

Supplementary Table 1.

Clinical Resources from Module 9: Skills for Living with Loss

Within-Session Psychoeducational Learn Pages		
Loss 1	Learn	Introduction to Skills for Living with Loss
Loss 2	Learn	There Are Many Types of Losses
Loss 3	Learn	Grief Looks Different for Everyone ^T
Loss 4	Learn	Traditions, Beliefs, and Preferences ^T
Loss 5	Learn	Your Self-Care Is Important ^T
Loss 6	Learn	Routine Changes ^T
Loss 7	Learn	Taking Care of Life ^T
Loss 8	Learn	Managing Pressure to “Move On”
Loss 9	Learn	Losing a Part of Your Identity and Continuing to Grow as a Person ^T
Loss 10	Learn	Staying Connected to Others ^T
Loss 11	Learn	Living with Regrets and Unfinished Business
Loss 12	Learn	Thoughts About My Loss: Examples
Loss 13	Learn	Losing a Beloved Pet
Loss 14	Learn	Losing Your Home or Treasured Objects
Loss 15	Learn	Setting Personal Goals Related to Living with Loss ^T
Loss 16	Learn	Ways to Think About Progress Toward Your Goals ^T
Between-Session Skill Building Practice Forms		
Loss 1	Practice	Review of My Treatment Goals ^T
Loss 2	Practice	My Self-Care This Week ^T
Loss 3	Practice	My Weekly Self-Care Journal
Loss 4	Practice	My Routines ^T
Loss 5	Practice	Taking Care of Life Tasks with DEEDS ^T
Loss 6	Practice	Thoughts About My Loss
Loss 7	Practice	Coping with the Loss of My Pet
Loss 8	Practice	Preparing to Move
Loss 9	Practice	Coping with the Loss of My Home
Loss 10	Practice	As I Continue with Treatment--My Plan for Fully Participating
Loss 11	Practice	My Review of Skills for Living with Loss ^T

^T Pages and Forms with a superscript *T* are particularly appropriate for telehealth

Supplementary Figure 1

Personalized Skills for Living with Loss: **Loss 4 Learn**

Traditions, Beliefs, and Preferences

It is important to identify and respect your needs and preferences.

Traditions

There are many ways to honor the death of others and the lives they lived while with us. Some rituals are connected to a religious or spiritual practice, and others are linked to our cultural heritage or native country. Families have specific ways to show respect for deceased loved ones. These traditions can be comforting when grieving for someone important to us.

Question: *What traditions and practices are important to you? Who in your life do you share these traditions with?*

Beliefs

People vary in their thoughts and beliefs about death and the afterlife. Some religious beliefs are a part of a specific faith. Other thoughts about what happens at and after death develop over our lifetime. For some, it feels confusing when our reactions to a loved one's death seem at odds with those beliefs. Talking about this can be helpful.

Question: *What thoughts and/or beliefs do you hold about death and what happens after death? Who in your life do you share these beliefs with? Do these beliefs bring comfort? Bother you in some way?*

Preferences

People differ in how much they talk about, think about, or express feelings about their losses. Many individuals do not make an active effort to talk about their loss, while others do. It can be hard when the ways that we express our feelings of loss are different from others around us.

Question: *What are some of your preferences for expressing grief?*

Supplementary Table 2:

Lupe's Treatment Plan

Session 1	Re-connecting and Assessment
Session 2	Grief Psychoeducation (joint session w/ daughter)
Session 3	Self-care During Grief, Routines and Taking Care of Life
Session 4	Problem-Solving new tasks (joint session w/ daughter and son-in-law)
Session 5	Review and trouble-shooting (1 month after S4)
Session 6	Booster Review (3 months after S4)

Supplementary Figure 2

My Routines

Date(s): 8/5/24-8/11/24

What is something I used to enjoy but stopped after my loss?

Arturo and I used to play La Lotería at St. Gabriel's with other couples. I haven't gone back since he died. ¡No me gusta ser la tercera rueda! (I hate being 3rd wheel)

Are there any ways for me to continue with this routine?

I feel most comfortable with Elena and Carlos. I could ask if they are going next week. Maybe they would pick me up and we go together.

What is something that I would like to add into my routine?

The Vida center has a Wed morning Zumba class. They have lunch afterwards, so could be a way to get involved in something new. I'd like to go with someone.

How might I get started doing this?

Paulina from St. Gabriel's does Zumba at the Y. Maybe she would go with me to senior center where it is free? Or we could ask Y for me to get reduced fee?

Who might be a good source of support as I get started?

Easiest - ask Paulina after Mass next Sunday. I could find out whether she really wants to stay with Y or would try out senior center with me. I need to tell her why I am interested in senior center rather than Y (more chance to meet people).

Supplementary Figure 3

Taking Care of Life Tasks with DEEDS

Date(s): 9/10/2024

It is common to put off major tasks after a loss. I can ask a family member or friend for support as I work on this. DEEDS can help:

Step 1: Define the Problem. The first task is to define the problem as specifically as possible. *What is the project/task? What needs to be done?*

Front wooden porch steps are falling apart and dangerous. I don't know if they can be fixed or need entirely new. I'm worried about money. My son-in-law Daniel keeps saying he will look at them but hasn't done anything about this all spring.

Step 2: Explore Possible Solutions

Do not worry about quality right now. Write down whatever comes to mind.

(4) Ask Teresa (my daughter) to talk to Daniel.

(1) Ask Carlos after Mass what he thinks I should do.

(2) Call St. Vincent's Society and see if there is a retired carpenter from our parish who offers a lower fee.

(3) Call local senior center and ask if they know of someone who offers discounts.

Step 3: Evaluate/Rank Solutions. *Where can I begin? Circle one from above.*

Teresa is already impatient with me, better to start with Carlos.

Step 4: Decide on one alternative. *If I get blocked on that step, where are some other places I can start? List my second option below.*

Call Vida Center - feels hard but could help because I might have other projects where I need help later on.

Step 5: Find My Supports. *Who might be able to help me?*

Paulina - she never seems to have trouble with asking for information/help. And if she goes with me to Zumba at Vida, we could ask when we are there together...easier than a phone call.

Supplementary Figure 4

Review of Skills for Living with Loss

Date(s): 10/10/2024

I have learned and practiced some skills for living with loss. This form will help me focus on the key points and skills that have helped me the most.

I have learned about:

- ☒ **X** Many different ways to react to loss that are healthy
- ☐ The importance of doing things daily to take care of myself
- ☒ **X** Doing things to take care of life while honoring my loss
- ☒ **X** Getting to define what “moving on” means to me

Practice Forms I have used (I should check off which ones I liked best):

- ☐ My Self-Care This Week
- ☐ My Weekly Self-Care Journal
- ☒ **X** My Routines
- ☒ **X** Taking Care of Life Tasks with DEEDS
- ☒ **X** Thoughts About My Loss - Staying Connected to Others
- ☐ Others:

I would like to remember to use these specific skills in my life:

My Situation #1: ***Problemas con mis nervios; overwhelmed by projects***

Skill/Form: ***Slow down-1 thing at a time, problem-solving skills/
Taking Care of Life Tasks with DEEDS***

My Situation #2: ***Feeling lonely, especially mid-week (Tues-Thurs)***

Skill/Form: ***Look at My Routines list, add some more things to
do away from home in middle of each week***