



Grief Medicine

Giving space for acknowledging life's losses

PANELISTS

Dr. Robin Beardsley • Dr. Ramona Joshi • Dr. Chase McMurren

WITH

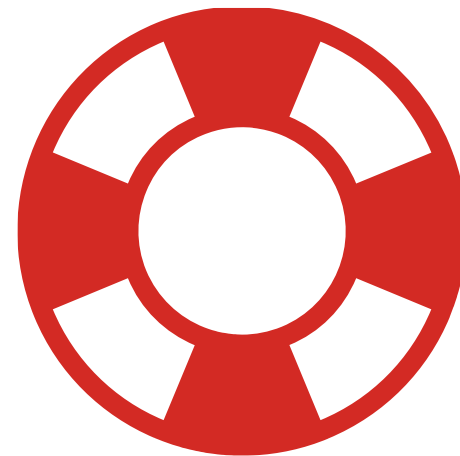
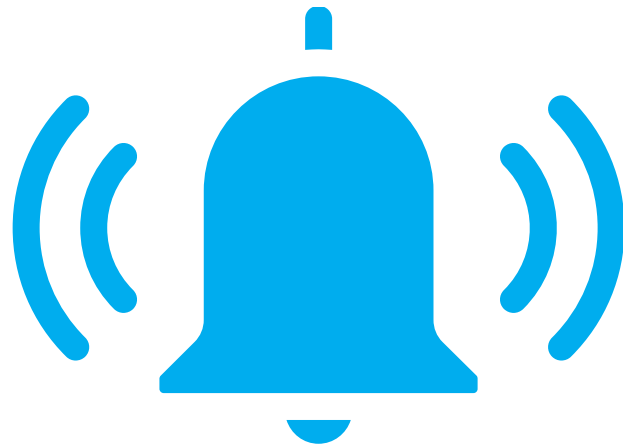
Dr. Javed Alloo • Dr. Peter Selby • Dr. Stephanie Zhou



June 22, 2022

Practising Well: Your Community of Practice

Caring while grieving





We acknowledge that the lands

on which we are hosting this meeting include the traditional territories of many nations.

The OCFP and DFCM recognize that the many injustices experienced by the Indigenous Peoples of what we now call Canada continue to affect their health and well-being. Even today, as we meet in this virtual space for reasons of improving wellness, many Indigenous communities face barriers of access to the internet and the opportunities it brings.

The OCFP and DFCM respect that Indigenous people have rich cultural and traditional practices that have been known to improve health outcomes.

I invite all of us to stay mindful and reflect on this from the territories where you sit or stand today, as we commit ourselves to gaining knowledge, forging a new, culturally safe relationship, and contributing to reconciliation.



