

# WAVES

## Overview of sessions

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### Session 1: Introductions

- ✦ To get to know each other.
- ✦ To negotiate the process of how sessions will run.
- ✦ To build trust and establish rapport.
- ✦ To establish the needs of the group.

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### Session 2: Understanding the grieving process

- ✦ To provide opportunities for you to explore and share your experiences of the cognitive, emotional, physical and social aspects of grief.
- ✦ To assist you to understand different aspects of the grieving process.
- ✦ To help you to understand the common and unique aspects of grief reactions.

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### Session 3: The effects of grief and suicide

- ✦ To provide opportunities for you to identify and explore your unique and common grief styles.
- ✦ To help you identify and explore the impact and effects of suicide on your personal wellbeing and that of your family/whānau and significant others.

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### Session 4: Living with 'Why?' and managing the hard times

- ✦ To provide you with opportunities to share your understandings of suicide, dispel myths and misconceptions about suicide and provide factual information about suicide.
- ✦ To assist you to be able to put suicide into perspective within your own life.
- ✦ To assist you to develop your self-awareness and learn new practical strategies for managing grief (accommodating grief within your life) and maintaining wellbeing.

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## Session 5: Helping others through the hard times

- ★ To provide you with opportunities to share how suicide has affected your family/whānau, significant others and social networks.
- ★ To assist you to understand how suicide and grief affect different people in your lives and relationships (the ripple effect).
- ★ To assist you to learn more about practical and safe ways to help others who are grieving.
- ★ To assist you to learn more about how to safely explain and talk about suicide to others including children, young people, friends and colleagues.

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## Session 6: Healing and new beginnings

- ★ To provide you with opportunities to share and identify ways of maintaining a healthy connection with the memory of your loved one.
- ★ To help you learn more about accommodating grief in your life and adapting to it.

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## Session 7: Looking ahead

- ★ To provide you with opportunities to share strategies for rebuilding and reorganising your life so you can regain a focus on life and the future.
- ★ To help you develop a sense of hope, empowerment and growth.
- ★ To help you identify personal factors and social resources that may contribute to your resiliency.

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## Session 8: Closure, feedback and evaluation

- ★ To get a sense of closure on the group process and share your experiences and learning with the group.
- ★ To identify on-going needs and safety issues.
- ★ To collect feedback and data to be used for evaluating the content, process and outcomes for on-going development of the group programme.