

Introduction to My Grief My Way: An acceptance-based bereavement support website to enhance coping and quality of life after bereavement

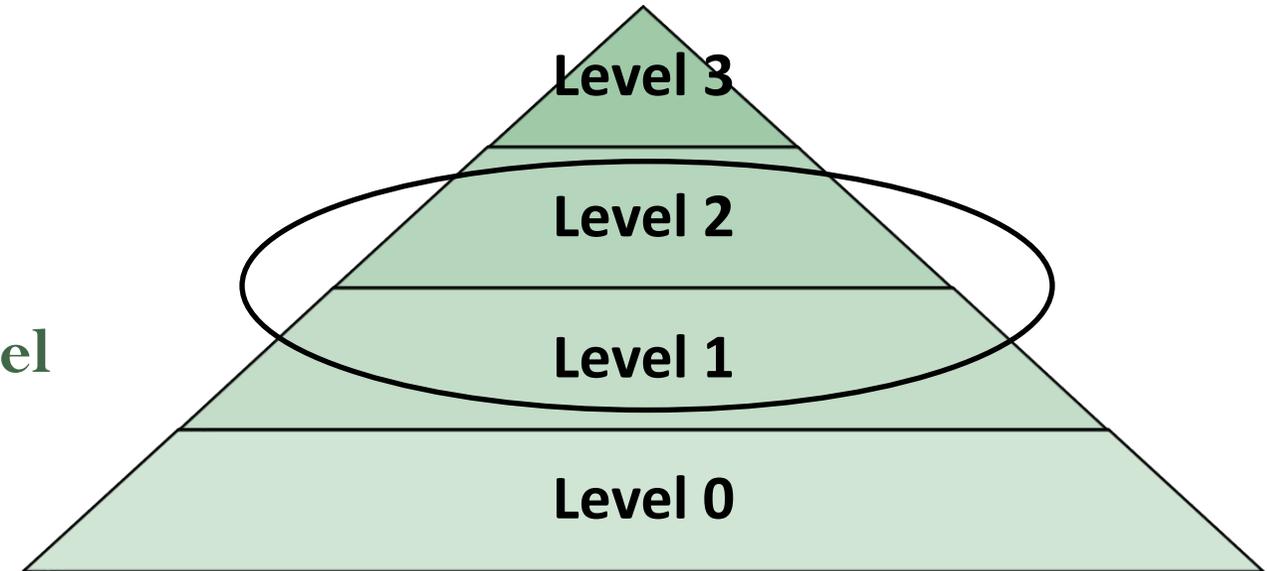
Presentation for SPPC Conference

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- Est. 3.5m people bereaved each year
- 10% need specialist support (level 3)
- 30% may benefit from extra support (e.g., self directed/volunteer led - level 1/2)
- Many adjust well with support from family and friends, (level 0)
- **HOWEVER**, normal grieving was disrupted during the pandemic





Fill gaps in the provision of bereavement support



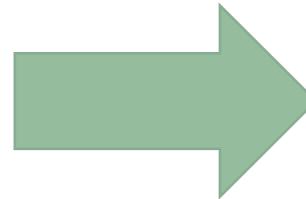
Speed up access to services and reduce waiting lists