Tsista Kennedy

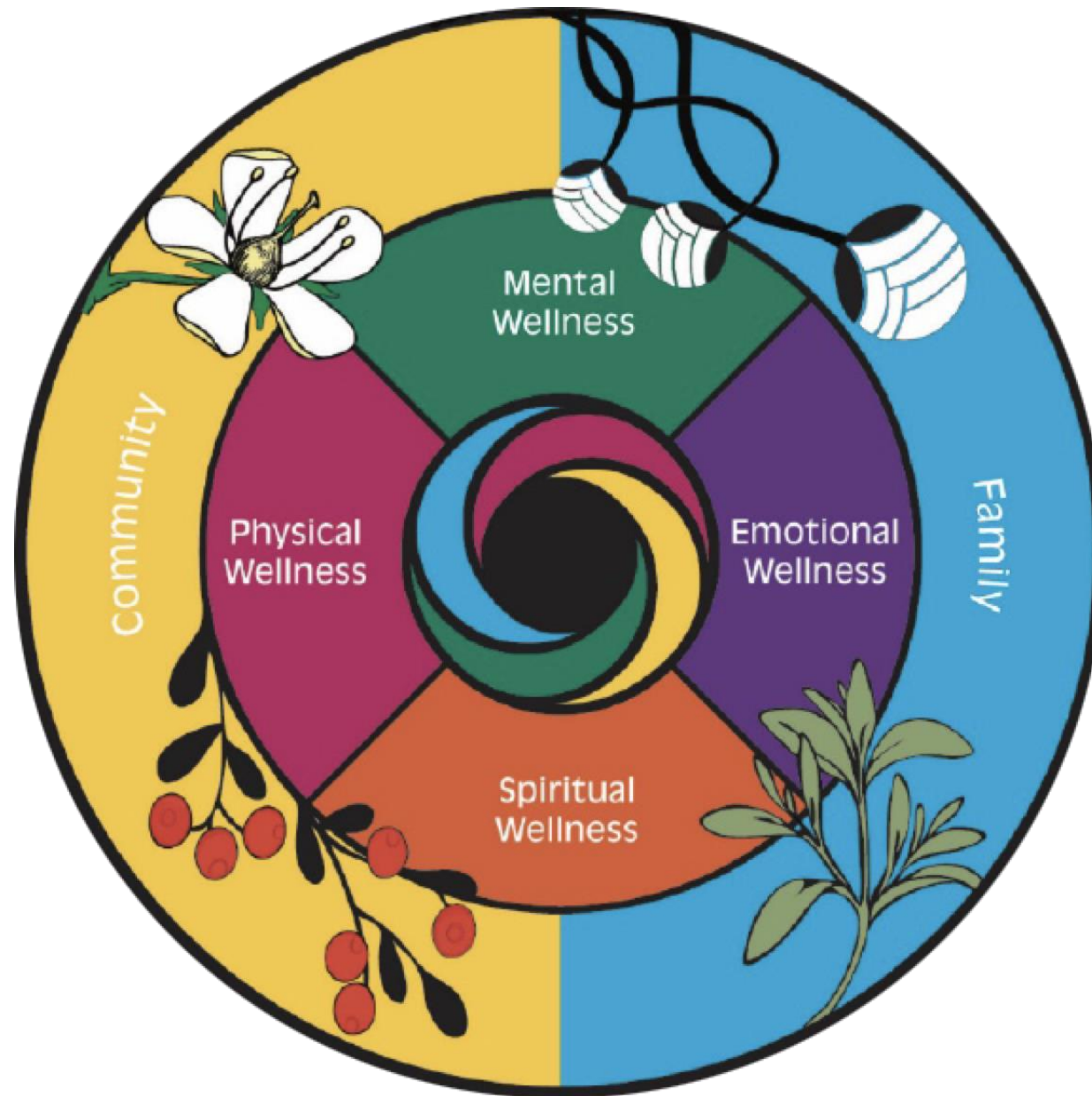
Anishnaabe and
Onyota'aka
Nations,

London, Ontario

<https://www.unitedwaygt.org/issues/what-is-intergenerational-trauma-and-how-do-you-heal-from-it/>

Medicine Wheel

First Nations, Inuit
and Metis Wellness
ECHO at CAMH



Your Panelists: Disclosures



Dr. Robin Beardsley

Relationships with financial sponsors (including honoraria):

- Ontario College of Family Physicians – Practising Well CoP Speaker
- MDPAC – Honorarium for speaking and supervision of Psychotherapy Training Program



Dr. Ramona Joshi

Relationships with financial sponsors (including honoraria):

- Ontario College of Family Physicians – Practising Well CoP Speaker



Dr. Chase McMurren

Relationship with financial sponsors (including honoraria):

- Ontario College of Family Physicians – Practising Well CoP Speaker, SPC Member and Implementation Group Co-Chair
- MDPAC, OMA, CPSO, CEP, U of T – Speaker/facilitator/assessor

Disclosures

Dr. Stephanie Zhou @stephanieyzhou

Relationships with financial sponsors (including honoraria):

- Ontario College of Family Physicians – Practising Well Implementation Group Member
- Canadian Medical Association – Honoraria for practice management lectures
- Habitat for Humanity GTA – Board of Directors member

Dr. Peter Selby @drpselby

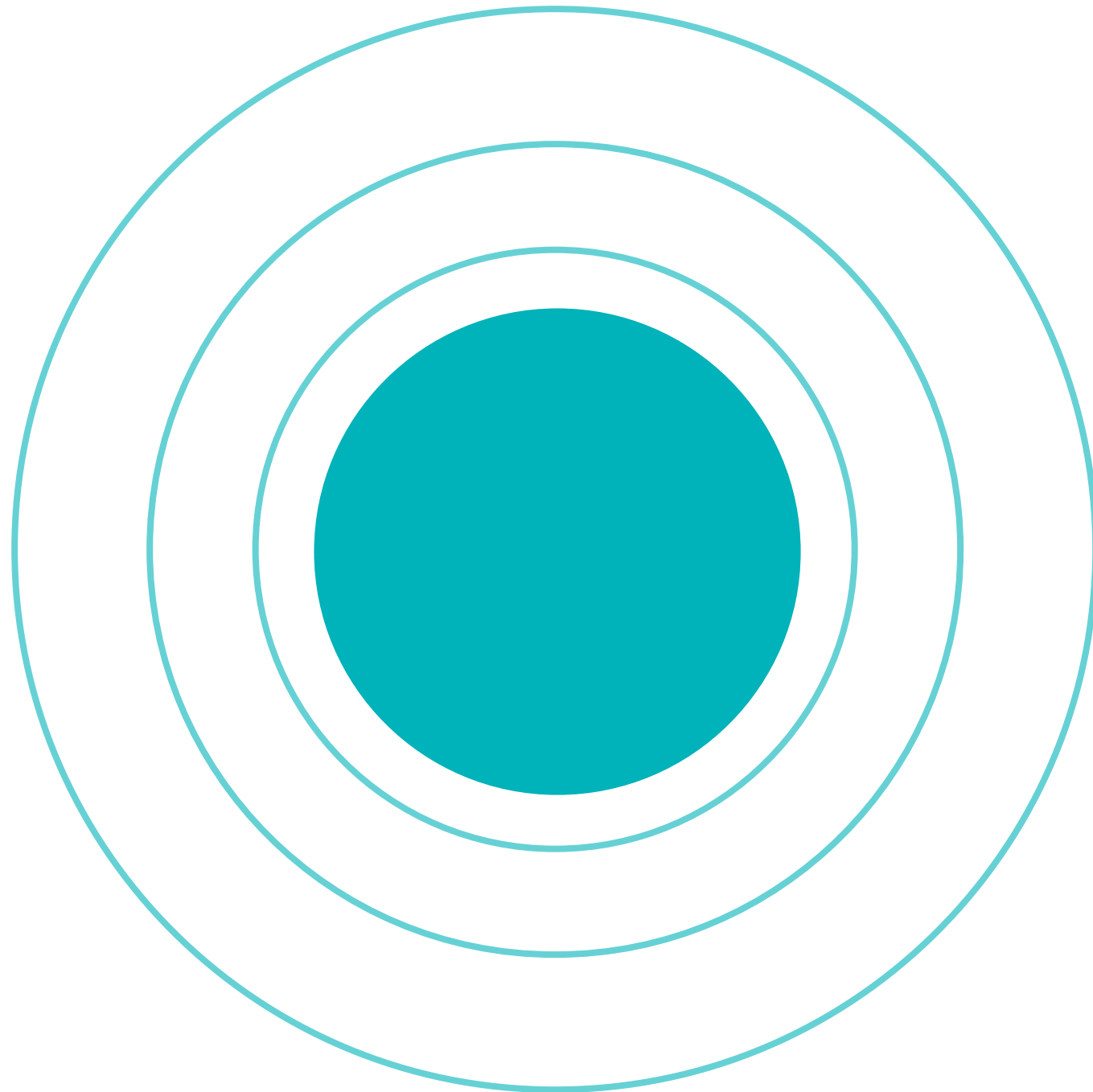
Relationships with financial sponsors (including honoraria):

