STEVEN SEWELL

Encouraging Leadership and Strengthening Teams in Crisis

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Motivational Speaking

Grief Education

Team Building Facilitation

Loss, Life Transition Coaching & Counseling
When life happens and my friends are at a loss, I want to be the one that God uses to offer hope; to be the one that encourages. I want my words to count. I want my actions to matter.

"Through real and captivating stories, Steve Sewell engages you on a journey from grief to growth. You'll discover insightful truths and practical tools, plus powerful words of Scripture and prayer to minister to all who find themselves 'hopeless, brokenhearted, parched and beaten.' At a Loss will end the feeling of being at a loss the next time real life happens."

Pastor Doug Webster – Author of Dear Dad, If I Could Tell You Anything

"Steve Sewell understands what it looks like to be a care-giver who compassionately cares for others in a way that honors King Jesus. This book is a reflection of that passion. It is concise, yet thorough, and imminently practical. If you ever find yourself serving others in a time of need, I would recommend this book as a helpful resource."

Macah Fries – Vice President of LifeWay Research

"This excellent resource speaks not only of spiritual insights needed to be effective care-givers but it gives the practical tools we need to bring the light of Christ into the dark moments of people's lives."

Glenn C. Burris – President of the Foursquare Church

"Steve's masterpiece of wisdom. At a Loss instructs us how to love people toward healing during times of grief. His insights will always remain a treasured gem as we are called to comfort one another."

Pastor Wayne Cordiano – Founding pastor of New Hope Christian Fellowship in Honolulu, Hawaii and author of Divine Mentor: Sifted, and Jesus Pure and Simple

Steve Sewell provides comfort and help to the local church during life loss transitions and grief through speaking, facilitating, consulting and writing. Discover more at www.pastorsewells.com.

At a Loss

Learning How to Comfort Others Through the Journey of Grief Using Scripture and Prayer

Steve Sewell
An Interactive Approach to the Fundamental Insights of Grief

Nebraska Methodist College
Omaha, NE
Today…

1. Identify the many kinds of grief present in healthcare settings.

2. Seek to understand the scope of grief as it relates to the 2nd victim or “silent mourner”.

3. Examine how a good practice of self-care and boundaries help prevent exhaustion.

4. Evaluate personal levels of grief and what action steps to take for growth

5. Questions and Answers
Images of Grief...

What do you see in the following pictures?
Images of Grief...

What we see is not always what is going on...

What is going on is much deeper than they even know...

WHY? WHY? WHY? WHY?
Grief...

Your plan

Reality
Developing your own Suffering Reasoning
The goal is not to “fix” people...

reconciliation vs. resolution
2nd Victim Grief
(The silent Mourner)
Those who companion the dying and who are ridden with grief continually have a high percentage of becoming a “OVERCARING CAREGIVER”

- A tendency to please others
- A desire to “solve peoples problems instead of creating space for reconciliation
- Overextending
- “checking on” patients
- Over-commitment

Neglecting your own intimate relationships in favor of helping your “needy clients”

Needing your patients as much, if not more than they need you
Caregiver Fatigue Creates...

Employee dis-engagement
Accidents at work
Drama on your team
“me, myself, and I” syndrome
Unteachable staff members
A STRATEGY FOR BALANCE

1. DISCOVER WHERE YOU TEND TO EXERT OVER-CARE BEHAVIOR (TYPE OF ILLNESS, SEASON OF TIME, PERSONAL ISSUES)
2. CREATE AN OPENNESS FOR TEAM MEMBERS TO CALL THE TEAM OUT WITH GENTLENESS AND SUPPORT
3. MAKE YOUR BREAKS A “SOULFUL SYNC”
4. TAKE IT EASY ON YOURSELF- MAKE THE LEARNING CURVE BIG
"And in the end, when the life went out of him and my hands could work no more, I left from that place into the night and wept—for myself, for life, for the tragedy of death's coming. Then I rose, and walking back to the suffering-house forgot again my own wounds, for the sake of healing theirs."

~ Anonymous ER doctor
dealing with BURNOUT
7 Ways to Prevent Burn Out

1. Believe you are at your best... when you are not stressed out.
7 Ways to Prevent Burn Out

2. Get out of your rut.
7 Ways to Prevent Burn Out

3. Sabbath
4. Say “NO”
7 Ways to Prevent Burn Out

5. Get away to relax. (different from Sabbath)
7 Ways to Prevent Burn Out

6. Find a mentor.
7 Ways to Prevent Burn Out

6. Find someone to mentor.
As we enter grief...

Creating space for suspension
Action steps for growth:
Do I have any unreconciled grief?
Create specific professional development goals for yourself.
Gather your support team:

• Unconditional acceptance
• Colleague support
• Mentors
• Challenge yourself
DO I FIT DOING THIS KIND OF WORK?
Helpful Resources (slide 1)

• Recognizing and Helping the Nurse “Second Victim”

• Second Victim: Gaining A Deeper Understanding To Mitigate Suffering
Susan D. Scott1, RN, MSN, Laura E. Hirschinger1, RN, MSN, Myra McCoig1, Julie Brandt2, PhD, Karen R. Cox1,2 PhD, RN, Leslie W. Hall,1,2 MD 1University of Missouri Health Care System 2University of Missouri Center for Health Care Quality, Columbia, Missouri

• Comprehensive Bereavement Skills Training
Dr. Alan Wolfelt, Director of Center for Loss and Life Transition, March 25-28, 2013
Helpful Resources (slide 2)

• **When Someone You Love is Depressed (How to help your loved one without losing yourself)** Laura Epstein Rosen PH.D and Xavier Francisco Amador, PH.D, Fireside Publishers, 1996

• **Understanding Your Grief-(Ten essential touchstones for finding hope and healing your heart)** Dr. Alan D. Wolfelt, Companion Press, 2003

• **Healthcaretoolbox.org**
  https://www.healthcaretoolbox.org/self-care-for-providers.html
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