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mygrief  
my way



Development of a logic model describing how  
online Acceptance and Commitment Therapy can  
improve bereavement outcomes

ACBS World Conference 2024

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University of Edinburgh



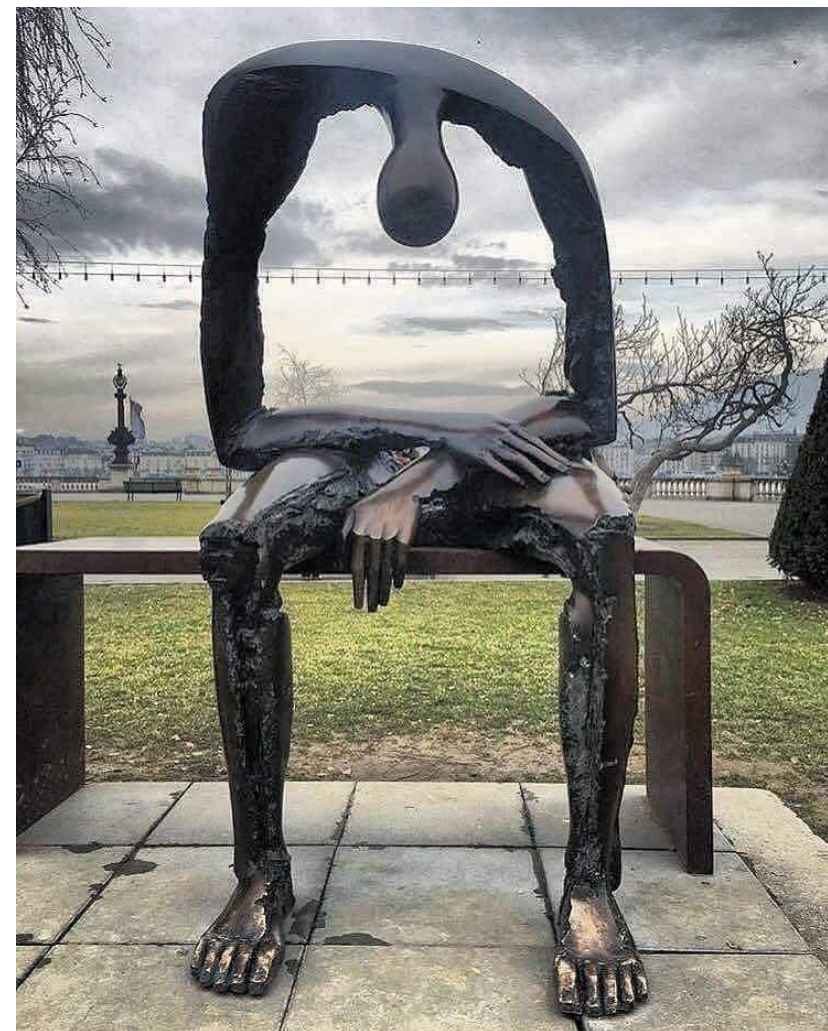
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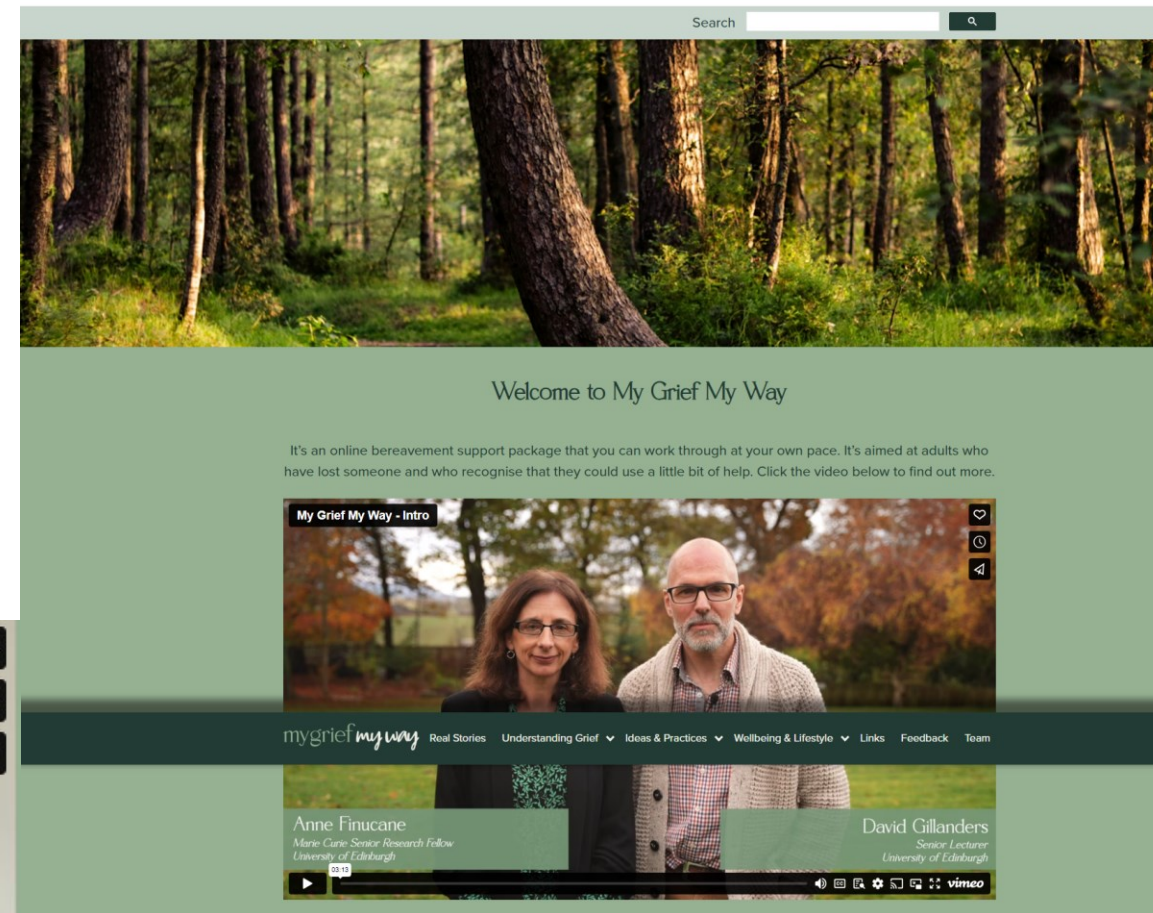




