

NH'S TALKING ABOUT grief doulas

Caring support and help for those struggling with bereavement



If you've ever lost a loved one, you'll know how unfathomable it can feel: devastating, overwhelming, lonely. But if you were the person closest to them, this may also bring the stress of arranging a funeral or dealing with the 'life admin' a death entails, all while processing your own feelings. This is where a grief doula comes in.

A grief doula, also known as a soul midwife, provides support, comfort and guidance where needed, both for the dying and for their family. This can include offering support and guidance as they move through their end-of-life care, through death and in supporting the family through bereavement.

"Understandably, many people are afraid of death and a grief doula is there to hold space as they come to terms with their diagnosis and all that it entails," says Pippa Neve, accredited spiritual healer (pippaneve.com). "In terms of looking after the family, a grief doula is also someone who holds space for a person going through the process of loss, to guide and support them through the emotional mindfield of grief."

"Grief doulas are very hands on," explains Lisa Butcher, energy healer, hypnotherapist and Reiki master (lisabutcher.co.uk). "Sometimes nurses and doctors can have limited time, but a grief doula will explain things to you simply and help to break everything down. They will

hold your hand or give you a hug when you are feeling overwhelmed."

After the passing of a loved one, different doulas will offer various tools and techniques to deal with grief and they should match the client they are working with. "Journaling is a wonderful way to allow emotions to flow and to be able to let them go," says Pippa,

"but some people prefer to be able to speak to someone whether it's one to one or in a group.

By joining a grief group, people can feel more understood by those around them and can often open up as they hear other people's journeys and experiences, being able to acknowledge their own feelings

more easily as they see them in others" Pippa also recommends walking amongst nature and meditating as they're

two excellent tools to help clear the mind and gain clarity. "It's extremely important to allow yourself to feel what you're feeling," says Pippa.

If you're interested in finding a grief doula, it's always very important to find someone that you trust, someone that you feel safe with so that you can truly open up and communicate how you are feeling. It's also important to find a person that holds space as you move through the journey of grief, so you feel held and supported as you work through your emotions.

To be connected to an end-of-life doula, head to eol-doula.uk



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