

## Helping Clients Suffering from Complicated Grief



### STEP 01

Suggest they see their general practitioner or a grief counsellor.



### STEP 02

Provide information on the support available, specifically for bereaved pet owners. We will provide similar information later in this module.



### STEP 03

If your client asks what methods of treatment are likely, you can outline the following:

- 🐾 Complicated grief is treated with a type of psychotherapy as used in treating Post-Traumatic Stress Disorder (PTSD).
- 🐾 As part of complicated grief therapy, a doctor may ask the patient to tell the story of their pet's death repeatedly.



### STEP 04

If the patient also suffers from depression, then their doctor may prescribe anti-depressants.