

ACCEPT

A model for TOPFA psychotherapy



1 Acknowledge Grief

- It is essential for clinicians to:
- Use group-specific acronyms
 - Encourage initial narration
 - Name and explain disenfranchised grief
 - Name and explain ambiguous loss

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Connect Emotions to Loss

- Clinicians working with TOPFA patients:
- Encourage couples and family sessions
 - Help bring about an understanding of the influence of deep grief on daily life
 - Incorporate mindfulness, deep breathing, and grounding exercises

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Continuing Bonds

- TOPFA clinicians help patients:
- Reinterpret loss as dynamic and interactive
 - Develop a bond beyond time and space with the loss
 - Connect with clergy and explore afterlife beliefs
 - Create rituals and memorials

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Tell the Story

- When the patient is ready, a clinician:
- Supports a meaningful and potentially creative way for the patient to re-tell her story of loss
 - Incorporates feelings, sensory experiences, and meaning-making into the narrative
 - Helps create a post-loss identity

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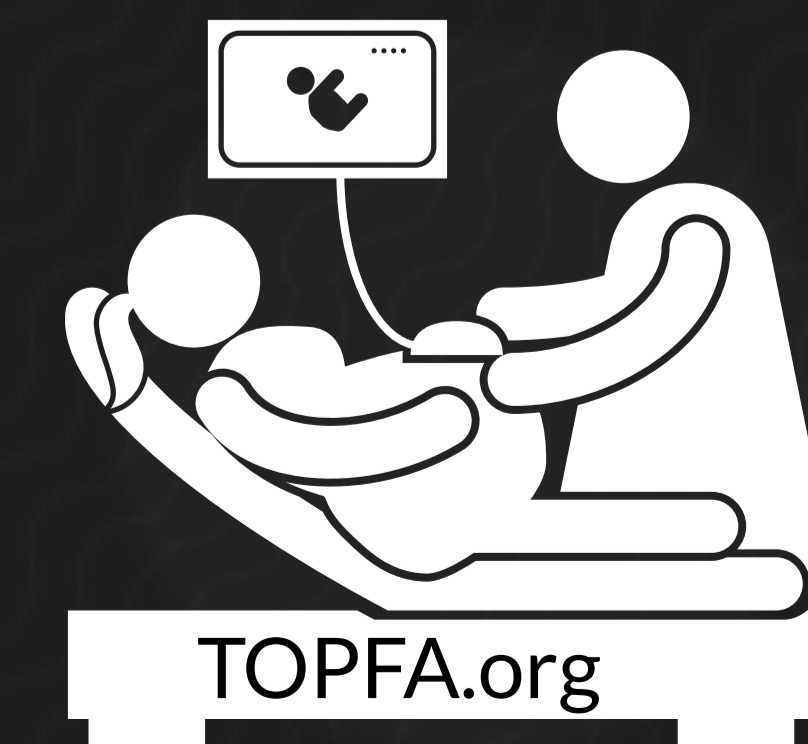
Practice New Skills

- TOPFA clinicians help patients:
- Label and challenge thought distortions
 - Re-integrate back into life post-loss with these skills

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Explore Distortions

- TOPFA clinicians use the dual process model to:
- Help parents understand the oscillation between loss and restorative grief
 - Identify cognitive distortions in the process connected with automatic, irrational thoughts



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