Access to support at the right time



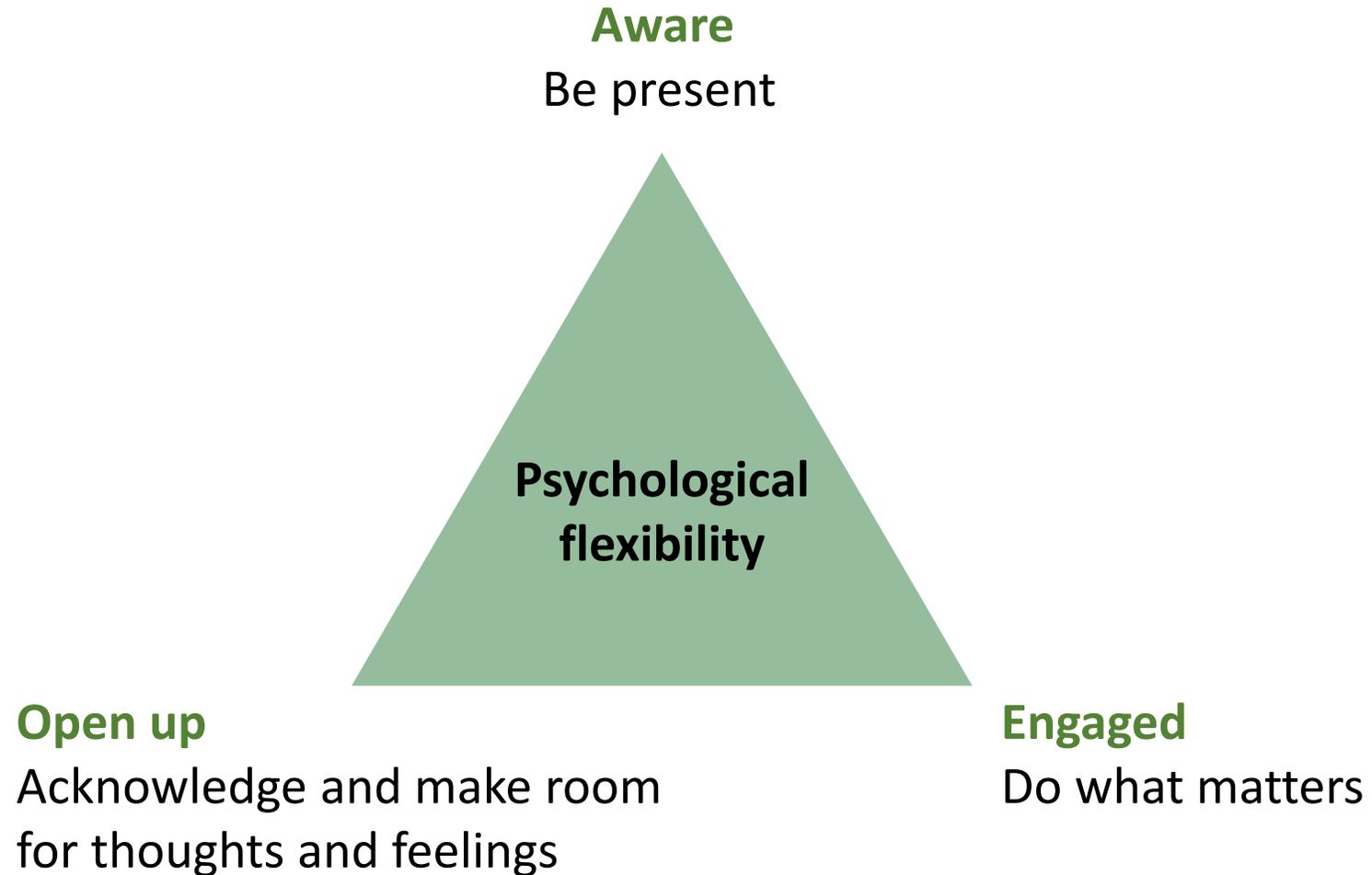
Evidence-based intervention



mygrief
my way

- Online bereavement support based on **Acceptance and Commitment Therapy**

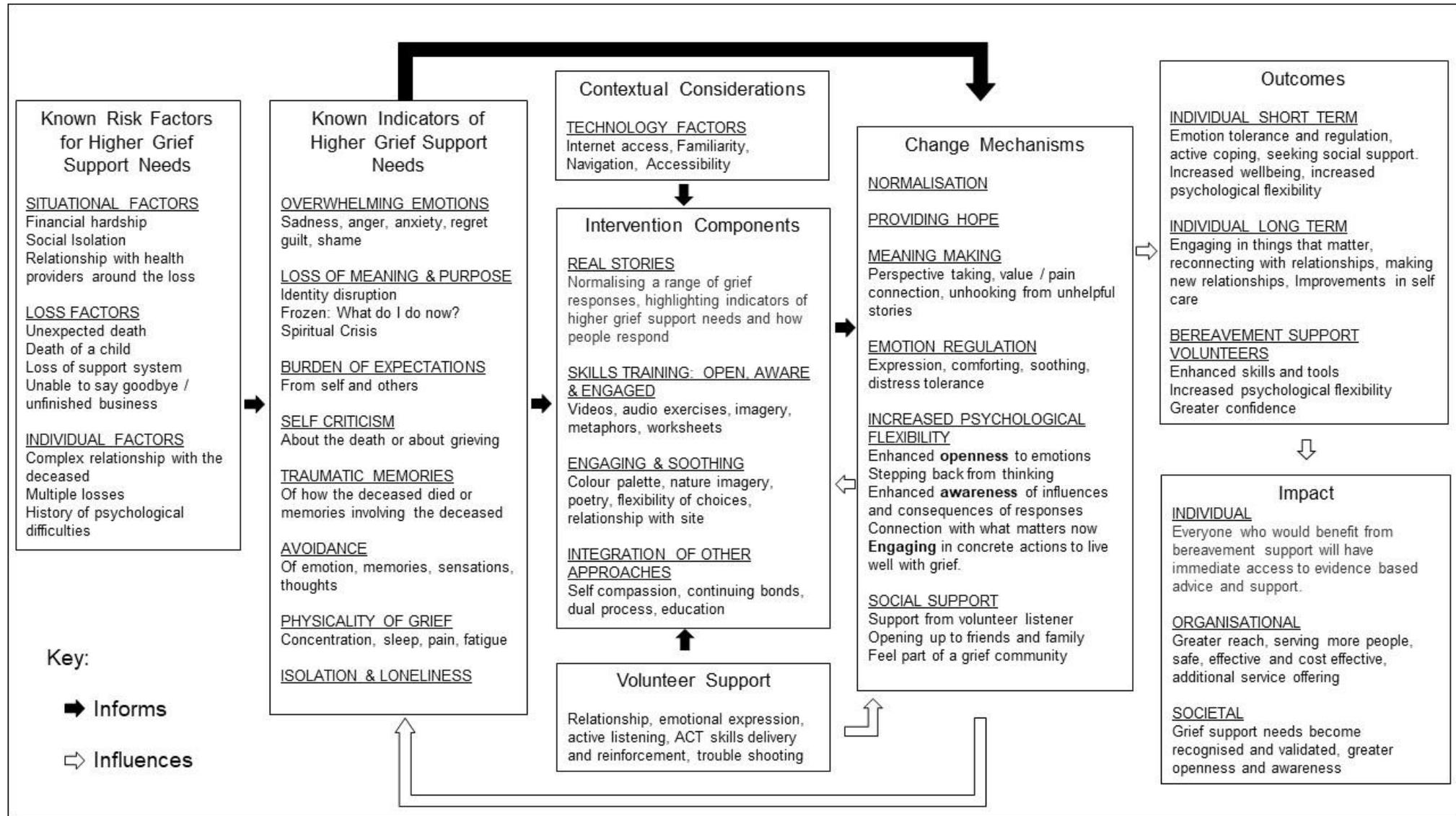
Acceptance and commitment therapy (ACT)