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# mygrief my way

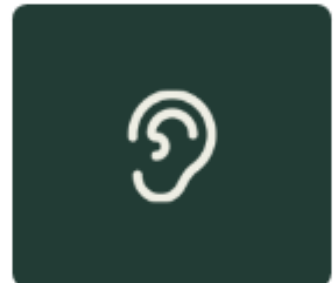
## Unexpected Death



## Audio Exercises

### Developing Awareness

Helping you to learn how to be more present and aware of what is happening and how you are dealing with grief







## Presentation aim

To outline our approach to developing the logic model underpinning the MGMW intervention.



The value of **logic models** in intervention development



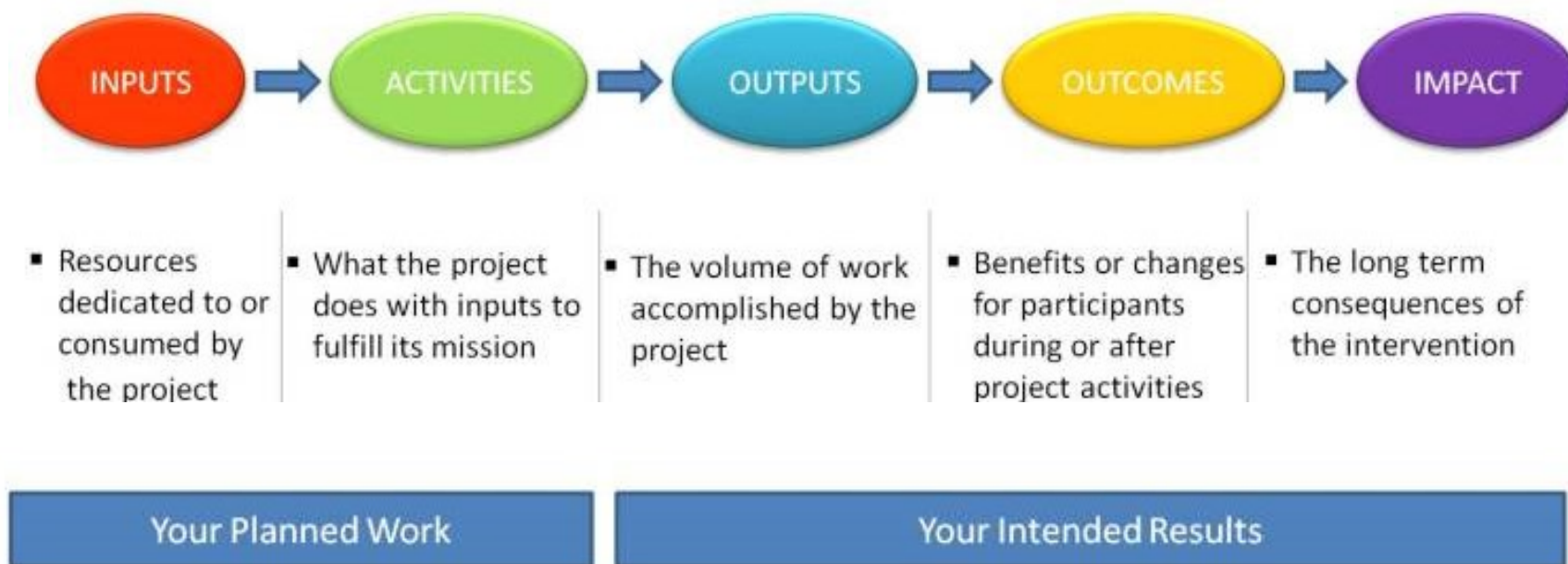
The components of our MGMW intervention



# What is a logic model?

- A graphic which represents in a simplified form your understanding of how an intervention produces its outcomes
- Shared understanding
- Informed by formal and informal knowledge.

# Elements of a logic model



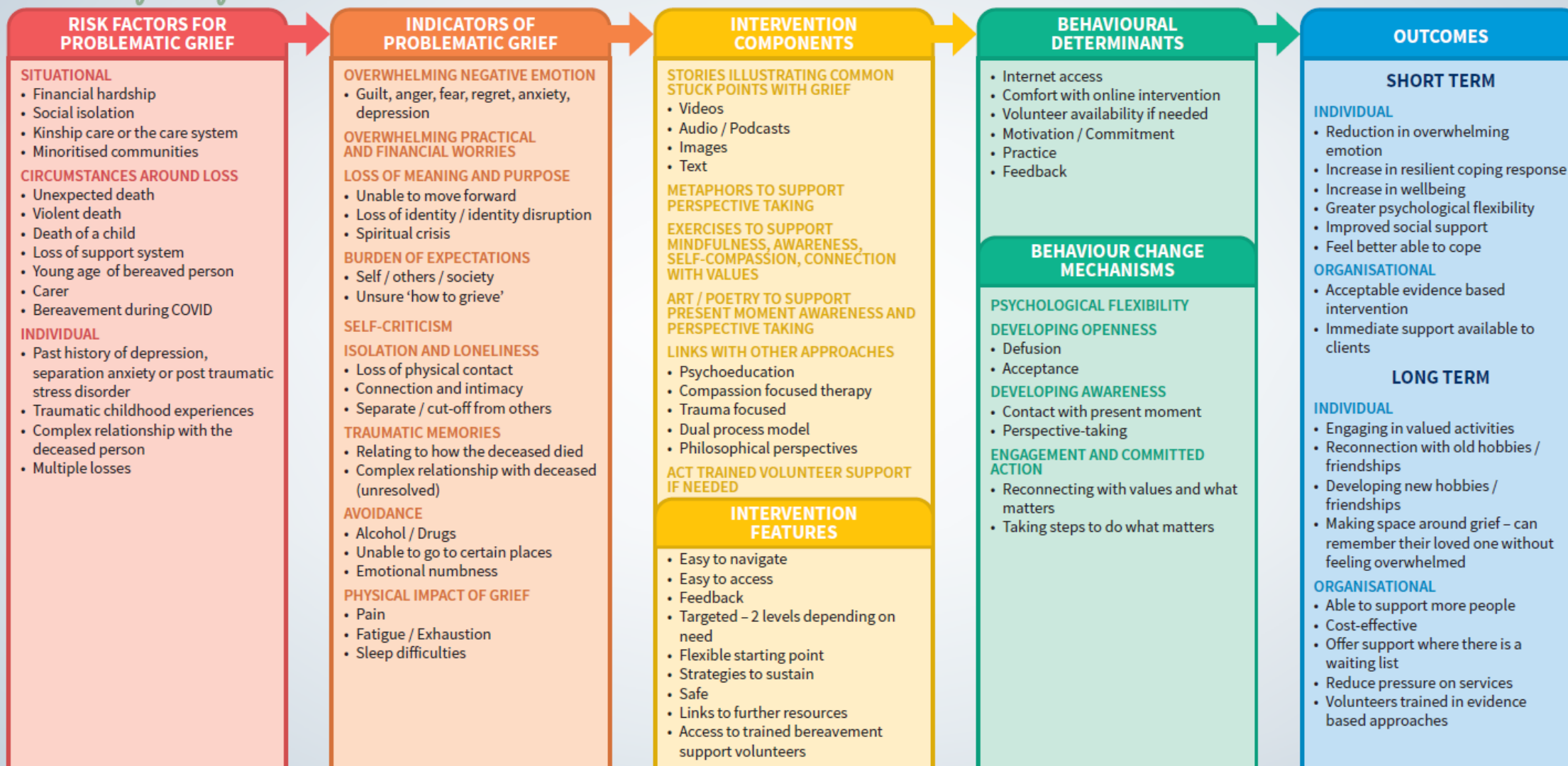
- Problem or aim
- Behavioural mechanisms
- Implementation strategies