- York Region, CAMH, ECHO, ASAM, FAME, Local CHC, Veteran's Affairs Canada
- Advisory Board/Speaker's Bureau: Canadian Centre on Substance Use and Addiction, CCO, ECHO Ontario, MOHLTC, CAMH – Medical Advisory Committee, Dalla Lana (U of T) – Youth Vaping Cessation
- Other: Pfizer Inc., Johnson & Johnson, Novartis

Dr. Javed Alloo @javedaloo

Relationships with financial sponsors (including honoraria):

- College of Family Physicians of Canada, Centre for Effective Practice, Ontario Medical Association, Section on General and Family Practice, Centre for Addiction and Mental Health, Trillium Hospitals, Memotext, Canadian Partnership Against Cancer, Ontario College of Family Physicians – Practising Well SPC
- Grants/Research Support: Canadian Institute of Health Research, U of T
- Speakers Bureau/Honoraria: Novo Nordisk Canada, Boehringer Ingelheim, Lupin, Astra Zeneca, Roche, Novopharm, Eli Lilly





Grief Medicine: Giving space for acknowledging life's losses

You raised important questions we'll try work through together today:

1. How do we define complex or prolonged grief?
2. How can we raise issues of unresolved grief with patients, especially for historical losses?
3. What are some resources to help patients dealing with grief?

And other questions you add in the Q&A box... 

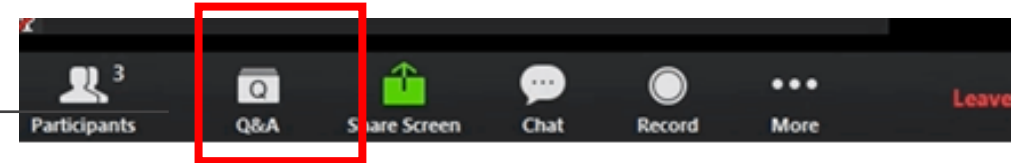
How to Participate



Q&A

Use the Q&A window to ask questions to the panelists; some questions will be answered verbally and some answers will be written directly in the Q&A window.

Click “thumbs up” to up-vote questions you see on the list, to make sure they’re answered



Q&A

All questions (1)

My questions

Lee 01:54 PM

Will there be a follow-up session?

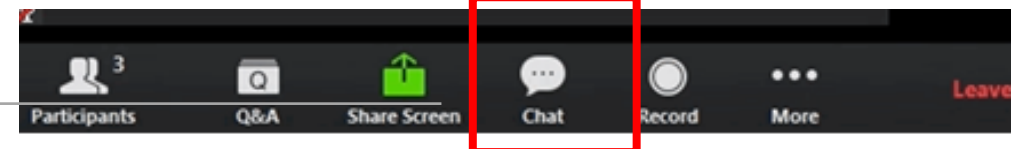


Comment



Chat

Use the chat to share reflections or resources.



Please introduce yourself in the chat!

Your name,
Your community,
Your twitter handle



@OntarioCollege
#PractisingWell

Grief as part of medicine, and life.



That Discomfort You're Feeling Is Grief

by Scott Berinato

March 23, 2020



Make Space for Grief After a Year of Loss

by Gianpiero Petriglieri

December 21, 2020



Illustration by Michal Bednarski

Your Colleague Is Grieving. How Can You Help?

