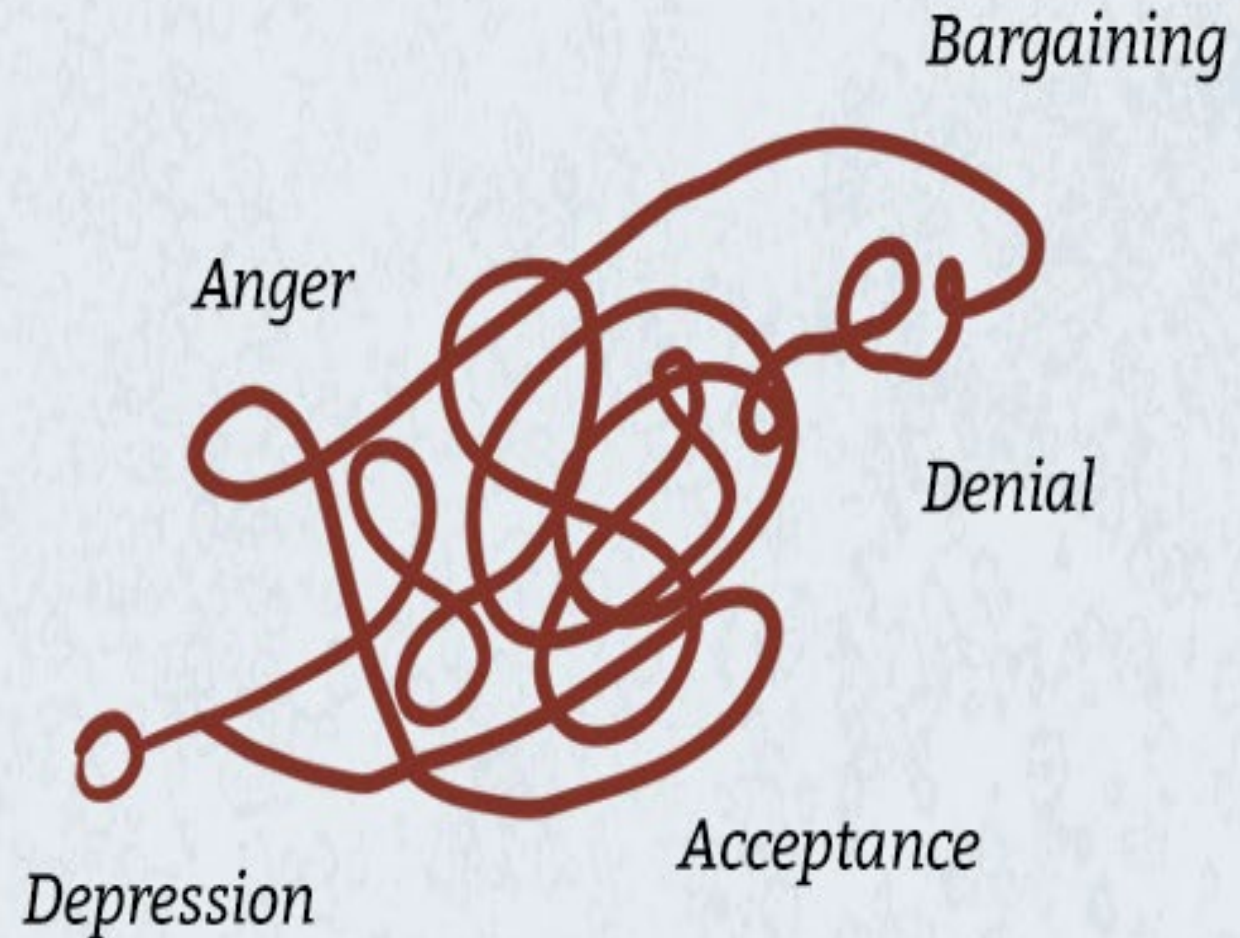


# Stages of Grief

