

## Practising Well Community of Practice

### Grief Medicine: Giving space for acknowledging life's losses

June 22, 2022

The Practising Well Community of Practice is an intentional conversation for shared learning hosted by the OCFP in collaboration with the U of T DFCM. The Practising Well Community of Practice is one component of the **OCFP's Practising Well Program**. You can reach us by email at [practisingwell@ocfp.on.ca](mailto:practisingwell@ocfp.on.ca).

Practising Well is designed to support you in providing the best care possible for your patients with their **mental health, substance use disorders and chronic pain**. It is an active and engaged online community that gives you access to a deep well of knowledge to make your practice easier today, and to improve it in the future.

At the core of Practising Well are three distinct, yet interrelated, parts:

- Community of Practice
- Information Exchange: An easy-to-navigate online repository of information.
- Peer to Peer Connect: An opportunity to partner with another family physician in a one-on-one setting and share experiences and best practices.

### General Resources

- Practising Well - <https://www.ontariofamilyphysicians.ca/education/practising-well>
- Ontario College of Family Physicians - <https://www.ontariofamilyphysicians.ca/>

### Resources for You and Your Patients

Resource	Source	Link
Grief recovery: How to help a colleague	Canadian Medical Association	<a href="https://www.cma.ca/physician-wellness-hub/content/helping-colleague-with-grief">https://www.cma.ca/physician-wellness-hub/content/helping-colleague-with-grief</a>
Grieving – where to go when you're looking for help	CAMH	<a href="https://www.camh.ca/-/media/files/community-resource-sheets/grieving-resources-pdf.pdf">https://www.camh.ca/-/media/files/community-resource-sheets/grieving-resources-pdf.pdf</a>
Grief a lonely place in the health care system	Healthy Debate	<a href="https://healthydebate.ca/2017/06/topic/bereavement-complicated-grief/">https://healthydebate.ca/2017/06/topic/bereavement-complicated-grief/</a>
GriefWords Library	SickKids	<a href="https://www.sickkids.ca/en/care-services/support-services/grief-bereavement-resources/griefwords-library/">https://www.sickkids.ca/en/care-services/support-services/grief-bereavement-resources/griefwords-library/</a>

<b>Resources for Professionals Providing Grief and Bereavement Services During and Following the COVID-19 Pandemic</b>	Ontario Palliative Care Network	<a href="https://www.ontariopalliativecarenetwork.ca/sites/opcn/files/2021-03/GriefAndBereavementResourcesCOVID19.pdf">https://www.ontariopalliativecarenetwork.ca/sites/opcn/files/2021-03/GriefAndBereavementResourcesCOVID19.pdf</a>
<b>Grief and Bereavement: Information for Primary Care</b>	eMental Health	<a href="https://primarycare.ementalhealth.ca/index.php?m=fpArticle&amp;ID=18641">https://primarycare.ementalhealth.ca/index.php?m=fpArticle&amp;ID=18641</a>
<b>Andrea Warnick</b>	Andrea Warnick Consulting	<a href="https://andreawarnick.com/">https://andreawarnick.com/</a>
<b>Helping Teenagers Cope With Grief</b>	Center for Loss and Life Transition	<a href="https://bths201.org/east/wp-content/uploads/sites/3/2020/07/Helping-Teenagers-Cope-With-Grief-Parent-Handout.pdf">https://bths201.org/east/wp-content/uploads/sites/3/2020/07/Helping-Teenagers-Cope-With-Grief-Parent-Handout.pdf</a>
<b>Anticipatory Grief</b>	Esther Perel	<a href="https://www.estherperel.com/blog/anticipatory-grief?utm_source=Klaviyo&amp;utm_medium=campaign&amp;_kx=jIFFYuEMdkwdVQ1q9gRXn13hu2elp4jyhqMDhum5AGk%3D.N5ubDS">https://www.estherperel.com/blog/anticipatory-grief?utm_source=Klaviyo&amp;utm_medium=campaign&amp;_kx=jIFFYuEMdkwdVQ1q9gRXn13hu2elp4jyhqMDhum5AGk%3D.N5ubDS</a>
<b>Interview with Rachel Naomi Remen where she addresses loss, &amp; challenges physicians face</b>	On Being	<a href="https://onbeing.org/programs/rachel-naomi-remen-how-we-live-with-loss/?eType=EmailBlastContent&amp;eld=dea10e54-eb29-4e74-853d-e54dd34aa7e2">https://onbeing.org/programs/rachel-naomi-remen-how-we-live-with-loss/?eType=EmailBlastContent&amp;eld=dea10e54-eb29-4e74-853d-e54dd34aa7e2</a>
<b>Canadian Virtual Hospice</b>	Canadian Virtual Hospice	<a href="https://www.virtualhospice.ca/en_US/Main+Site+Navigation/Home.aspx">https://www.virtualhospice.ca/en_US/Main+Site+Navigation/Home.aspx</a>
<b>MyGrief.ca</b>	Canadian Virtual Hospice	<a href="https://mygrief.ca/">https://mygrief.ca/</a>
<b>KidsGrief.ca</b>	Canadian Virtual Hospice	<a href="https://kidsgrief.ca/">https://kidsgrief.ca/</a>
<b>How do you help a grieving friend?</b>	Megan Devine - YouTube	<a href="https://www.youtube.com/watch?v=l2zLCCRT-nE">https://www.youtube.com/watch?v=l2zLCCRT-nE</a>
<b>Refuge in Grief</b>	Megan Devine	<a href="https://refugeingrief.com/">https://refugeingrief.com/</a>
<b>Wellspring Cancer Support</b>	Wellspring Cancer Support	<a href="https://wellspring.ca/">https://wellspring.ca/</a>
<b>For Families: When Families Grieve</b>	Sesame Street in Communities	<a href="https://www.youtube.com/watch?v=a2VpflpbOmk">https://www.youtube.com/watch?v=a2VpflpbOmk</a>
<b>Your Compassionate Self</b>	Robin Beardsley	<a href="https://yourcompassionateself.ca/meditations/">https://yourcompassionateself.ca/meditations/</a>
<b>Facing Our Dark Side</b>	Psychotherapy Networker	<a href="https://www.psychonetworker.org/magazine/article/2/facing-our-dark-side">https://www.psychonetworker.org/magazine/article/2/facing-our-dark-side</a>

