

# Joy & Sorrow in the Same Cup

Allison Davis Maxon, M.S., LMFT

What are the Seven Core Issues in Adoption & Permanency?

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)

Adoption and Permanency creates lifelong, inter-generational Losses for

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Sorrow shared is \_\_\_\_\_ while Joy shared is \_\_\_\_\_!

Children experience Grief and Loss through all 5 critical areas of Development

- 1)
- 2)
- 3)
- 4)
- 5)

What are the 4 Branches of Emotional Intelligence (EQ)?

- 1)
- 2)
- 3)
- 4)

Tear Soup: Ways we can support a child/teen with their Grief & Loss

- 1)
- 2)
- 3)
- 4)
- 5)

*Separation, whether temporary or permanent, from meaningful relationships precipitates an acute sense of loss. Grief is the process through which one passes in order to recover from a loss.* -Vera Fahlberg

## **Children: Grief & Loss**

Children's responses to grief, loss, abandonment, and rejection are typically much different than that of an adult. Due to their social, emotional, cognitive, and brain development, most children have not yet attained the 'skills' necessary to be able to identify, express and communicate their complex emotional states. It is common for children to 'act out' their distressed internal states (grief, pain, trauma, fear, etc...) as they often do not have the ability to identify 'what' they are feeling and 'why' they are feeling it. Parents are asked to 'interpret' behaviors, and attune with their child's internal emotional states/needs, in order to help their child 'emote' and discharge these feelings of distress, pain, loss, sadness, fear, shame etc...

Painful and distressing feelings in children are typically repressed and/or displaced. This most often leads to 'reactive behaviors' such as defiance, avoidance, isolation, rage, self-injury and/or aggression.

Children who have suffered significant, life-altering losses, often express distress and anger in response to the loss. New parents can easily misread the child's grief and adjustment response – and respond to the child by being punitive, angry, withholding and reactive. It helps when parents understand that it is typical for children to feel angry, agitated, distressed or numb by the overwhelming losses they have endured. The child needs reassurance that their 'new' grown up understands and is there to teach them how to identify and express their deep hurt and feelings.

### **Parent Interventions:**

- 1) Reactive - designed to help children 'feel felt' during times of distress
- 2) Pro-active - designed to teach EQ skills through interactive, fun play

## Increasing Your Child's Emotional Intelligence

- We are Always Modeling our Emotional Intelligence (positively or negatively) – It is our *Affect* that the child Mirrors
- Assist the Child with Self-Awareness (help them learn about their 'triggers' and ways to express hurt, anger, distress)
- Assist the Child in noticing Signals in their body, getting in touch with physiology – teach them the tools of relaxation and Self-Soothing (regulation practice; Ready, Set, Relax)
- Teach the child, via play, about their Emotions; use Feelings Cards, Feelings Books, Feelings Games, tell stories about feelings, draw pictures about Feelings [www.childswork.com](http://www.childswork.com)
- Teach the Child how to Short-Circuit the Hi-jack (post a Calm Down Plan – list 5 steps to calming down and Practice!)
- Create Intimate Dialogue with your child; teach them how to talk about difficult issues and feelings (the Talking Stick)
- Assist your child in understanding the Grieving Process – and give them an outlet for their grief (kids don't know what to do with the pain/loss/hurt/anger). Making Tear Soup.