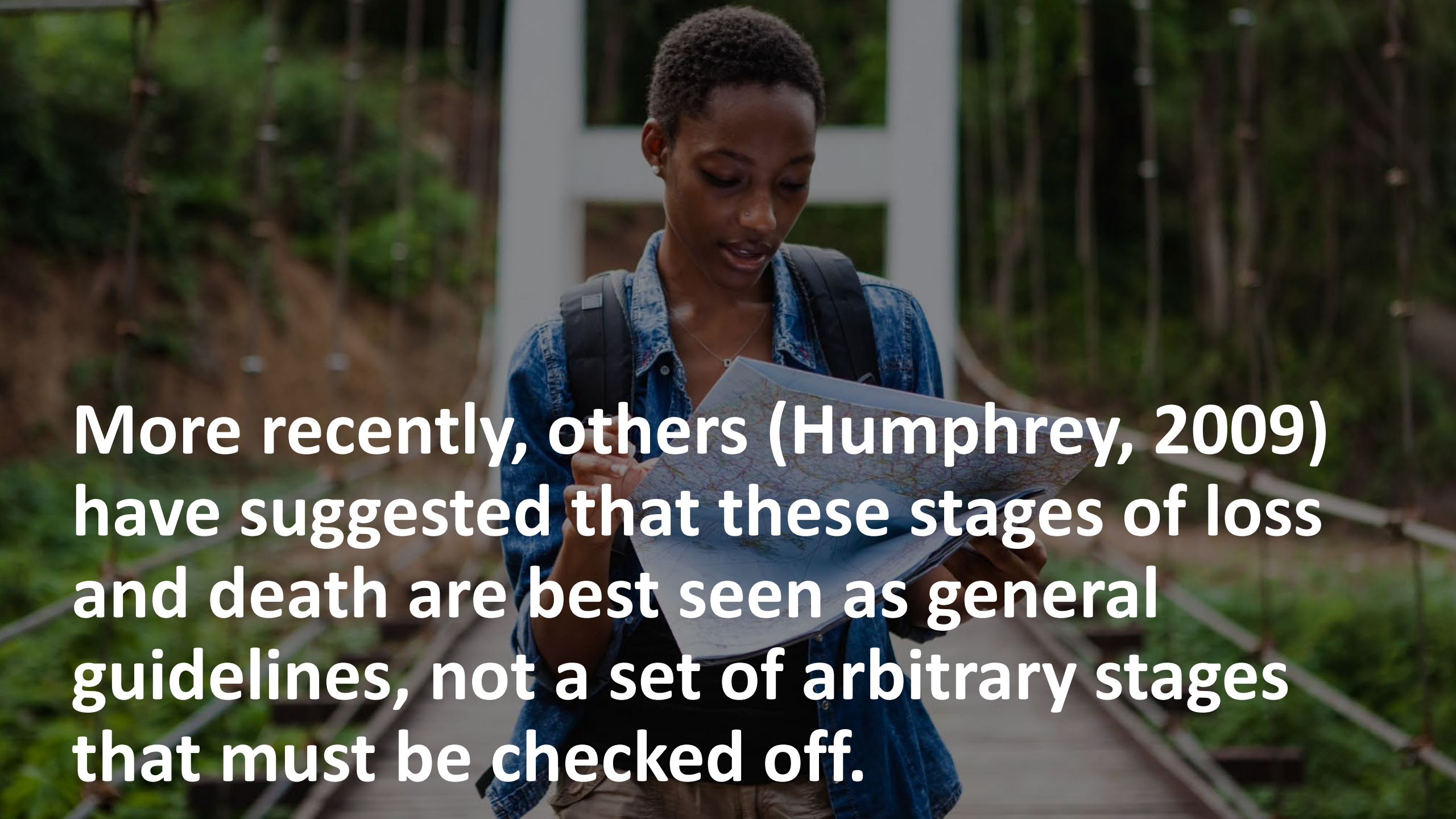
The experience you expected:



The experience you got:



