

Practising Well Community of Practice

Grief Medicine: Giving space for acknowledging life's losses

June 22, 2022

The Practising Well Community of Practice is an intentional conversation for shared learning hosted by the OCFP in collaboration with the U of T DFCM. The Practising Well Community of Practice is one component of the **OCFP's Practising Well Program**. You can reach us by email at practisingwell@ocfp.on.ca.

Practising Well is designed to support you in providing the best care possible for your patients with their **mental health, substance use disorders and chronic pain**. It is an active and engaged online community that gives you access to a deep well of knowledge to make your practice easier today, and to improve it in the future.

At the core of Practising Well are three distinct, yet interrelated, parts:

- Community of Practice
- Information Exchange: An easy-to-navigate online repository of information.
- Peer to Peer Connect: An opportunity to partner with another family physician in a one-on-one setting and share experiences and best practices.

General Resources

- Practising Well - <https://www.ontariofamilyphysicians.ca/education/practising-well>
- Ontario College of Family Physicians - <https://www.ontariofamilyphysicians.ca/>

Resources for You and Your Patients

Resource	Source	Link
Grief recovery: How to help a colleague	Canadian Medical Association	https://www.cma.ca/physician-wellness-hub/content/helping-colleague-with-grief
Grieving – where to go when you're looking for help	CAMH	https://www.camh.ca/-/media/files/community-resource-sheets/grieving-resources-pdf.pdf
Grief a lonely place in the health care system	Healthy Debate	https://healthydebate.ca/2017/06/topic/bereavement-complicated-grief/
GriefWords Library	SickKids	https://www.sickkids.ca/en/care-services/support-services/grief-bereavement-resources/griefwords-library/

Resources for Professionals Providing Grief and Bereavement Services During and Following the COVID-19 Pandemic	Ontario Palliative Care Network	https://www.ontariopalliativecarenetwork.ca/sites/opcn/files/2021-03/GriefAndBereavementResourcesCOVID19.pdf
Grief and Bereavement: Information for Primary Care	eMental Health	https://primarycare.ementalhealth.ca/index.php?m=fpArticle&ID=18641
Andrea Warnick	Andrea Warnick Consulting	https://andreawarnick.com/
Helping Teenagers Cope With Grief	Center for Loss and Life Transition	https://bths201.org/east/wp-content/uploads/sites/3/2020/07/Helping-Teenagers-Cope-With-Grief-Parent-Handout.pdf
Anticipatory Grief	Esther Perel	https://www.estherperel.com/blog/anticipatory-grief?utm_source=Klaviyo&utm_medium=campaign&_kx=jIFFYuEMdkwdVQ1q9gRXn13hu2elp4jyhqMDhum5AGk%3D.N5ubDS
Interview with Rachel Naomi Remen where she addresses loss, & challenges physicians face	On Being	https://onbeing.org/programs/rachel-naomi-remen-how-we-live-with-loss/?eType=EmailBlastContent&eld=dea10e54-eb29-4e74-853d-e54dd34aa7e2
Canadian Virtual Hospice	Canadian Virtual Hospice	https://www.virtualhospice.ca/en_US/Main+Site+Navigation/Home.aspx
MyGrief.ca	Canadian Virtual Hospice	https://mygrief.ca/
KidsGrief.ca	Canadian Virtual Hospice	https://kidsgrief.ca/
How do you help a grieving friend?	Megan Devine - YouTube	https://www.youtube.com/watch?v=l2zLCCRT-nE
Refuge in Grief	Megan Devine	https://refugeingrief.com/
Wellspring Cancer Support	Wellspring Cancer Support	https://wellspring.ca/
For Families: When Families Grieve	Sesame Street in Communities	https://www.youtube.com/watch?v=a2VpflpbOmk
Your Compassionate Self	Robin Beardsley	https://yourcompassionateself.ca/meditations/
Facing Our Dark Side	Psychotherapy Networker	https://www.psychotherapynetworker.org/magazine/article/2/facing-our-dark-side

Practices

Resource	Source
Giving and Receiving Compassion	https://self-compassion.org/wp-content/uploads/2020/08/GivingandReceivingCompassion_Neff_01.-cleanedbydanmp3.mp3
Giving and Receiving Compassion	https://chrisgermer.com/wp-content/uploads/2020/11/GivingandReceivingCompassion21.21ckgamplified12-14-14.mp3

Compassion with Equanimity	https://self-compassion.org/wp-content/uploads/2021/08/Compassion-with-Equanimity_Kristin-Neff.mp3
Compassion with Equanimity	https://chrisgermer.com/wp-content/uploads/2020/11/Compassion-with-Equanimity-Germer.m4a

Education

Resource	Source	Link
Peer to Peer Connect	Ontario College of Family Physicians – Practising Well	https://www.ontariofamilyphysicians.ca/education-practice-supports/practising-well/peer-to-peer-connect
Grief Education Certificate	U of T OISE	https://cpl.oise.utoronto.ca/program_certificate/grief-education/
Living with the Legacy of Loss – A somatic approach for working with grief	Academy of Therapy Wisdom	https://therapywisdom.com/living-with-the-legacy-of-loss/#summary
Being here, human	Being here, human	https://www.beingherehuman.com/online-grief-literacy-workshops
The Centre for Prolonged Grief - webinars	The Centre for Prolonged Grief	https://prolongedgrief.columbia.edu/professionals/training/webinars/

Supports for you and those you care about

Resource	Source	Link
Physician Health Program	OMA	https://php.oma.org/
Health Care Provider Resource Site	CAMH	http://www.camh.ca/covid19hwcw