## Practices

Resource	Source
<b>Giving and Receiving Compassion</b>	<a href="https://self-compassion.org/wp-content/uploads/2020/08/GivingandReceivingCompassion_Neff_01.-cleanedbydanmp3.mp3">https://self-compassion.org/wp-content/uploads/2020/08/GivingandReceivingCompassion_Neff_01.-cleanedbydanmp3.mp3</a>
<b>Giving and Receiving Compassion</b>	<a href="https://chrisgermer.com/wp-content/uploads/2020/11/GivingandReceivingCompassion21.21ckgamplified12-14-14.mp3">https://chrisgermer.com/wp-content/uploads/2020/11/GivingandReceivingCompassion21.21ckgamplified12-14-14.mp3</a>

<b>Compassion with Equanimity</b>	<a href="https://self-compassion.org/wp-content/uploads/2021/08/Compassion-with-Equanimity_Kristin-Neff.mp3">https://self-compassion.org/wp-content/uploads/2021/08/Compassion-with-Equanimity_Kristin-Neff.mp3</a>
<b>Compassion with Equanimity</b>	<a href="https://chrisgermer.com/wp-content/uploads/2020/11/Compassion-with-Equanimity-Germer.m4a">https://chrisgermer.com/wp-content/uploads/2020/11/Compassion-with-Equanimity-Germer.m4a</a>

## Education

<b>Resource</b>	<b>Source</b>	<b>Link</b>
<b>Peer to Peer Connect</b>	Ontario College of Family Physicians – Practising Well	<a href="https://www.ontariofamilyphysicians.ca/education-practice-supports/practising-well/peer-to-peer-connect">https://www.ontariofamilyphysicians.ca/education-practice-supports/practising-well/peer-to-peer-connect</a>
<b>Grief Education Certificate</b>	U of T OISE	<a href="https://cpl.oise.utoronto.ca/program_certificate/grief-education/">https://cpl.oise.utoronto.ca/program_certificate/grief-education/</a>
<b>Living with the Legacy of Loss – A somatic approach for working with grief</b>	Academy of Therapy Wisdom	<a href="https://therapywisdom.com/living-with-the-legacy-of-loss/#summary">https://therapywisdom.com/living-with-the-legacy-of-loss/#summary</a>
<b>Being here, human</b>	Being here, human	<a href="https://www.beingherehuman.com/online-grief-literacy-workshops">https://www.beingherehuman.com/online-grief-literacy-workshops</a>
<b>The Centre for Prolonged Grief - webinars</b>	The Centre for Prolonged Grief	<a href="https://prolongedgrief.columbia.edu/professionals/training/webinars/">https://prolongedgrief.columbia.edu/professionals/training/webinars/</a>

## Supports for you and those you care about

<b>Resource</b>	<b>Source</b>	<b>Link</b>
<b>Physician Health Program</b>	OMA	<a href="https://php.oma.org/">https://php.oma.org/</a>
<b>Health Care Provider Resource Site</b>	CAMH	<a href="http://www.camh.ca/covid19hwcw">http://www.camh.ca/covid19hwcw</a>