Bereavement and grief, and the profound impact they can potentially have, can go unrecognised in people with learning disabilities. Here, Sue Read and Claire Bowler describe how life story work, which encourages individuals to reflect and take stock of life experiences, can be used to support a client through loss.

Supporting a person who has a learning disability with issues relating to loss and bereavement often challenges carers and counsellors alike as they seek creative approaches that help them to engage fully with the individual. Life story work is an approach that is being used increasingly with people with learning disabilities generally, and in this article is used to support the bereavement counselling and support process. The authors reflect on how life story work can help the bereaved to take stock and construct a personal transcript of their lives, which often includes the loss of those closest to them. Although the product itself is beneficial, the process is invaluable. As a therapeutic tool it can nurture an empathic relationship within which the person can identify aspects of their life (sad, happy or indifferent) upon which to reflect, share, explore and record in various creative and accessible ways.

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Reflections on Loss, Tragedy, and Bereavement: An Interview with Esther Kaplan.

Update: 2018-03-19. Share. Description. Esther Kaplan (née Wolbe), along with her husband AJ, experienced the worst nightmare parents can undergo when their adorable and perfect son Shlomo passed away only 16 weeks into his life. In this intimate and stirring conversation Esther...

Comments. In C Life story work is a psychotherapeutic technique, most often used in social work intervention with children and adults designed to recognise their past, present, and future. It is a structured approach to recording and understanding the details of a person's life to enable them to develop strategies to deal with the aspects of their past that are difficult for them.

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