Aims: To develop a **programme theory** to illustrate how an online ACT-based bereavement support resource could lead to improved outcomes. To **design, test and refine** a prototype intervention/resource.

Steps Taken: Development of a logic model

- Literature review
- Workshops involving staff from organisations providing bereavement support
- Interviews with ACT therapists
- Input from the research team and collaborators
- Workshops with our lived experience group





You Are Here [Home](#)

Welcome to My Grief My Way

It's an online bereavement support package that you can work through at your own pace. It's aimed at adults who have lost someone and who recognise that they could use a little bit of help. Click the video below to find out more.



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Audio Exercises

Developing Awareness

Helping you to learn how to be more present and aware of what is happening and how you are dealing with grief



How we try to block out the pain

The feelings that come after loss can be so upsetting and overwhelming that we do whatever we can to deal with them. Sometimes this involves different ways that we try to block out emotions, memories or thoughts. This can include things that are not especially unhealthy such as *sometimes* preferring not to talk about how you are feeling. Sometimes we can get into habits that in the longer term are not likely to be helpful to us, such as *never* talking about how you are feeling, drinking too much, using drugs or overusing prescribed medication, or just staying busy with work or home tasks. Sometimes the situation that we are in means that in the short term we need a way to shut down overwhelm. However, in the longer term, it's generally not likely to be effective if we don't learn how to be with our feelings.



Unexpected Death



Core Elements

- **Engaging and accessible:** Language, imagery, poetry, consistent person/relationship with the site.
- **Real people's stories:** To show common sticking points in grief.
- **ACT skills training:** Videos, worksheets, audio.
- **Increased knowledge:** Understand and normalise a wide range of grief responses.
- **Specific strategies:** For self support – wellbeing, lifestyle, sleep, cooking, exercise.

Quantitative findings

- Small # (only 27 participants total, 20 provided both pre and post measures)

Measure		
Warwick Edinburgh Wellbeing	✓	Large improvement
Adult Attitudes to Grief Scale	✓	Small improvement
Coping with grief	✓	Small improvement
Social Support	✓	Small improvement
Psychological Flexibility	✓	Small improvement

Qualitative Headlines

“Yes, I think it's very **user friendly** and I think it's **easy to access** and I think it **quite clearly lays out** you know, where you can find everything.”

“I guess I felt there was people caring for you. So, it did give you that you were caring and that **you weren't alone**. **It was there whenever you wanted it.**”

“Yeah, I realise how strong I am. And how honest I am with myself. **Being open with myself about my feelings** and, you know, **being aware of the impact** of what I'm feeling and how it has an impact on me.”

“From 6-7 weeks ago until now... **what an improvement** and I think that My Grief, My Way has played a big part in that, you know.”

Moving forward

- ESRC Impact acceleration grant:
 - My Grief My Way website refinement
 - Increase dissemination – national and international
 - Support stakeholder adoption
 - Training
 - Evaluation – google analytics

Future research

- Increase implementation and adoption
- Test in larger sample
- Adapt for young people, more diverse population
- Examine the role of facilitation
- DClinPsych research project

<https://mygriefmyway.co.uk>



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