

Alternative Training Packet for Session 3: Coping with Loss

Note to Resource Coordinator please provide these items to participant for this session:

- “Coping with Loss” Worksheet from Homework Packet
- “Removed” DVD (if no internet)

- 1. Read** the **Coping with Loss** chapter in *Foundations Part 2 Classroom and Resource Guide*; read both the class content and resource section.
- 2. Complete** the “Loss History Chart” in Homework Packet
- 3. Watch “Removed” Part One:** <https://www.youtube.com/watch?v=IOeQUwdAjE0> or DVD and answer these questions.

What triggers or situations/actions caused the flight/fight/freeze response for this child? _____

How did the adults who were trying to help unknowingly mimic some of the behaviors of adults who had been hurtful to this child? _____

What could these adults have done to be “deliberately different”? _____

What actions by adults helped promote healing for this child? List other ideas you have for helping this child. _____

Additional Resources for Session 3: Coping with Loss The rest of these videos, websites and/or articles are *not* required, but they will compliment your learning about attachment.

➤ **Watch** this video:

- “Remember My Story (Removed: Part Two)” - <https://www.youtube.com/watch?v=l1fGmEa6WnY>

➤ **Take this online course:**

- *Grief and Loss in the Foster Care System* at: www.fosterparentcollege.com