



## Meeting with the family

As you prepare for the meeting, the following are points to consider:

- Encourage the expressions of feelings by active listening.
- Avoid guilt reinforcing questions.
- Emphasize *it is not your fault*.
- People in grief do not always hear or remember what has been said. Be prepared to repeat.
- Discuss common symptoms of grieving including the physical manifestations of grief.
- Validate feelings and reassure when appropriate comments such as *This is a normal part of the grief process – you are not going crazy* can be very helpful.
- Listen to each family member and give feedback when indicated. Encourage listening among family members.
- Assess where each family member is in the grief process including young children.
- Each member of the family will work through the grief process in their own way.
- Encourage family members to be patient and understanding of one another.
- Note the mood of the family and how they support (or do not support) each other.
- Identify and emphasize family strengths.
- Give family information on how to contact you and encourage them to talk if they have questions.
- Ask if they would mind if you called in a few weeks to see how they are doing or set up another meeting time for your next visit.
- Thank them for their time.