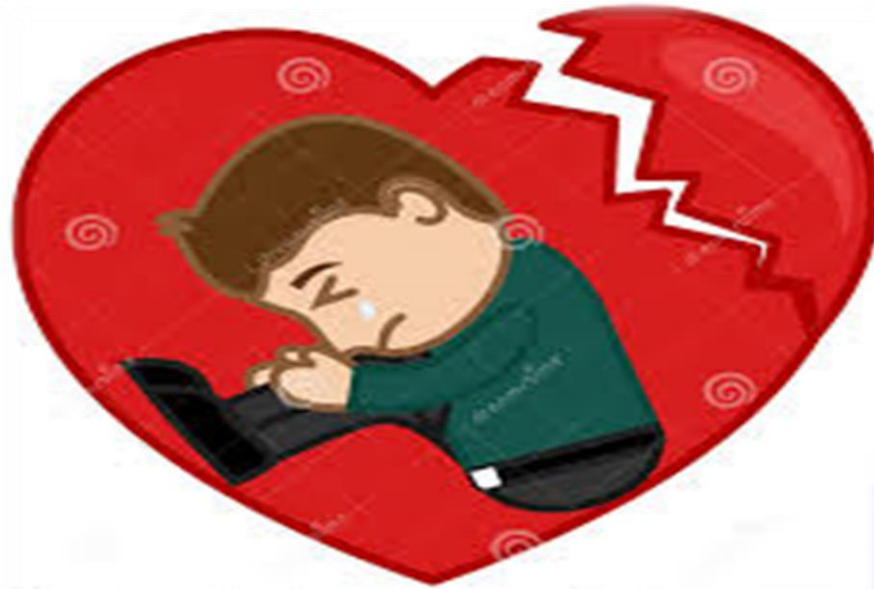


# PSYCHOLOGY SUPPORT FOR GRIEVING CHILDREN IN SEYCHELLES



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# INTRODUCTION

- My project is based on childrens who lost their parents .. To help them how to live their life in a positive ways with positive thoughts , because when they lost their love one they lost interest in life.



# Situation in Seychelles in regards to psychology

## Seychelles mental health

- **Mental Health Facilities;** Mental health is a part of primary health care system. Actual treatment of severe mental disorders is not available at the primary level. Follow-up maintenance treatment is available with the support of the community psychiatry nurse along with other specialists and primary health workers

- **National Children Council (NCC)**

Child & Adolescent Psychology / Counselling Service;

This section deals with Assessment, Counseling, therapy, case management for child behavioral, emotional abuse problems. Clients are usually put on a waiting list before they can see a counsellor(s) / psychologist unless the problem is really urgent. Families in crisis (conflict, bereavement, trauma) may be seen for a single counselling session and will also be referred to other appropriate agencies.

REFERENCE:[https://www.google.com/?gws\\_rd=ssl#q=seychelles+psychological+service](https://www.google.com/?gws_rd=ssl#q=seychelles+psychological+service)

# What is grief?

Grief is a normal human emotion or set of emotions that occur in response to a significant loss ESPECIALLY a loss of a love one Which is causes Sadness, Anger, Emptiness, Loneliness, Shock , Confusion, Disbelief, Resentment, Denial, Frustration, Irritability



Continuation of what is grief.....

## "Normal" Functioning

### Shock and Denial

- Avoidance
- Confusion
- Fear
- Numbness
- Blame

### Anger

- Frustration
- Anxiety
- Irritation
- Embarrassment
- Shame

### Depression and Detachment

- Overwhelmed
- Blahs
- Lack of Energy
- Helplessness

## Return to Meaningful Life

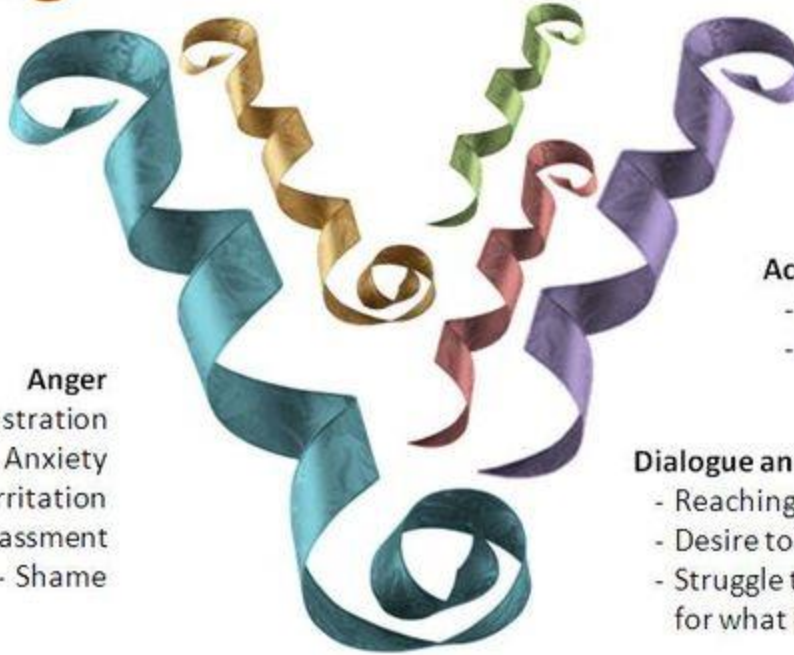
- Empowerment
- Security
- Self-Esteem
- Meaning

### Acceptance

- Exploring options
- A new plan in place

### Dialogue and Bargaining

- Reaching out to others
- Desire to tell one's story
- Struggle to find meaning for what has happened



## What causes grief

Grief and grieving are the natural response to a major loss, such as the death of a loved one. Loss can cause feelings of grief, sometimes when you least expect it.

You may find that old feelings of grief from past loss can be triggered by current experiences or anniversaries of that loss. This is normal.

Anticipatory grief is grief that happens in advance of an impending loss. You may feel anticipatory grief because a loved one is sick and dying. Anticipatory grief helps us prepare for loss.



<http://www.webmd.com/balance/tc/grief-and-grieving-cause>

## Services available in Seychelles

- National children council (NCC)
- Mental health services
- Ministry of employment and social affair





## My project

My **aim** is to bring awareness to the psychological impact of the lost parent on a child

My **objective** is to create a counselling group which will offer activity to the child which will include spiritual ,physical ,mental and activities

### Who is the service for ?

The service will be for children from the age of 6-18(anyone who needs the service may attend)

### What's on offer?

- 1.counselling(mental)
- 2.Spiritual guidance
- 3.Physical activities(sport &environment)

### Duration

As long as its take to bring into terms with their lost



## Location

Work within the district in partnership with the proper authority in this case NCC/mental health services

## Funding

- Donation
- Sponsorship
- Funding activities



## Conclusion

Every child need a support , most of the time it comes from the parents what happens when the parents are not available .that's is where our humanity needs to be to offer those children support.

Thank you