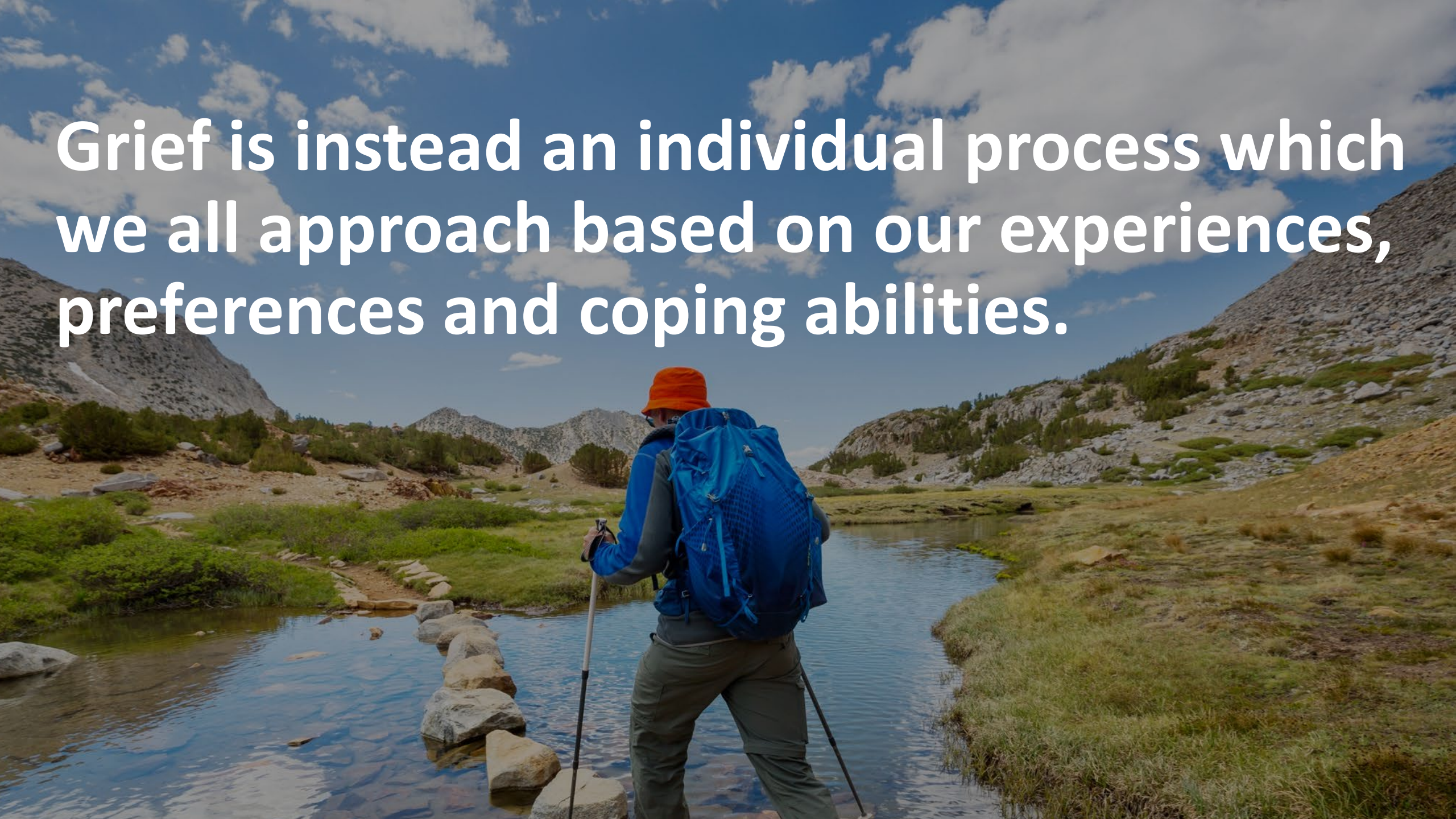




More recently, others (Humphrey, 2009) have suggested that these stages of loss and death are best seen as general guidelines, not a set of arbitrary stages that must be checked off.

