



Building Your Circle of Support After a Loss



Denise Rollins, PhD
Executive Director,
The Whole Heart Grief & Life Resource Center



August 13, 2019

Presented by Boeing



Learning Objectives

By the end of this session, participants will be able to build and assess their circles of support by examining the following key areas:

1. Past: Identify the role your deceased loved one played in your life.
2. Present: Determine what you need now and what it takes to get there.
3. Process: Assess what you want from key relationships and resources.
4. Progress: Create a strategy for moving toward your desired results.



888.959.TAPPS | TAPPS.ORG | Facebook | Twitter | Instagram | @TAPPSorg

DETERMINING Your Current Circle of Support





888.959.TAPPS | TAPPS.ORG | Facebook | Twitter | Instagram | @TAPPSorg

1

LOOK BACK:
Examine our *past*
because where
and who we are
involves reflecting
on who we lost
and what role(s)
they played in our
lives



**Key Pieces of
Dr. Denise's Heart**



**What part(s) did our
loved one(s) play in
our lives?**

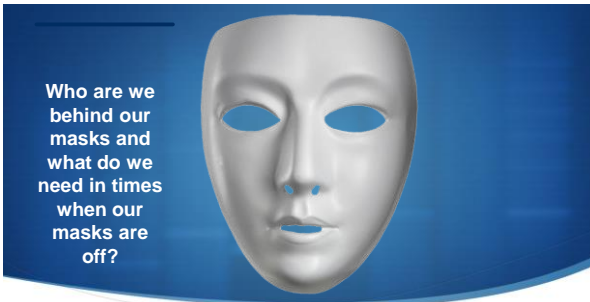
- Protector
- Provider
- Confidante
- Conscience
- Antagonist
- Teacher
- Travel Partner
- Supporter
- Encourager
- Other



2

LOOK WITHIN:
Embrace our *present* as we tap into what's inside us and assess what we truly need







3

LOOK AROUND:
Engage in the *process* of making connections that leverage our resources and deepen our relationships





4

LOOK AHEAD:
Ensure your **progress** by learning to communicate and collaborate in ways that allow self and social care

TAPS 888.959.TAPS TAPS.ORG @TAPStrong

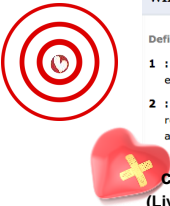
What are the best ways for each of us to communicate and connect with our whole hearts, heads and hands?



The Whole HeartD L.I.F.E. Communication Model © For use by permission only. For more information, contact support@wholeheartedcare.org or call 866-393-5847.

TAPS 888.959.TAPS TAPS.ORG @TAPStrong

The Reward for Embracing our Past, Present, Process, & Progress is **WHOLEHEARTED L.I.F.E.**



whole-heart-ed *adʃ* \ˈhɔl·hɑrt-təd\
Definition of WHOLEHEARTED
1 : completely and sincerely devoted, determined, or enthusiastic <a wholehearted student of social problems>
2 : marked by complete earnest commitment : free from all reserve or hesitation <gave the proposal wholehearted approval>

Acknowledging our HOLES can lead to WHOLEhearted L.I.F.E. (Living Intentionally, Fearlessly & Effectively)!

LOOKING BACK, WITHIN, AROUND, & AHEAD

TAPS 888.959.TAPS TAPS.ORG @TAPStrong

To Receive a **Free** Survivor/Supporter Tip Sheet,
Call or Text Your Name & Email Address to 866-393-5847



Denise Rollins, PhD



Denise@wholeheartcare.org
866.393.5847

2Grieve 2Gether Book:
Amazon.com & BN.com



About the TAPS Institute for Hope and Healing®

Launched in March 2018 through an alliance with HFA, the TAPS Institute for Hope and Healing® serves as a resource and training center, providing programs for both professionals working in the field of grief and loss and the public.



Presented by Boeing



Upcoming TAPS Institute Programs

- August 27 — *Grieving as They Grow*
 - Presenter: **Vicky Jay**, CEO, National Alliance for Grieving Children
- September 10 — *The 411 on Professional Grief & Trauma Counseling*
 - Presenter: **Jon Reid**, PhD, LPC, FT, TAPS Advisory Board Member
- September 20 — *Moving Yourself Forward*
(in-person event at the TAPS Institute in Arlington, VA from 1-2:30 pm EST)
 - Presenters: **Eileen O'Grady**, PhD, RN, NP, PCC, School of Wellness and **Paul Tschudi**, EdS, MA, LPC, School of Wellness, TAPS Advisory Board Member

Visit taps.org/institute to learn more and RSVP!