PHASE-II Process Group:  
Healing Grief and Loss  

SIX GOALS  

1. **Acknowledgement**: *Opening the door.* Sharing, in the context of a caring group, the unresolved grief that still affects your life today. Breaking the silence.  
   - **Ground rules**: “Norming” the group’s culture. Establishing safety in the group process  
   - **Learn** about different models of the human grief process  
   - **Assess** where you are in relation to these models  
   - **Focus on scripture verses** relevant to grief and healing  
   - **Personal truth**: What are some of the things in your “ungrieved griefs” reservoir?  
   - **Projects**: Rate unfinished griefs in rank order and decide which can be dealt with now and which should be dealt with another time. Write a “letter” (NOT to be delivered) that gives a voice to your disenfranchised grief  

2. **Dialogue**: *Building a microcosm of “healing culture” within the faith community.* Sharing our own stories and personal experiences. Letting the others share your grief. Breaking the isolation.  
   - **Revisit** last week’s session for closure if needed  
   - **Family of origin**: How does grief get handled in our families and communities?  
   - **Discuss letters**: What was the impact of writing them?  
   - **Discuss** how your relationship with Jesus relates to your current needs  
   - **Learn** grounding techniques  
   - **Unpack the feelings**: What are the emotional consequences?  
   - **Develop support**: What do you have now that will help you stay with the process?  

3. **Collective and personal grieving**: *Finding grace to face emotional pain.* Expressing the feelings that lead to a deeper healing. Grieving within a supportive community.  
   - **Suffering and Grace**: The ministry of reconciliation starts vertically and continues horizontally  
   - **Faces of grief**: Denial Anger Fear Guilt Depression Denial Anger Fear Guilt Depression...  
   - **Guilt and Grief**: What does the Bible say about Christians and guilt?  
   - **Questioning Sins and Losses**: Whose sin is this? What do you do with irreparable losses?  
   - **Sharing feelings**: Can we trust each other? Can you hear me and handle my feelings?  
   - **Dreaming new dreams**: Healthy grief work in God’s hands—beauty for ashes  

4. **Acceptance**: *Making a space for peace.* Grief work that integrates the stories of all the actors. Constructing a different picture of the future. Learning to trust God for what can be changed, and what can’t be changed.  
   - **Change**: Finding the courage to let go of destructive coping skills  

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1 See Kearney’s “Iceberg Model” diagramed on next page  

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- **Looking at the whole picture**: Everyone has a place in the story
- **A new agenda** in our families and the church. Writing a new ending to the story
- **The legacy of a new heritage**: Breaking the chains and setting the future free
- **A new ability to connect**: Attachments to a new dream, and the courage to take action

5. **Forgiveness**: *Trusting God to ultimately right all wrongs*. Letting go of the anger and fear that chains us to the past and leaves the past always unfinished and the wounds always unhealed. Finding a personal inner freedom from wrongs suffered. Personal and collective freedom to move on. A different future.
   - **Harbored hurts, harbored sins**: Facing them and trusting God with it all
   - **Letting God in**: Walking through painful compartments of the heart, holding God’s hand
   - **Naming specific losses** and turning them over to God’s keeping, one by one
   - **Freedom**: No longer carrying a load that never really belonged to you

6. **Community**: *Connection in action*. Ongoing care for those who suffer in isolation. Designing concrete projects to build a healthier culture for emotional healing within the faith community. An open door for all who need it.
   - **Fellowship**: How to maintain the ground you’ve gained
   - **Form a Peace Action Committee (PAC)**: Putting everything learned to work via practical means
   - **Working side-by-side** in the church for emotional peace in the lives of others
   - **PAC planning**: Designing your long-range strategy for lasting relationships

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(figure 2)
Iceberg Model of Active Grief States (Kearney)