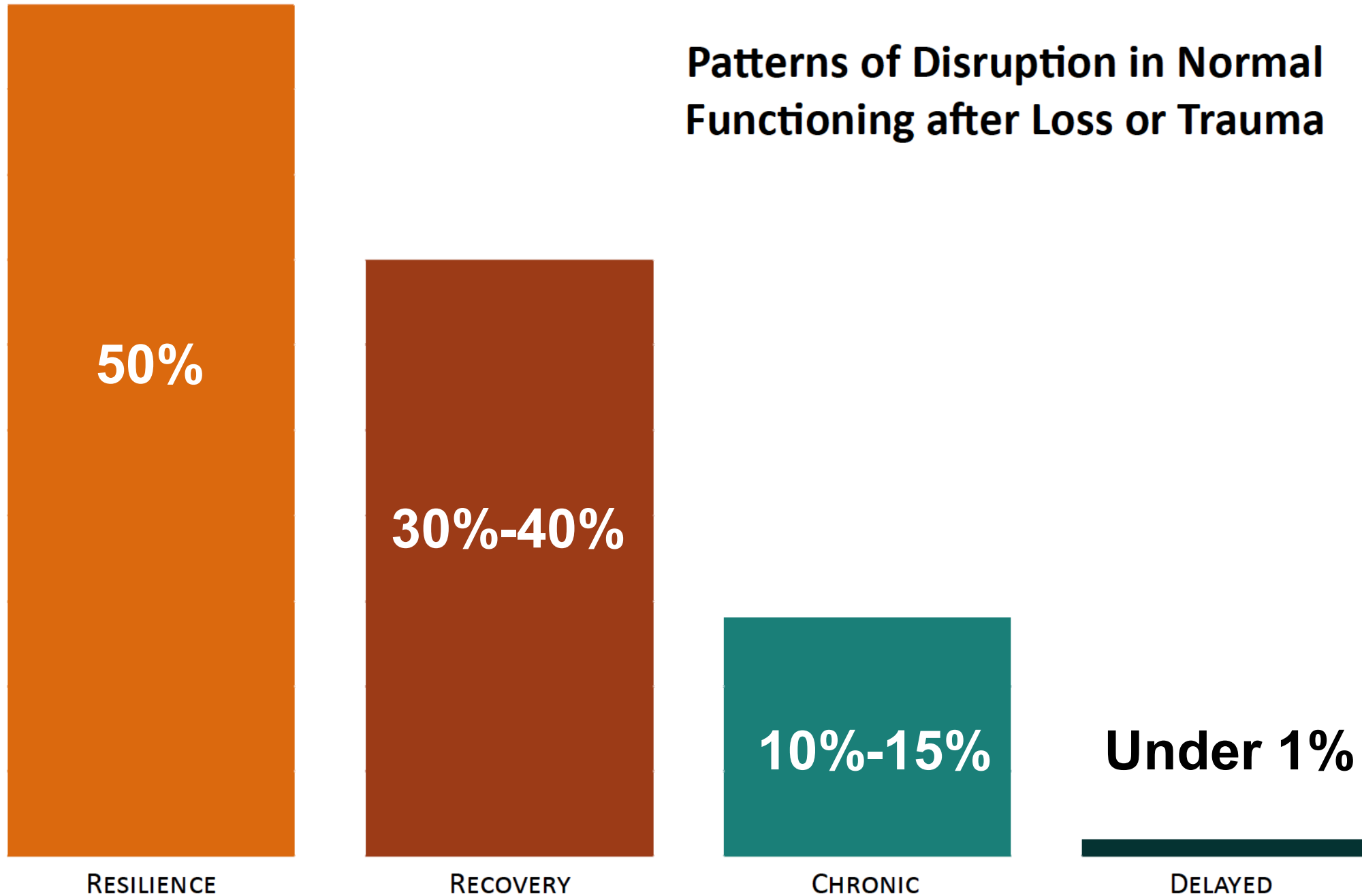


Grief is instead an individual process which we all approach based on our experiences, preferences and coping abilities.





## Patterns of Disruption in Normal Functioning after Loss or Trauma



# What You May be Experiencing

- Fatigue and susceptibility to illness
- “Zombie Effect” where feelings shut down your body’s natural coping mechanism





# What You May be Experiencing



Difficulty thinking clearly or remembering things; as if your brain is “scrambled”

- Continuous crying or overflow of emotions
- Holding onto emotions
- Unable to cry, bottling things up

# What You May be Doing

- Staying extremely busy to avoid time to think
- Drinking too much alcohol or taking drugs
- Difficulty falling or staying asleep





