

Grief and Loss Case Studies  
*Living Without Them – My Journey With Loss*  
Dr. José H. Tate

**OBJECTIVE:** Examine the effects of loss, how one may grieve, and the appropriate support in helping the griever process grief toward healing and wholeness.

**GOAL:** Be in touch with one's own journey with grief and help others process and heal from loss.

**OUTCOME:** Help grievers identify, process, and work through their grief toward healing.

- 1) Identify the loss or losses.
- 2) Identify the grief/pain associated with the loss.
- 3) Identify the impact of the loss on the person's behavior – thinking, feeling, action.
- 4) Describe how you might approach providing grief support to the griever in 4 sessions.
- 5) Describe what events or experiences help you **empathize** with this person.
- 6) If you have *not* dealt with what the person has gone through, how might you connect with this person and walk with them to healing and wholeness?

**The case studies are taken from the book *Living Without Them – My Journey With Loss*.** Complete prompts 1-6 (above) for each case study.

**NOTE:** This is preparation for class discussion; you do *not* need to submit this exercise.

- **Case Study 1** – Read pages 3-5 in “The Way It Was” section (Adoption)
- **Case Study 2** – Read page 121 in “The Way It Can Be” section (Rape)
- **Case Study 3** – Read pages 105-106 in “The Way It Can Be” section (Baby)
- **Case Study 4** – Read pages 106-109 in “The Way It Can Be” section (Supervisor)
- **Case Study 5** – Read pages 113-116 in “The Way It Can Be” section (Stealing)