by Sonika Bakshi

October 07, 2021



HBR Staff/Getty Images/Aleksei Morozov

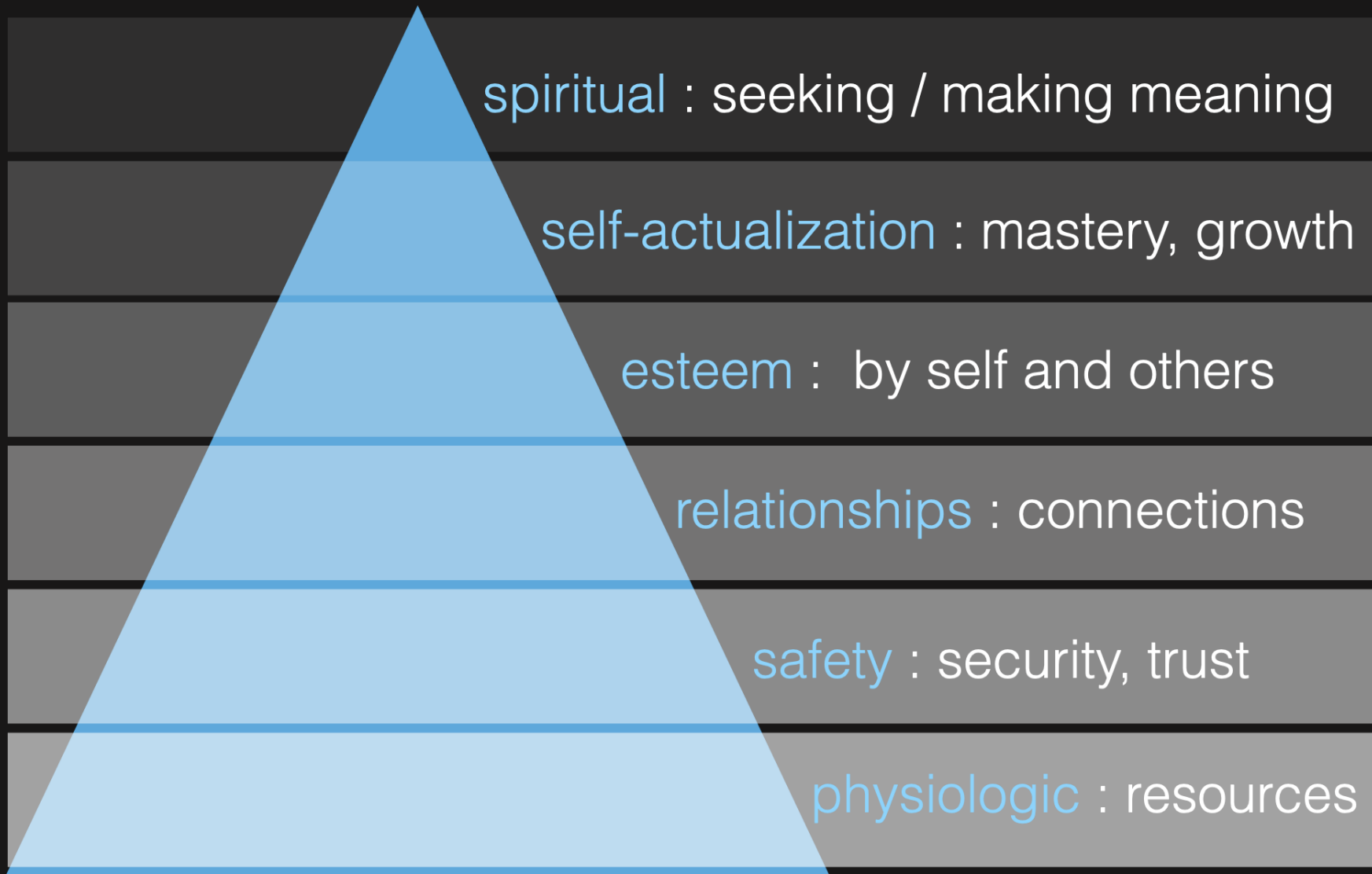
Grief Has Engulfed the Learning Environment. Here's What Can Help

A field guide to grief-responsive teaching

By Brittany R. Collins — January 14, 2022 | 5 min read



How to navigate grief in the post-pandemic workplace



Maslow's hierarchy of needs

Grief as an adaptive process

2021



“WandaVision is...like superhero complicated grief.”

<https://www.pallimed.org/2021/04/what-is-grief-if-not-love-persevering.html>



Your Panelists



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Kanata, ON



Dr. Ramona Joshi

Toronto, ON



Dr. Chase McMurren

Toronto, ON

Empathy and Compassion

Joan Halifax, Kristen Neff, Chris Germer

Empathy

- “I can feel what you are feeling”-from my shared experiences
- I can resonate with what you are feeling
 - Cognitively, emotionally and physically
- We can be affected or “infected” with their pain
- No separation of self and other
- Leads to Empathic Distress and possible Burnout

Compassion

- “I am with you”
- I can hold the intense feelings with you and bring in kindness and support
- I can separate my experience from yours-this requires attunement with ourselves
- Awareness of own experience with cognitive perspective
- Sympathetic concern with an ability to discern self from other

Differentiating between Empathy and Compassion with another

Empathic Responses

- ▶ Can lead to disclosure-Sharing some of your experience
- ▶ I have felt what you have or I can really see why you would feel that way
- ▶ Reliving your own experiences as your patient is sharing their experience-often unaware
- ▶ We can feel what they feel
- ▶ Open Heart, may lead to empathic distress and be unable to differentiate what is yours and what is mine

Compassionate Responses

- ▶ Silence
- ▶ We can connect with their pain, and hold our experience of this without getting drawn in or overwhelmed
- ▶ We can maintain perspective
- ▶ "I'm here with you"- Sense of groundedness or centred
- ▶ "I can hold this while we sit together" or a sense of I can tolerate or be with your big emotions"
- ▶ Strong Back, Open Heart

Core Components of Self-Compassion



Yin and Yang of Self-Compassion

YIN - Healing energy

Comforting
Soothing
Validating

Holding ourselves and our pain
in Tenderness
Feeling Safe and Connected
while doing this

Too much Yin->Complacent



YANG- Active energy

Protecting
Providing
Motivating

Taking action for ourselves- qualities of
courage and empowerment
Fierce Compassion- Loving and
Protecting- with good boundaries

Too much Yang-> aggressive

Mindful Self Compassion –Kristen Neff and Chris Germer

Mindfulness and Self Compassion

▶ **Mindfulness**

- ▶ Aim is to accept *experience* in present moment-this is how it is and can be applied to any experience- positive , negative or neutral

- ▶ “*Feel your suffering with spacious awareness and it will change*”
- ▶ “What do I know?”

