



Forget Me Not:
Supporting Those Impacted

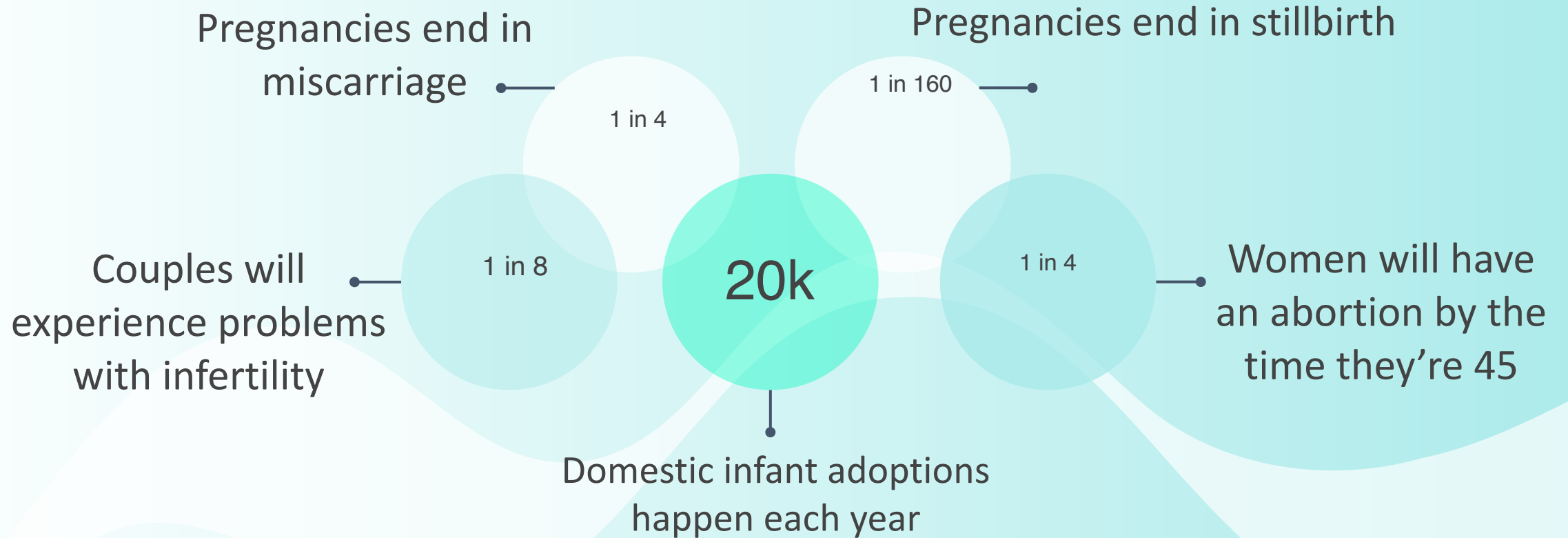
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Life Perspectives®

- Global leader in education, research, and support after reproductive loss without religious or political affiliation
- Trauma Informed Evidence-Based Training and Resources for Healthcare Professionals
- Accredited Continuing Education Provider nationally and in the state of California
- At the forefront of creating impartial and impactful reproductive grief care research
- Our goal is to establish global standards for offering compassionate care



Reproductive Loss in the US



Perinatal Grief Scale (PGS)

(Toedter, Lasker & Alhadeff)

Active Grief: sadness, missing the baby, crying

Difficulty Coping: difficulty dealing with normal activities and other people

Despair: feelings of worthlessness & hopelessness

Reproductive Loss

(Jaffe & Diamond)

Part of
self has
died

Loss of
hopes &
dreams for
child

Failure at
the most
basic level

“The loss of an adult is the loss of the past;
the loss of a baby is the loss of the future.”

— Arnold & Gimma

Disenfranchised Grief

(Doka)

Grief that is not culturally acknowledged

“Bereaved parents often find it hard to reconcile their intense feelings with society’s lack of validation.”

— Lang, et al.

Potential Impact on Mental Health

Anxiety

Depression

Substance
Abuse

Eating
Disorder

Complicated
Grief

EXPANDED IMPACT

\$100 billion

Annual cost of
grief in the
workplace

\$210 billion

Economic impact
of depression

Multi-Morbidities

Associated with
depression

\$740 billion

Economic impact
of substance
abuse

6-12%

Higher risk of
premature death
from eating disorders

Tasks of Grieving

(Worden)

ACCEPT

the reality of the loss

PROCESS

the pain of grief

ADJUST

to a world without the deceased

FIND

an enduring connection with the deceased while embarking on a new life

- ❖ Acknowledge Loss
- ❖ Bereavement Leave
- ❖ Medical Terminology
- ❖ Grief Care Education
- ❖ Research
- ❖ Disposition of Fetal Remains
- ❖ Dismissive Language

FORGET ME NOT

Responding to Loss(es)

What to Say:

- I'm so sorry.
- You are not alone.
- How are you doing?
- It's ok to... (cry, be numb, etc)
- Everyone grieves differently.
- May I give you some resources?

What to Do:

- Display empathy and compassion.
- Always include the partner.
- Send a sympathy card.
- Discuss remembrance (if appropriate).
- Check in from time to time.
- Reach out on anniversaries.

USE LIFE PERSPECTIVES AS A RESOURCE



VARIOUS COURSES

On-Demand, Live Webinar,
In-Person



CONTINUING EDUCATION

Nurses, Social Workers,
Therapists



RESEARCH REVEALS

Quarterly lecture series



CERTIFICATION TRACKS

For Individuals &
Organizations



HEALING WEBSITES

AbortionChangesYou.com
MiscarriageHurts.com



ONLINE STORE

Printed Healing Resources &
Sympathy Cards