

Grief & Trauma

Psychoeducational Group Workbook

Program Developer Note: This group curriculum and workbook were created by Brooke Holloway to support clients in understanding grief and trauma, building regulation skills, and strengthening coping and support systems.



Welcome

This workbook is yours. Use it to take notes, try skills, and build a plan that fits your life. You can share as much or as little as you want in group. Healing is not a straight line.

Group Safety & Agreements

- Confidentiality: What is shared in group stays in group (with standard safety exceptions).
- Choice: You can pass at any time. You are in charge of your story.
- Respect: No judging, fixing, or interrupting.
- Pace: We do skills first, story second. We do not push flooding.
- Care: If you get overwhelmed, use grounding, step out, or ask for support.

If you are in immediate danger or feel unsafe: call 911 or go to the nearest emergency room. If you are having thoughts of self-harm, you can call or text 988 (Suicide & Crisis Lifeline).

Personal Goals for This Class

Write 1-3 goals you hope to get out of the group:

8-Week Class Overview

Week	Focus
Week 1	Orientation, safety, and what grief/trauma do to the brain and body
Week 2	The nervous system: fight/flight/freeze/fawn and the Window of Tolerance
Week 3	Grounding skills and body-based calming (breath, senses, movement)
Week 4	Triggers, reminders, and building a coping menu
Week 5	Grief: myths, tasks of mourning, and complicated grief
Week 6	Thoughts and meanings: challenging unhelpful thinking (CBT skills)
Week 7	Relationships, boundaries, and support systems
Week 8	Making a plan: relapse prevention, hope, next steps, and closure

Quick Check-In Template (use each week)

Today I'm feeling... / What I need most right now...

Grounding & Regulation Skills

Skills are repeatable. The goal is to help your body feel safer, even when your mind is loud.

Try These (circle the ones you like)

- 5-4-3-2-1 senses (name 5 things you see, 4 you feel, 3 you hear, 2 you smell, 1 you taste)
- Paced breathing (inhale 4, exhale 6) for 2-3 minutes
- Temperature change (cold water on face/hands, hold an ice cube)
- Grounding statement: "Right now, I am safe. Today is _____. I am in _____."
- Muscle squeeze-release (hands, shoulders, feet)
- Orienting: slowly look around and name neutral objects

My Go-To Grounding Plan

When I notice I'm overwhelmed, I will try:

Empty rectangular box at the top of the page.

Thoughts, Meanings, and Self-Talk (CBT Tool)

Situation	Feelings (0-10)	Automatic Thought
Evidence For	Evidence Against	More Balanced Thought
New Feeling (0-10)	Next Helpful Action	

Support Map & Boundaries

This page helps you name safe people and safe places.

Safe People	Safe Places
Professional Supports	Spiritual / Community Supports

Boundary Script

"I care about you, and I'm not available for _____. I can _____."

My Safety & Next Steps Plan

Having a plan helps during hard moments.

Early Warning Signs

What tells me I'm starting to spiral?

What Helps (Top 5)

Skills, people, routines that help me most:

Who I Will Contact

Name / number / how to reach them:

My Reasons to Keep Going

Write 3-5 reasons (people, values, hopes):

Class Reflection & Resources

What changed for me during these weeks?

Skills I'm taking with me:

Resources

988 Suicide & Crisis Lifeline (call/text).

911 Emergency services.

For additional support, ask your facilitator for local resources and referrals.