▶ **Self Compassion**

- ▶ Aim is to focus on the *experiencer*, coupled with the wish to to alleviate suffering, desire to do something

- ▶ “*Be kind to yourself in the midst of suffering and it will change*”
- ▶ “What do I need”

If use compassion alone to make pain go away- can lead to spiritual avoidance, resistance

Both aims have to be held together

MATURE expression of mindfulness and compassion

BURNOUT- EMPATHIC DISTRESS

- ▶ Empathic Resonance->Empathic Distress->feel another's suffering as our own
- ▶ Cope by working harder, trying to fix, caretaking->**Exhaustion**
- ▶ "Getting angry" or by "distracting ourselves"-**Cynicism, Resentment**
- ▶ What we resonate with becomes hard to separate- can overwhelm us and activate our threat response system

Fight-

Moral Outrage- respond with anger or disgust; become irritable and critical of ourselves for not being able to help or cope - feel resentment toward others for them not being able to change

Flight-

Moral Avoidance- may avoid certain topics, compartmentalize, withdraw

Freeze-

Moral Apathy- may become numb to pain and suffering, become unable to feel- may feel like you don't care anymore-
>**Depersonalization**

Decreased Job/Life Satisfaction-Joan Halifax-Standing at the Edge- 2018

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Toronto, ON

Resources

Tools



Links to resources shared today will be sent to participants following the session.

Resources

Practices

Giving and Receiving Compassion

https://self-compassion.org/wp-content/uploads/2020/08/GivingandReceivingCompassion_Neff_01.-cleanedbydanmp3.mp3

<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

<https://chrisgermer.com/wp-content/uploads/2020/11/Compassion-with-Equanimity-Germer.m4a>

Resources

Websites

Wellspring Cancer Support

<https://wellspring.ca/>

Canadian Virtual Hospice

https://www.virtualhospice.ca/en_US/Main+Site+Navigation/Home.aspx

MyGrief.ca

<https://mygrief.ca/>

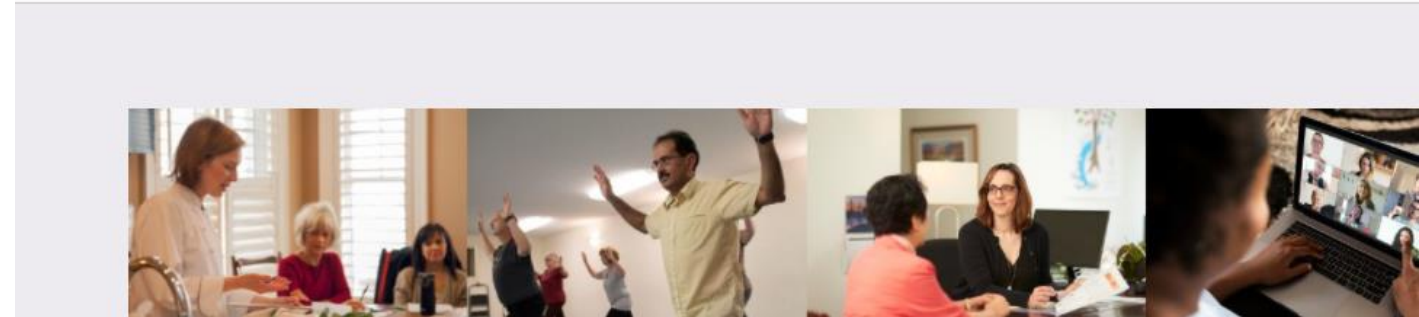
KidsGrief.ca

<https://kidsgrief.ca/>



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Topics

Support

For Professionals

CaringTogether.life

Compassion • Support • Understanding

If you are:

Resources

Websites

Anticipatory Grief – Esther Perel

https://www.estherperel.com/blog/anticipatory-grief?utm_source=Klaviyo&utm_medium=campaign&_kx=jIFFYuEMdkwdVQ1q9gRXn13hu2elp4jyhqMDhum5AGk%3D.N5ubDS

Refuge in Grief

<https://refugeingrief.com/>

Interview with Rachel Naomi Remen – On Being

<https://onbeing.org/programs/rachel-naomi-remen-how-we-live-with-loss/?eType=EmailBlastContent&eld=dea10e54-eb29-4e74-853d-e54dd34aa7e2>

Esther Perel

ARTICLES

PODCAST

SHOP

FOCUS ON ▾



It's OK to not be OK.

When life explodes into a million little bits, you don't need platitudes. You don't need cheerleading. You don't need to pretend everything happened for a reason.

Some things cannot be fixed. They can only be carried.

I'M GRIEVING SOMEONE I KNOW IS GRIEVING

Resources

Videos

How do you help a grieving friend?

