

DEALING WITH GRIEF FROM UNEXPECTED LOSS AND DISAPPOINTMENT

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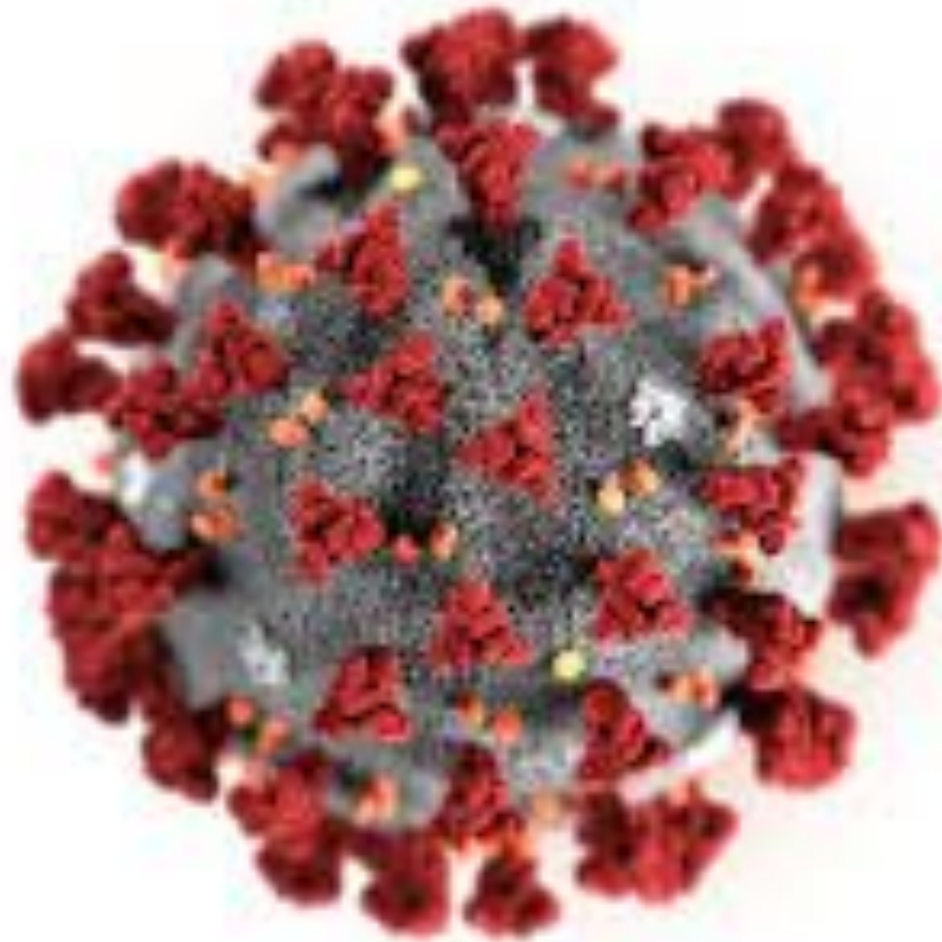


A little bit about me...

- Master's degree in Psychology from the University of Malaga (Spain)
- Moved to the Katy area in 2005
- 12 years as a therapist in the Houston area as Licensed Professional Counselor. Supervisor since 2013
- Founder and Clinical Director, Martin Counseling since 2011. 23+ clinicians today.
- Married for 15 years, with two kids (7 & 4)
- GriefShare “expert”



Why is Grief so difficult during COVID19?



Civil Unrest – George Floyd and others...

Our land needs healing.

2 Chronicles 7:14 says, “if My people, who are called by My name, will humble themselves and pray and seek My face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and will heal their land.”

This has been a repeated and frequent prayer over the last several days, “Lord, please heal our land!”

