

# **Resource Guide for Bereavement Support, Counseling and Therapy**

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*In keeping with the Lebanon Presbyterian Church (LPC) vision of Loving People to Christ, Rev. Randy Fannin, Director of Pastoral Care, guides church Deacons and other volunteers in programs of support for church members and the larger community. For example, a small group series is offered to support bereaved adults after loss of a loved one. This resource guide is intended to serve as a link to additional bereavement/grieving resources in the community for group members as well as any interested persons.*



**When deciding to explore bereavement counseling, (continuing or initial), there are several components to consider to achieve the most effective choice.**

- **Provider credentials (coach, counselor, therapist)**

Professionals typically describe themselves as [grief coaches](#), [grief counselors](#) or [grief therapists](#). The important issue is finding someone with whom you can relate and feel assured that assistance with current challenges is the priority. If you are really struggling or suffering, the next step likely is to explore working with a counselor or therapist. While some try to make sharp distinctions among these three terms, they are all approaches along a continuum, with many overlaps. People who are therapists or counselors tend to have more educational qualifications than coaches. Counseling and psychotherapy are umbrella terms that cover a range of talking therapies, delivered by trained practitioners who work with people over a short or long term to help them bring about effective change or enhance their wellbeing. Coaching tends to be more focused on the here and now, helping you to have and implement a plan for moving forward.

- **Group or Individual Counseling**

There are many kinds of groups, including those with people who have been through the same kind or similar experience. These can be very helpful. Other kinds of groups may be able to lend strategies and support, and help you to see that what you are experiencing is not strange or crazy, but a natural reaction to what you have experienced. Most importantly, you should feel uplifted and better after attending a support group. If you are feeling worse, feeling despair or uncomfortable, then the group is probably not for you, seeking another group or a counselor who can provide one-on-one help is likely a better choice.

- **Cost of services**

Costs may range from no fee to a fee scale specific to the individual provider. Insurance coverage may be accepted. It is important to clarify questions about fee requirements before initiating services.

- **Complicated or multi-layered bereavement circumstances**  
If grieving circumstances are complicated or multi-layered, they may require a specific focus group or individual therapy, as well as specific skill and experience of counselor/therapist. (Ex. Loss due to suicide or homicide or other sudden loss)
- **On-line grief counseling services may be a benefit to some persons**  
Talking about difficult subjects may be easier when the person you are talking to is *not* part of your immediate community. The convenience of receiving counseling on your own time and in your own home may be desirable.



## Resources by Category

### Group and/or Individual Counseling/Therapy

- [Psychologytoday.com/us/therapists/grief/oh/warren-county](http://Psychologytoday.com/us/therapists/grief/oh/warren-county)
- Hospice of Dayton, Pathways of Hope - (1-800-653-4490; group and individual)  
[www.hospiceofdayton.org/caregiver-support/grief-support](http://www.hospiceofdayton.org/caregiver-support/grief-support)
- Hospice of Cincinnati 513-891-7700  
[info@hospiceofcincinnati.org](mailto:info@hospiceofcincinnati.org) (group and individual for community)
- Fernside (affiliate of Hospice of Cincinnati) supporting children through grief.  
[www.fernside.org](http://www.fernside.org) (513-246-9140)
- Griefshare.org (group finder - enter zip code)  
Church based support groups

### On-line Bereavement Counseling Options

- General online counseling may require the following:  
Answer a few questions about yourself and the challenges you're currently facing. Based on needs, you will be matched with a qualified licensed professional counselor. If you are not satisfied, you can switch at any time.  
Begin the counseling process in any way that you want: text, phone or video.

**[betterhelp.com](http://betterhelp.com)**  
**[griefrecoverymethod.com](http://griefrecoverymethod.com)**

- Faith based online counseling  
**[Faithfulcounseling.com](http://Faithfulcounseling.com)**

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