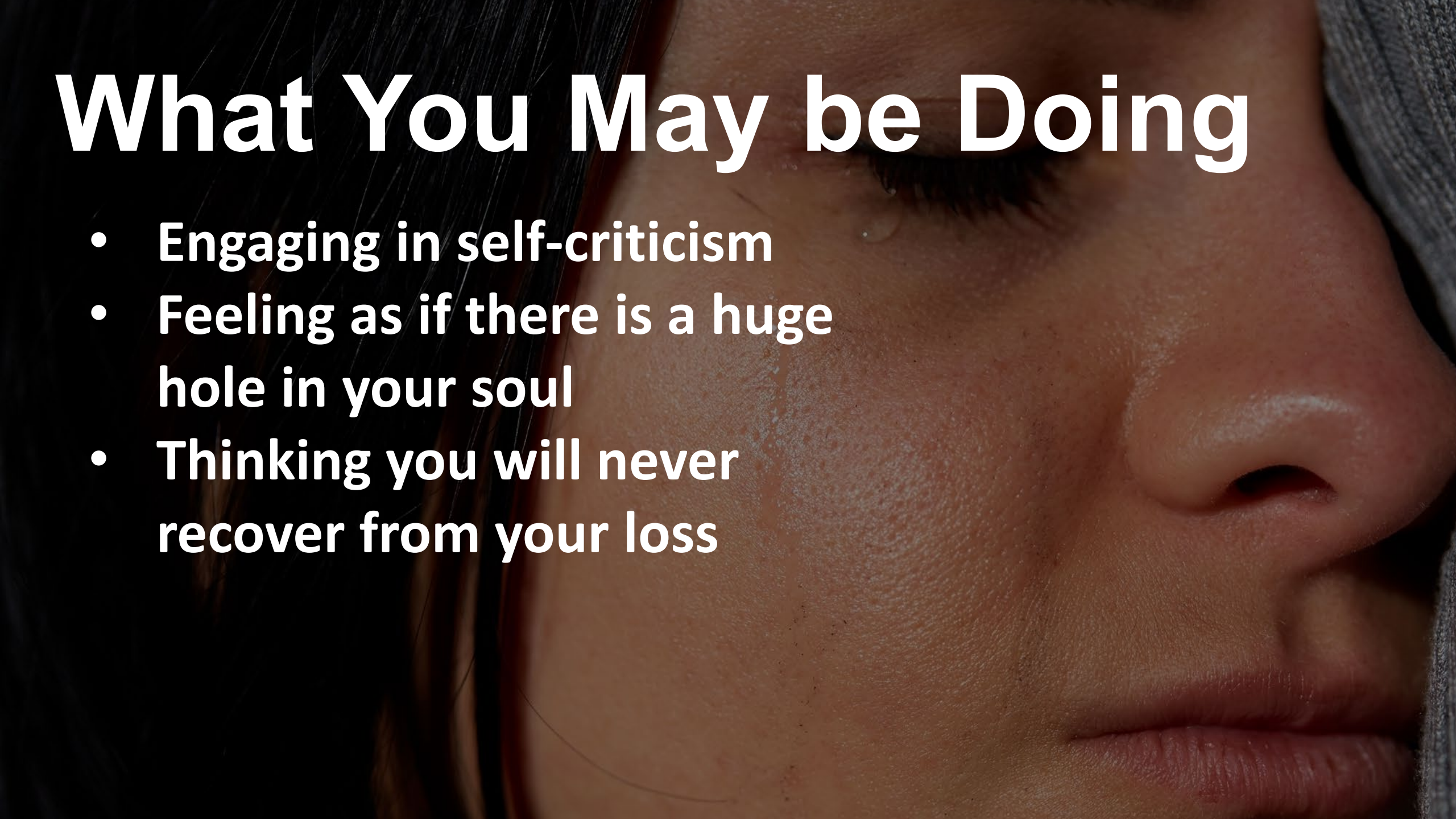
# What You May be Doing

- Sighing and daydreaming
- Talking about the death over and over
- Losing interest in work; home life; physical appearance



