

Grief, Trauma & Children

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Camp MAGIK



Grieving Process

- ▶ Entails working through thoughts, memories and emotions surrounding the loss



Childhood Traumatic Grief – CTG

- CTG definition – PTSD symptoms interfere with the child's ability to move through the grieving process
 - May be objectively viewed as a traumatic death or viewed by the child as traumatic
 - PTSD symptoms
 - Intrusion
 - Avoidance
 - Hypervigilance
- Signs:
Clinginess, nightmares, lack of concentration, regression, aggressiveness, repetitive play mimicking trauma, withdrawal, nausea, headaches



Camp's Intervention Agenda

- ▶ Build trust among campers through physical and other activities
- ▶ Treat PTSD symptoms
- ▶ Address grief symptoms
- ▶ Alternate physical camp activities with therapeutic sessions



Trust and Team Building



Therapeutic PTSD Interventions

Stress Inoculation Techniques (SIT)

Breathing exercises

Relaxation and guided imagery

Self talk – thought stopping
and coping statements

Education

Safety statements

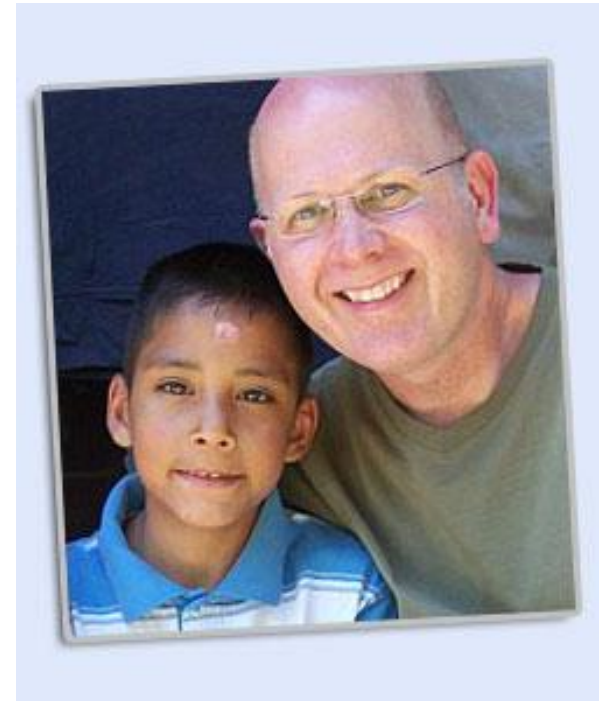
Exposure

Feeling identification and
normalization

Cognitive restructuring

Coping skills

*“I got to talk about it and got it
out”*



Traditional Camp Activities

Canoeing, talent show, archery

“I liked the canoeing. We did it as a team, so everyone was doing their own work”

“The talent show helped. I am more confident than I used to be”



Therapeutic Grief Interventions

Memory pillows, balloon release, memorial service

"When we were able to send our message from the balloon I told my dad that I love him, and that I'm sorry for everything that I ever did."

"The thing I remember most is the candle lighting ceremony, mostly because I had not really cried for him...that was the first time I really felt"



“It helped me, like, I am not alone”