<https://www.youtube.com/watch?v=l2zLCCRT-nE>

For Families: When Families Grieve (Sesame Street)

<https://www.youtube.com/watch?v=a2Vpflpb0mk>



Resources

For you and your patients

Grief recovery: How to help a colleague (CMA)

<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>

<https://www.camh.ca/en/health-info/mental-health-and-covid-19/loss-grief-and-healing>

GriefWords Library (SickKids)

<https://www.sickkids.ca/en/care-services/support-services/grief-bereavement-resources/griefwords-library/>

Seasons Centre for Grieving Children

<https://www.grievingchildren.com/>

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>

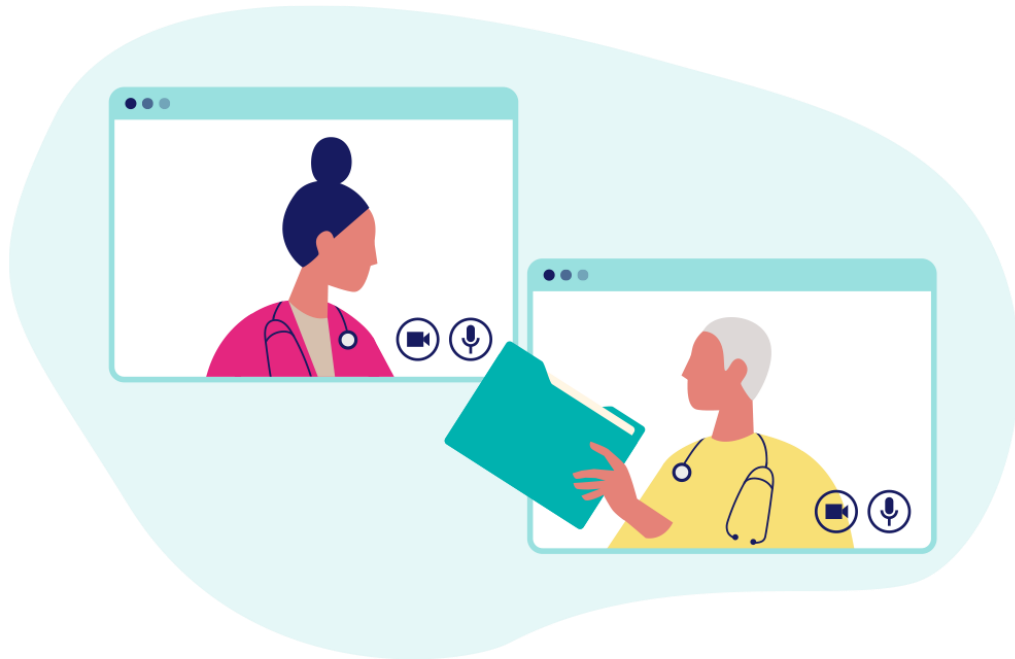
Resources

Education



Links to resources shared today will be sent to participants following the session.

Peer to Peer Connect



A way for you to partner with another family physician, one-on-one or in a small group for educational support.

Join us on Monday, July 18 from 6:00 to 7:00pm to learn more about the opportunities available and to participate in a discussion on Yoga Nidra with Dr. Marcia Kostenuik.

[Register Now](#)



Contact us!
practisingwell@ocfp.on.ca



<https://www.ontariofamilyphysicians.ca/education-practice-supports/practising-well/peer-to-peer-connect>

Resources

Education

Grief Education Certificate (U of T) 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

<https://www.beingherehuman.com/online-grief-literacy-workshops>



FMS 2022

FAMILY MEDICINE SUMMIT

Knowledge for the Now

Dozens of on-demand sessions, including:

- **Long COVID:** Treating The Lingering Symptoms Of COVID-19
- Building **Equity, Diversity And Inclusion** In Medicine
- **Breastfeeding Basics:** Practical Tips To Support Lactation
- Drugs Of Abuse: The New Kids On The Block (**This Ain't Your Grandma's Marijuana**)
- Shifting The Conversation: Social Prescribing
- **Concussions** Are Still A Thing

... and many more.

Register Today!

- **Learn on your time** – on demand to **July 31, 2022**
- **Learn and earn** – up to 60 Mainpro+® credits
- **Learn for today's challenges** – practical tools and resources

[OCFPSummit.ca](https://ocfpsummit.ca)

Resources

Supports



Links to resources shared today will be sent to participants following the session.