# What You May be Doing

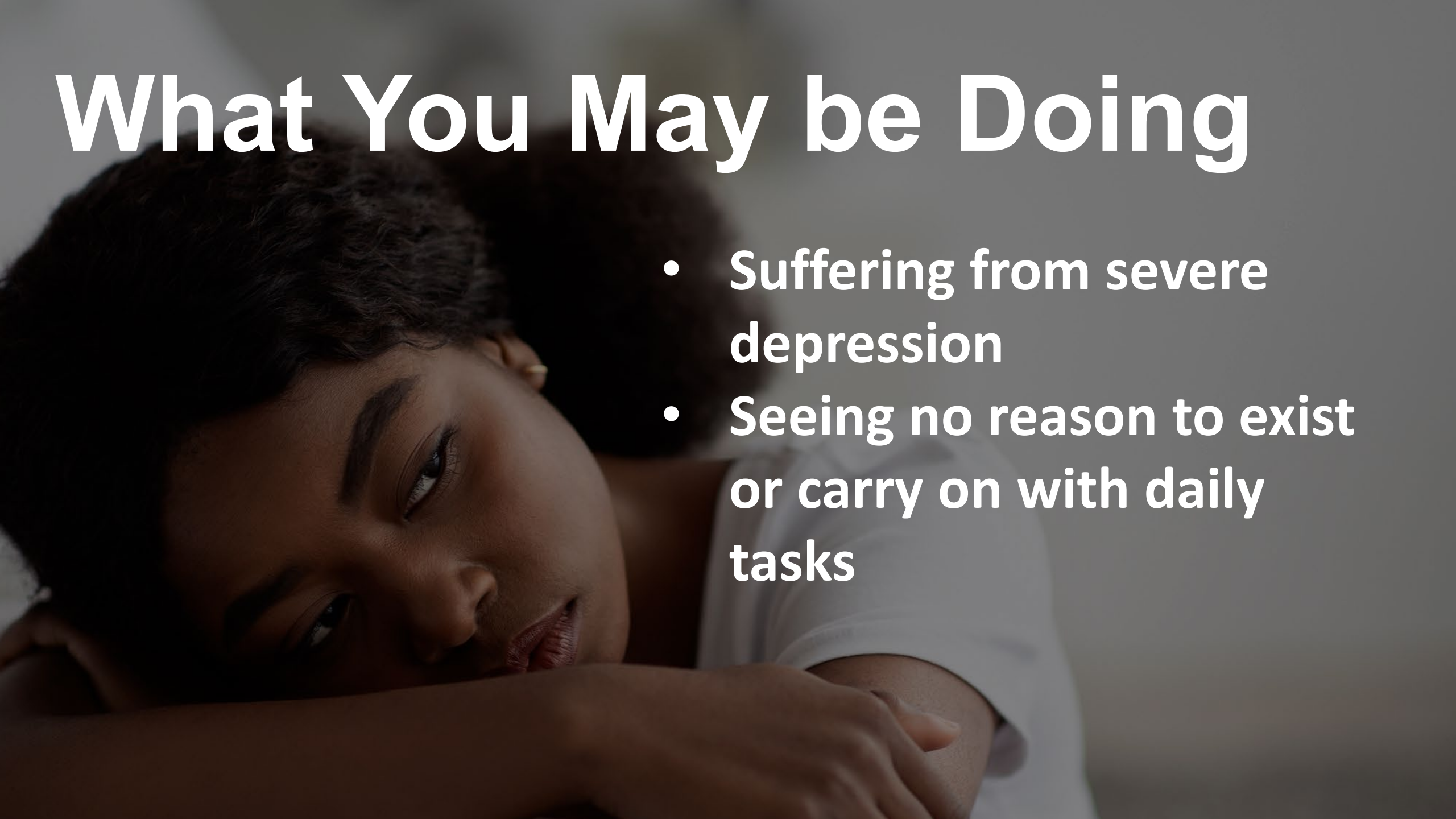
- Engaging in self-criticism
- Feeling as if there is a huge hole in your soul
- Thinking you will never recover from your loss





# What You May be Doing

- Suffering from severe depression
- Seeing no reason to exist or carry on with daily tasks



# Grief is

**...anything and everything you feel, think, and do following a loss in your life.**

**...a normal and healthy process that your body, gut, or heart knows how to do but your mind may try to fight.**

**...individual and situational; it is not the same for everyone, only you can define why you grieve and how you grieve.**



# Grief is

...a process that will scare you, anger you, sadden you, numb you, excite you, and heal you.

...something none of us knows how to do on our own.

...will not hurt you, it will not make things worse, and it will not make you crazy.

...takes as long as it takes.



# Rules for Grief

Make a point to eat and sleep even if you are not hungry or tired.

Keep up your daily routine as much as possible.

Take time to be by yourself if you need it, but don't isolate yourself.





# Rules for Grief

Don't think alcohol, drugs, food, sex, or spending money will help.

Decide how you will remember the person you have lost; begin to write the story you will tell about them to others.

Don't compare yourself to others; this is your grief.





# Coping with Grief

- Talk to family and friends
- Read poetry or books
- Seek spiritual support
- Join a support group
- Be patient with yourself
- Engage in social activities
- Exercise
- Eat good foods
- Seek counseling
- Listen to music
- Let yourself feel the grief
- Take time to relax



# Supporting Others

- Ask about their feelings
- Sit with their sadness
- Ask about their loss
- Make telephone calls
- Do not minimize grief
- Be a good listener
- Share your feelings
- Remember the loss
- Acknowledge the pain
- Be available when you can

**S U P P O R T**