

IN RURAL
ALASKA,
ESCAPING
GRIEF IS NOT AN
OPTION:
PROCESSING
PAIN USING THE
GRIEF
RECOVERY
METHOD

Til Beetus

Certified Grief Recovery Method Specialist

The Issue

High Death Rates

What the Grief Recovery Method is

Origin, General Program Information, Other Uses

How I use It

One on One, Helping Children with Loss, Groups, Online,
In-Person

TIL BEETUS

Mother

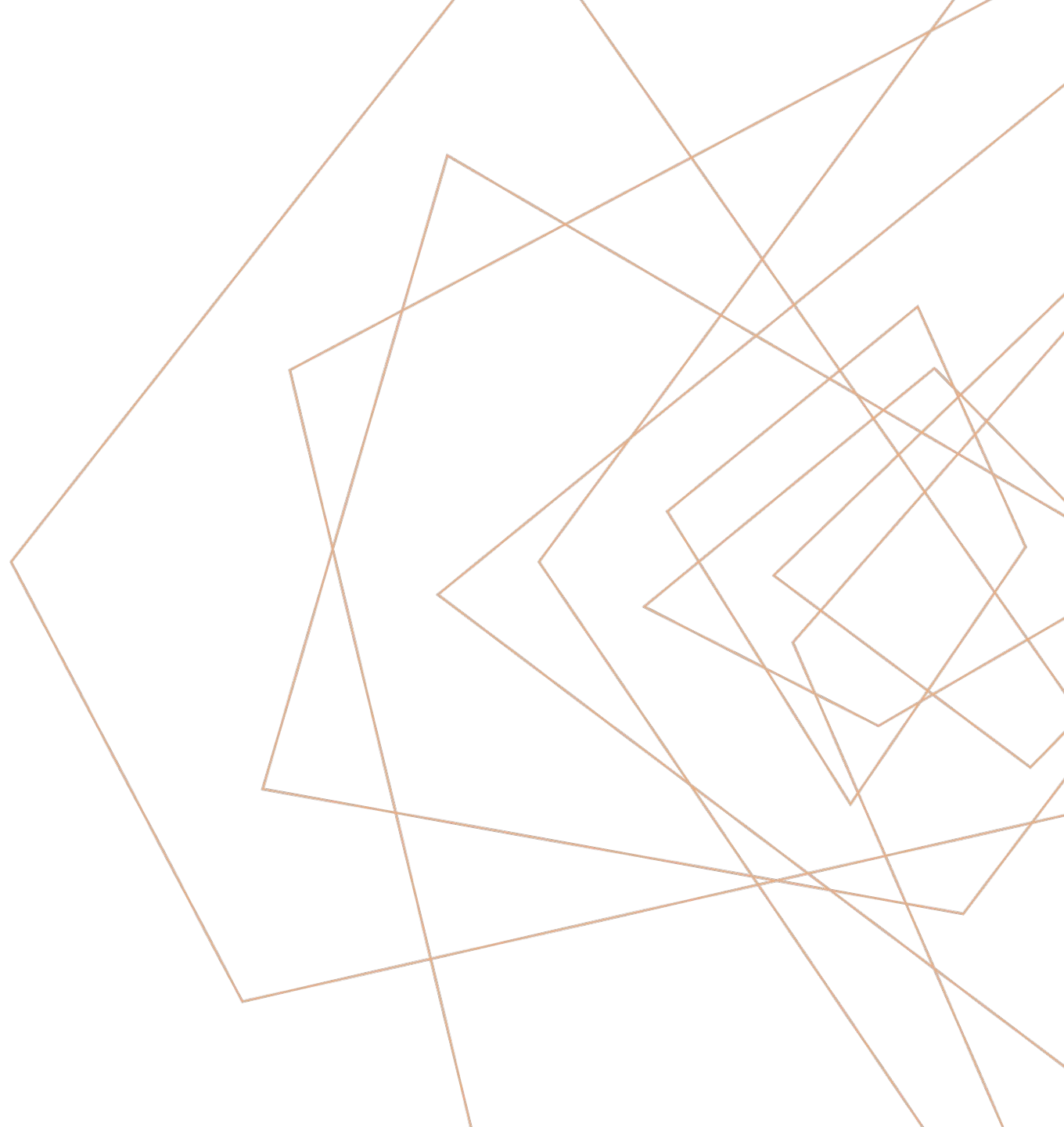
Advocate

Facilitator

Aspiring Author

Alcoholic/Addict

ACES Survivor



LIFE EXPECTANCY
DROPPED

From 2019 to 2021 the life expectancy of Alaska Natives and American Indians dropped 6.5 years.

WE ARE NOT
PREPARED

Historically we have struggled to heal from compound losses. Some of us have become numb to loss.

THE INTERIOR IS
WORSE

From January 2022 to February 16, 2023. We have lost about 30 people under the age of 50.

WE HAVE NO TIME
TO HEAL IN
BETWEEN LOSSES

Statewide, we are trying to build a workforce from an unhealed population.

PROBLEM



SOLUTION

The Grief Recovery Method

Created in 1977 after the loss of a child


Published in 1988

Evidence Based

Educational Program, not Therapy

Can help with Trauma and PTSD

Offers healing from over 40 types of losses





GRIEF RECOVERY METHOD BASICS

Action Plan

Healing is achieved by following a specific set of steps

Items Needed

The book, writing instrument, paper

Participant Commitments

Total Honesty, Absolute Confidentiality, Uniqueness and Individuality

The Timeframe

6 – 8 weeks



VARIATIONS OF THE GRM

HELPING CHILDREN WITH LOSS

Done in partnership with Dr. Leslie Landon Matthews who specializes in children and grief.

Suitable for parents, grandparents, educators, anyone who works with young people experiencing loss

THE GRIEF RECOVERY HANDBOOK FOR PET LOSS

Suitable for anyone who has lost, or knows someone who has lost, a pet

MOVING ON

Suitable for those who are trying to pick up the pieces after a failed relationship.

HOW I USE THE GRM

Online, In-Person

One on One GRM Sessions

GRM Weekly Groups

Helping Children with Loss – in the works



HOW IT WORKS

INITIAL MEETING

Introduce the Program, Deliver Materials, Answer Questions,
Schedule the next session

WEEKLY MEETINGS

Done at times that work for me and the participant via Calendly

FINAL MEETING

The culmination of all the work



THINGS TO CONSIDER

PARTICIPANT'S NEEDS

Time Frame, Training Type, Accessibility

CHALLENGES

Scheduling, Technology, Delays

BENEFITS

HEALING



FINAL THOUGHTS

ANYONE can use this program, with or without a certified specialist.

All they need to do is follow the steps in an honest and courageous way.

I am willing to help guide anyone who wants to heal or help others heal.



THANK YOU

Til Beetus

tilbeetus@gmail.com