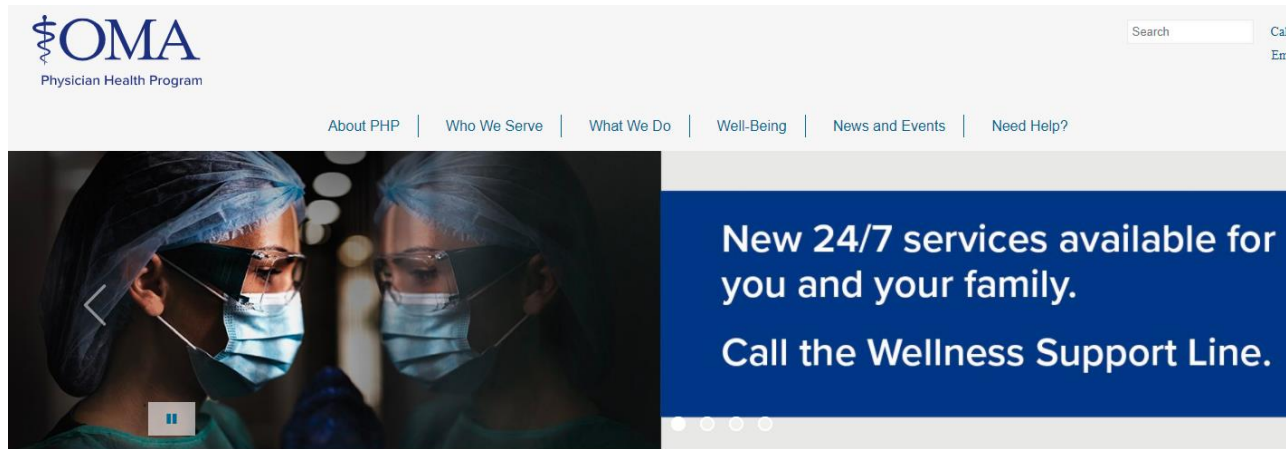
Resources

Supports

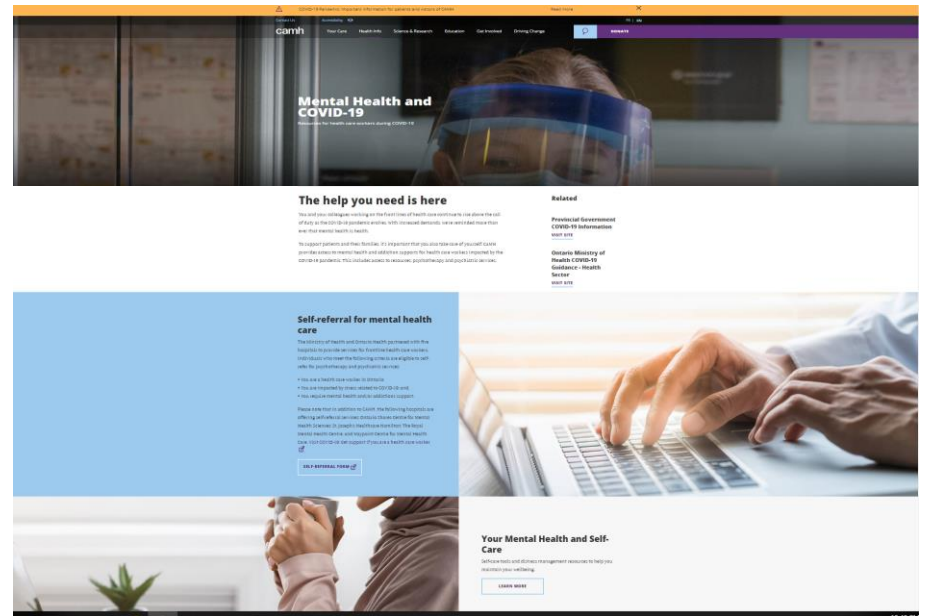


OMA Physician Health Program

<https://php.oma.org>



Centre for Addiction and Mental Health
Health Care Provider (HCP) Resource Site
<http://www.camh.ca/covid19hcw>



Support for you and those you care about.

Resources

Supports



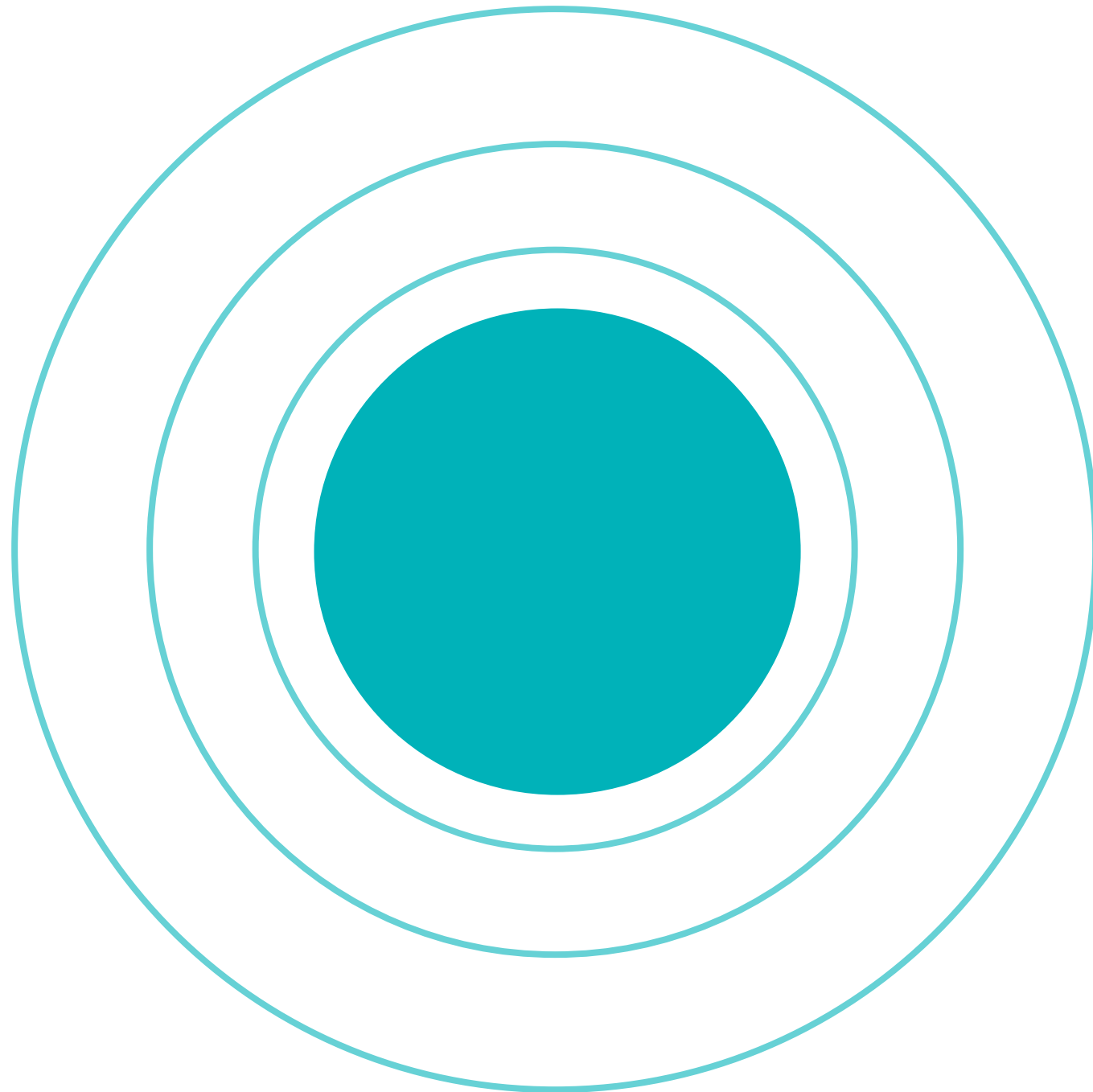
- PARO 24/7 Helpline for Residents, Family Members, Medical Students
- 1-866-HELP-DOC



