

The 7 Stages of Grief

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Stage 1: Shock
A client may exhibit numbness or physical responses such as a racing heart, feeling faint, or nausea.
Stage 2: Denial
Denial serves as a coping mechanism, where the client may struggle to acknowledge or accept the loss.
Stage 3: Anger
Anger can manifest as irritation, resentment, or rage, possibly directed at different targets, including oneself.
Stage 4: Bargaining
This stage may include the client mulling over 'what if' scenarios or thinking about what could have been done differently.
Stage 5: Depression
Not uncommonly, clients may show signs of withdrawal, deep sadness, and a sense of emptiness or hopelessness.
Stage 6: Testing
Clients begin to explore new ways to live with the loss, seeking practical methods to tackle everyday life without the person or thing they have lost.
Stage 7: Acceptance and Hope
Ultimately, a client finds a way to live with the loss, creating a new normal for themselves, where they can look forward to the future with a sense of peace.

Client's Experience of Grief

Client Information
Name:
Date:
Source of Grief:
Session Goals
1. Provide empathetic listening and a safe space for emotional expression.
2. Validate the client's feelings and experiences.
3. Help the client understand and identify their current stage of grief.

Progress Notes

Stage 1: Shock

Observations:

Clinician's Response/Interventions:

Stage 2: Denial

Observations:

Clinician's Response/Interventions:

Stage 3: Anger

Observations:

Clinician's Response/Interventions:

Stage 4: Bargaining

Observations:

Clinician's Response/Interventions:

Stage 5: Depression

Observations:

Clinician's Response/Interventions:

Stage 6: Testing

Observations:

Clinician's Response/Interventions:

Stage 7: Acceptance and Hope

Observations:

Clinician's Response/Interventions:

Session Summary and Plan Moving Forward

Observations & Clinician's Summary:

Interventions used:

Plan for Next Session/Suggested Interventions:

Additional Notes

Note any additional observations, client's feedback, or follow-up tasks you would like to add.