



## Innovations in Counseling (Part 13 Session 2)

### Grief Matters: Understanding the Effects of Loss on Marginalized Communities

Webinar Follow-Up Question and Answer Session with Shanelle Fields, PhD, LPC

#### Question from Anonymous:

What have you found to be the most impactful interventions when working with clients who are grieving?

#### Answer from Presenter:

Empty Chair Technique	DBT
Parting Ceremony Letter	I Remember When.....
Grief Feels Like.....	Mindfulness
Centering	Music Therapy

#### Question from Anonymous:

What is DBT and how does it relate to treating grief?

#### Answer from Presenter:

DBT is dialectical behavior therapy. DBT combines **change** and **acceptance** to help individuals manage their thoughts, feelings, and behaviors related to grief. The modules of DBT, including **mindfulness**, **interpersonal effectiveness**, **emotion regulation**, and **distress tolerance**, provide tailored strategies for navigating grief and complicated mourning. DBT can be effective in addressing both **complicated grieving** and **traumatic bereavement**. Specific grief situations, such as **loss of a family member to suicide** or experiencing **complicated grief symptoms**, can also benefit from DBT.

DBT offers a promising path to healing, providing individuals with tools and strategies to navigate their **grief journey** effectively and find hope, healing, and resilience ([mindfulnessDBT.com](http://mindfulnessDBT.com))

#### Question from Anonymous:

Are there specific grief resources that you would recommend for the patient or family as well as for the professional?

**Answer from Presenter:**

- [Grief Matters](#) by Dr. Shanelle Fields (sold on Amazon and Barnes & Noble)
- [Grief.com](#) with David Kessler is a great resource and connection to all of his books, trainings, and suggestions.
- The other things I learned were from working funerals, talking to people who were grieving, and taking notice of others' moods and actions.