

## Week #9

### More Aspects Of The Withdrawal-Confusion Phase

**Extra Support** - Ideally, a card, phone call, or a visit should take place every 3 months for the next 2 years.

During this stage, people do not need or benefit from spiritual and psychological insights or teaching. Their emotional state interferes with the information.

**Good Organization** - Our task is to restore equilibrium for the person. Provide assistance for routine responsibilities.

The best approach is to listen, reassure, encourage, and reflect. These lower anxiety, guilt, and tension, and provide emotional support.

**Self-pity** - which manifests itself as confusion.

Making significant decisions during this time, especially in finding and marrying a new spouse, is not wise. The person is not ready for this, since the loss has not been fully released.

### **Counseling Guidelines**

Crisis Counseling is not therapy. However, these three things will be helpful:

- Keep questions and statements short

- Ask only one question at a time

- Let them tell their story.

### **Verbal Effects**

In crisis, our words, tone of voice, and even off-hand comments can calm trauma victims or spiral them into worse anxiety. **When you don't know what to say, don't!** For more information, go to the Georgetown Bible Church website, click on Get Help, How Can We Help, and then Caring for Those Who Hurt.

Next Week: Verbal First Aid