



The Grief Recovery Method®

by The Grief Recovery Institute®

The Grief Recovery Method (GRM) Information Sheet

Grief does not need to be fixed because nothing is broken.

Grief is the normal and natural emotional response to change or loss of any kind – death, divorce, moving, financial changes, health changes, relationship changes, loss of safety/trust/faith, and so forth. Grief is the result of unmet hopes, dreams and expectations and intangible losses such as safety, trust, security, respect, faith, and hope. Grief is universal. All of us have experienced grief throughout our lives because of many changes and losses, but we have not been well prepared to handle, manage or recover from the emotional impact.

Just as our grief is universal, the ineffective ways of dealing with it are also universal. **We learn about grief as children then model how the adults in our young life addressed and managed their own grief.** This is not exclusive to household adults but also teachers, clergy, coaches, counselors, and media personalities.

Intellect does not help – but instead is harmful.

Grief is an emotional response and yet, all too often we try to ease our grief by using intellectual tools and if it's not us, it's loved ones around us attempting these tactics. We try to "figure it out," "solve it" or "understand it". The GRM provides emotional tools for doing the work and putting down the intellectual/unhelpful tools.

How does the GRM help achieve Recovery?

The **GRM is a step-by-step, action program** for unlocking and respecting the emotional experience of our grief, both the immediate or presenting grief and those that may have been holding us captive for years. Often, the most recent or presenting loss is actually made more difficult by related **experiences from our past which were not recognized or addressed at the time adding weight to that resulting from the current loss.**

The program works breaks down the seven sessions into two segments:

1. Exploring and deconstructing ineffective tools we've been taught; identifying why these aren't effective.
2. Introducing and demonstrating new tools that are helpful across a wide array of losses.

At every step the griever is respected, listened to and heard without judgement or analysis. The griever is supported in identifying and giving voice to the diverse emotions that accompany the full extent of the loss. Once the GRM program is completed for one loss, it can be used over and over again, to address other past losses, and to help more quickly address new losses.

The GRM differs from other grief support programs.

- GRM is an action-based program not just talking but doing something about the pain.
- Weekly engagement involves reading and writing assignments as outlined in *The Grief Recovery Handbook*.
- A time-limited program with a set number of sessions, depending on whether one is working the program alone or in a group. If done in the group format, it is not a “drop in” group, meaning that those who participate are there throughout the entire program, to help build the sense of safety and trust.
- Facilitated by a Grief Recovery Specialist, Certified by the Grief Recovery Institute. Specialists are trained to deliver the GRM and have experience in working with a variety of types of loss, and people from all walks of life with a deep desire to help grieving people.
- Shared for 40 years, on six continents, with the book having been translated into over 20 languages.

The GRM program is an Evidence-Based Program!

The GRM is an evidence-based program, having documented statistically significant improvements in knowledge, attitudes and behaviors related to grief: <https://www.griefrecoverymethod.com/evidence-based>.

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