- <https://www.ontario.ca/#support-health-care-worker>
 - Self-led / With peers / Talk to a clinician
- [Ontario Shores Centre for Mental Health Sciences, Whitby](#)
- [St. Joseph's Healthcare, Hamilton](#)
- [The Royal Ottawa Mental Health Centre, Ottawa](#)
- [Waypoint Centre for Mental Health Care, Penetanguishene](#)
- [Centre for Addictions and Mental Health \(CAMH\), Toronto](#)



- ECHO Coping with COVID
 - for health providers (educational credits)
 - Fridays 2-3pm EST
- <https://camh.echoontario.ca/echo-coping-with-covid/>



Compassion with Equanimity

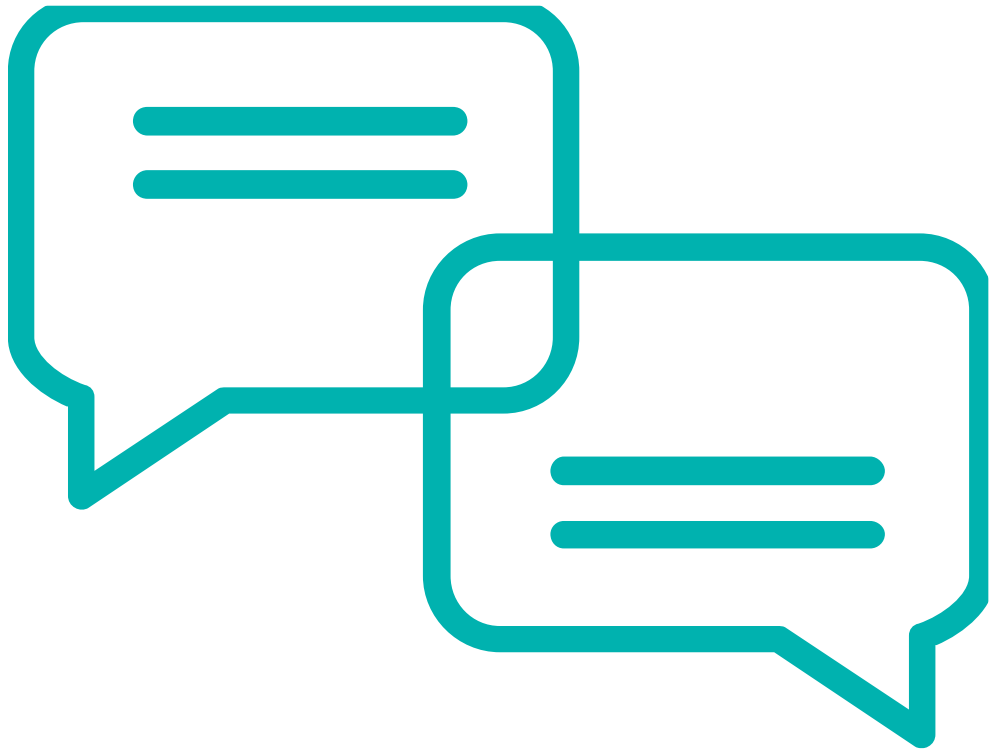


Everyone is on their own life journey
I am not the cause of this person's suffering
Nor is it entirely within my power to make it go away
Even though I wish I could
Moments like this are difficult to bear
Yet I may still try to help if I can

May I remember I make a difference

Mindful Self Compassion –Chris Germer & Kristen Neff

Robin Beardsley- yourcompassionateself.ca



One thing you might do differently when supporting a friend, colleague or patient who is grieving?

Upcoming Community of Practice

Supporting patients amid an opioid epidemic
With Drs. Lisa Bromley, Kate Lazier and Joel Voth

July 27, 2022
8 a.m. – 9 a.m.

Register Now

practisingwell@ocfp.on.ca



This one-credit-per-hour Group Learning program has been certified by the College of Family Physicians of Canada and the Ontario Chapter for up to 1 Mainpro+ credit. The Practising Well Community of Practice includes a series of planned live, interactive sessions. Each session is worth 1 Mainpro+ credits, for up to a total of 24 credits.

Thank You!

Please help us make these sessions better by filling out the evaluation you'll receive by email shortly.

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Please email practisingwell@ocfp.on.ca with your 6-digit CFPC number
(Hint: Your CFPC # begins with a "6").