

Healthy Grieving for Nurses

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1



No Disclosures


2

Objectives

1. Explore grief stages and responses
 2. Discuss how grief intersects with our work
 3. Know what helps when grief is present
 4. Identify when additional resources are needed
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3

What is Grief?

- Grief is Apocalyptic.
 - Every death that touches our lives brings about the end of the world as we knew it. The world we have always known held us with our loved one. Then, suddenly, the world that held us both ends, and we are left with the new world - the world that holds our beloved no longer. It can be hard to see ourselves in this new world. We are left with the task of learning to love them in their absence, *to the same measure* that we loved them in their presence. That learning is called "grief." It takes a lifetime, and each step we take in that learning process is another step into the new world.
- Grief is non-linear.
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- Grief is inevitable.
 - 'Tis a fearful thing
to love what death can touch.
A fearful thing
to love, to hope, to dream, to be –
to be,
And oh, to lose.
A thing for fools, this,
And a holy thing,
a holy thing
to love.
For your life has lived in me,
your laugh once lifted me,
your word was gift to me.
To remember this brings painful joy.
'Tis a human thing, love,
a holy thing, to love
what death has touched.
– Yehuda HaLevi

4

Grief in Healthcare

- No person is exempt from grieving
- Grief is not the mark of an unskilled healthcare worker
- Anticipatory Grief, Secondary Grief, and Compassion
- Grief in our personal lives vs professional lives

5

What helps?

- 3 Questions
 - What has been lost?
 - What Remains?
 - What is still possible?
- 5 Things to Say (when saying “goodbye”)
 - I am sorry for...
 - I forgive you for...
 - I’m going to miss...
 - I love you
 - Goodbye
- Creativity vs Despair
- Nature and Nurture

6

Resources

- When you need support:
- EAP

Kacy VonRuden, MA, LMFT (she/her)

EAP Consultant | Allina Health

Onsite Hours: Monday – Wednesday 8:30am-5:00pm

Click here to make an appointment with me: [Appointment Link](#)



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- Employee Occupational Health
- Spiritual Care