Highlighter

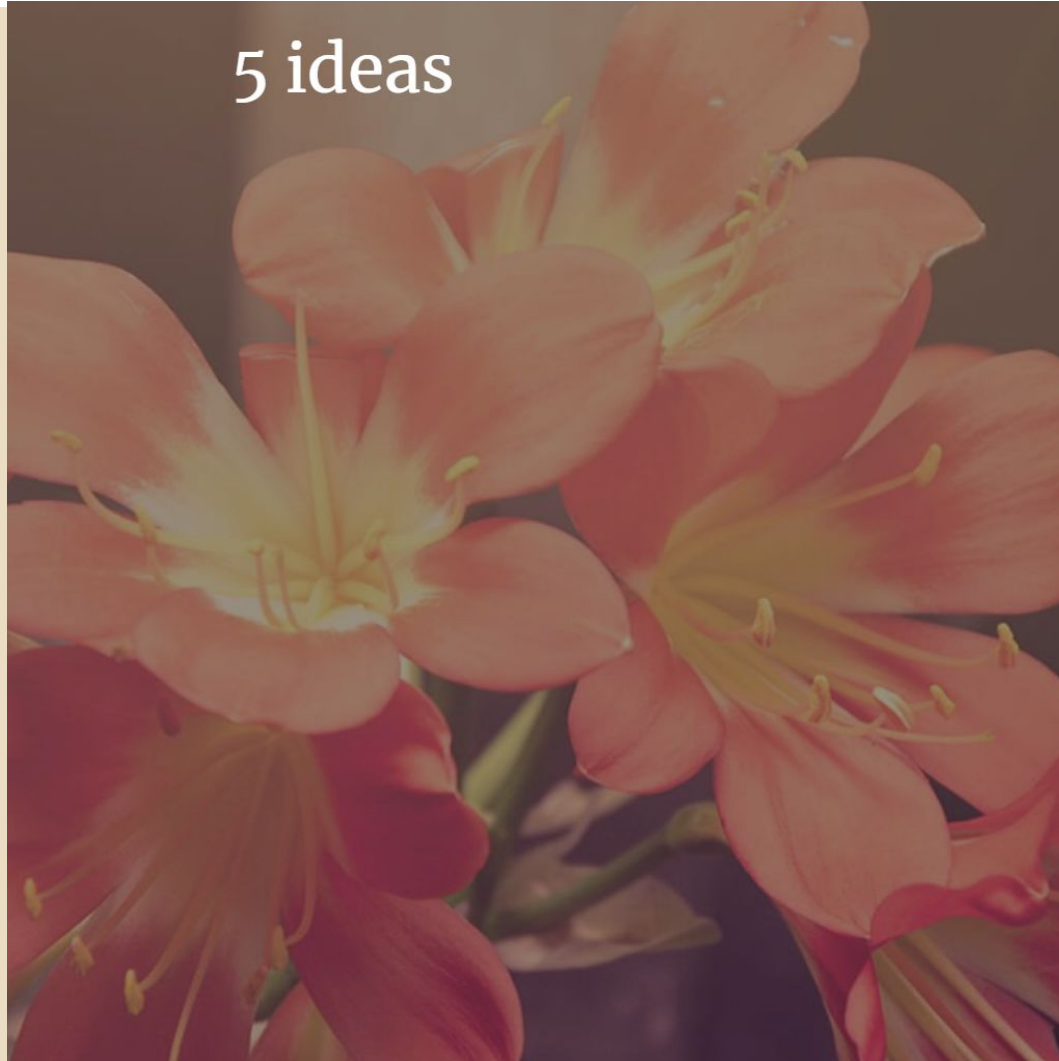


Losses

- Death
- Health: physical and mental illnesses, injuries, chronic diseases
- Divorce
- Relationships other than divorce: siblings and family estrangement, unhappy marriages, problems with children, grandchildren, co-workers, friends
- Work/financial: jobs (loss of a job, downsizing, changing jobs), businesses, homes (moving, fires, etc.)
- Pregnancy issues (unfaithfulness, unexpected children, miscarriage, abortion, infertility)
- Losses from violence (rape, sexual assault)
- Loss of a dream or vision
- Loss of independence and self-esteem

What can we do with Grief?

5 ideas



IDEA # 1

LOVE GOD

LOVE

THE

LORD

WITH ALL YOUR



The Most Important Command - Matthew 22:36-40 The Message (MSG)

“Teacher, which command in God’s Law is the most important?” Jesus said, “‘Love the Lord your God with all your passion and prayer and intelligence.’ This is the most important, the first on any list. But there is a second to set alongside it: ‘Love others as well as you love yourself.’ These two commands are pegs; everything in God’s Law and the Prophets hangs from them.”

IDEA # 2

Treat yourself like someone you are
responsible for helping

(Love others as well as you **love
yourself**)

Patients:

30% - Don't pick up the medicine from the Pharmacy

50% - Don't take it as prescribed



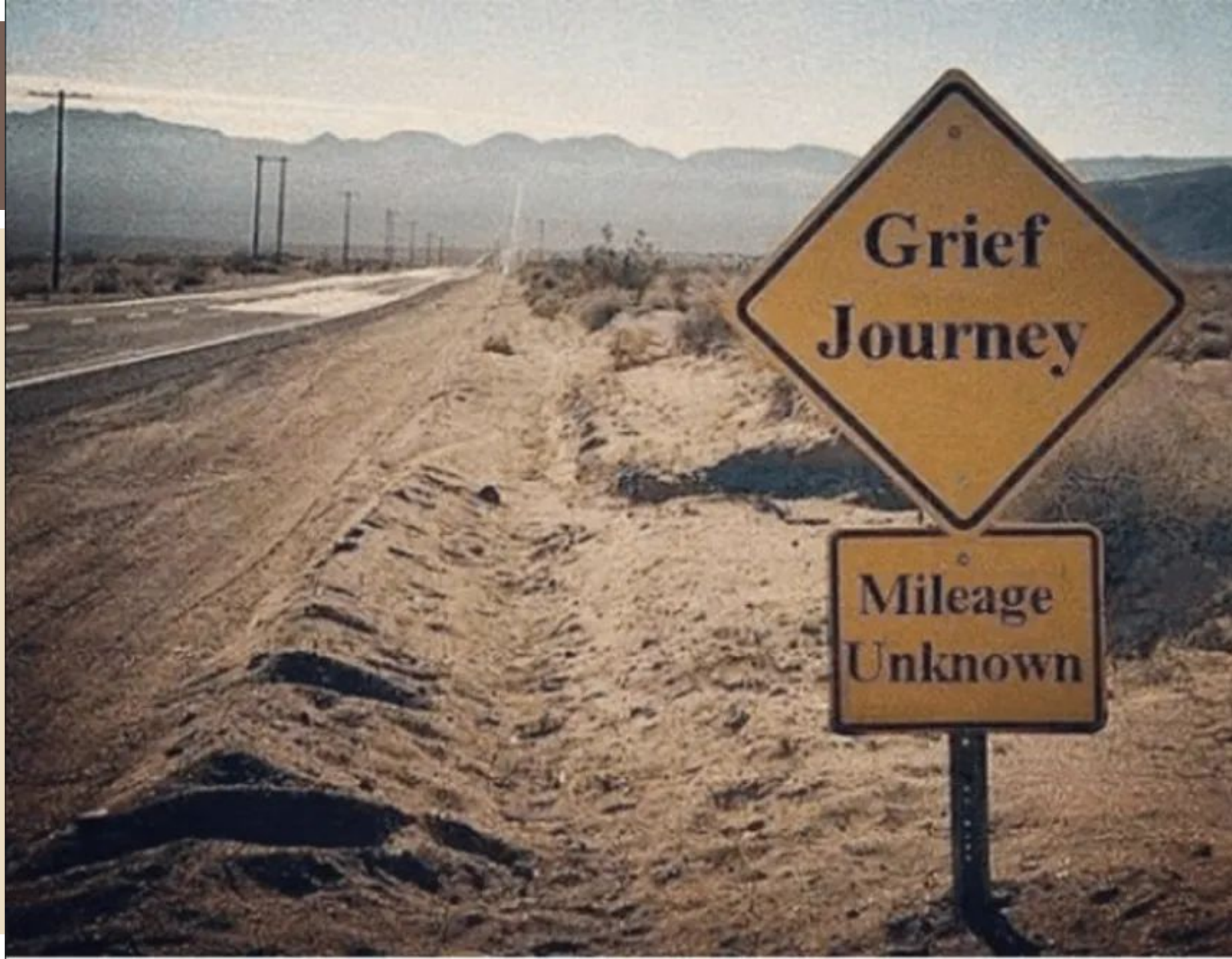
IDEA # 3

**Befriend people
who want the
best for you**



IDEA # 4

**Compare yourself to where
you were in your grief
journey yesterday, not to
where someone else is
today**



**Grief
Journey**

**Mileage
Unknown**

IDEA # 5

Pet a dog (or a cat, I guess...) when you encounter one in the street



BREATHING





**THANK YOU FOR
YOUR ATTENTION!
ANY QUESTIONS?
NO? GREAT!
BYE.**

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