# My Grief My Way (MGMW) Logic model development



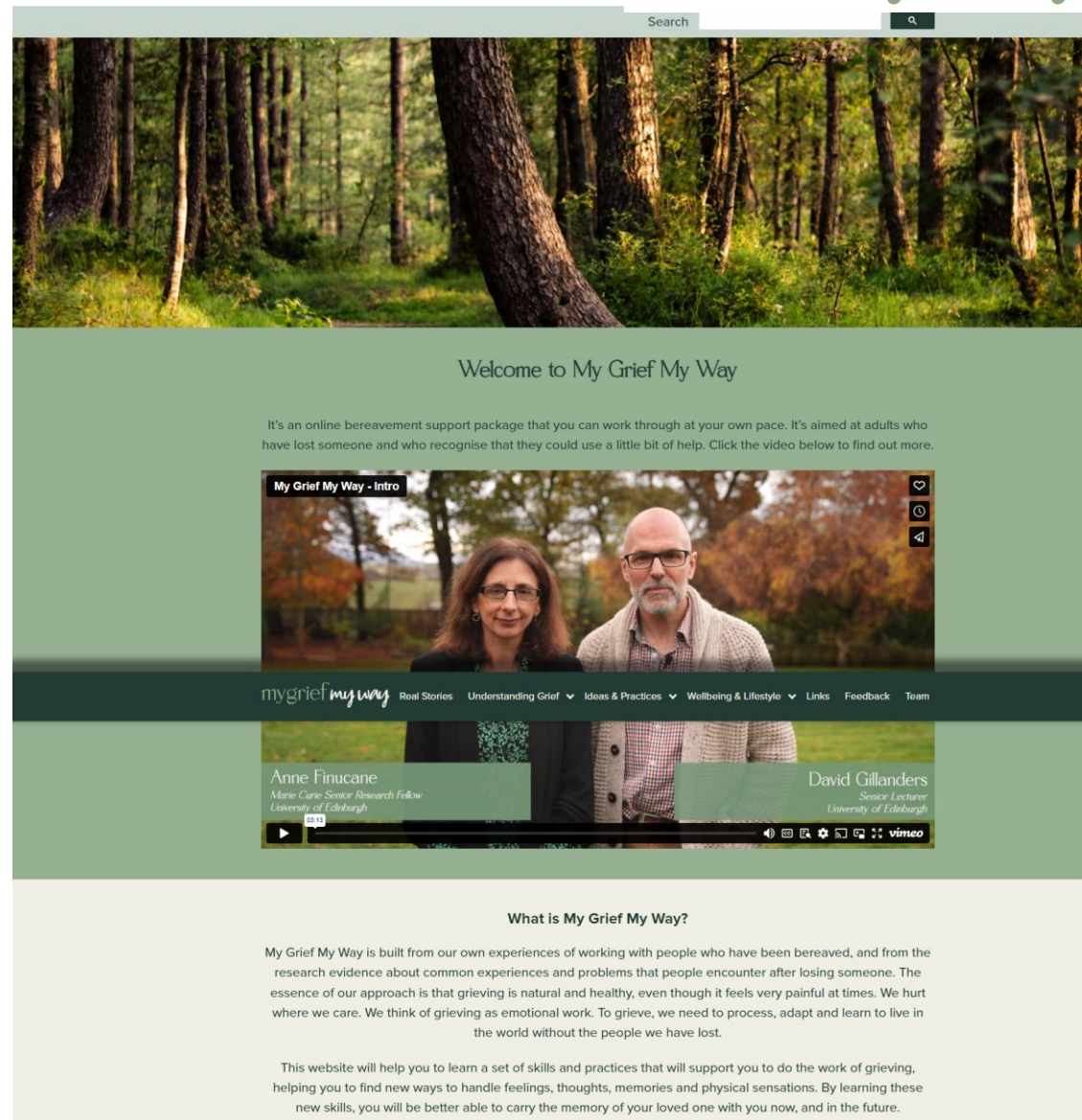
# My Grief My Way Logic model







# My Grief My Way



## Overwhelm

After a loss, people typically describe how painful and overwhelming the feelings can be. These can be emotions such as pain, loss, missing your loved one, feeling lost or alone, sadness, despair, but also other feelings that you might not be expecting, such as regret, guilt, anger, bitterness, or jealousy of people who have not lost a loved one. Other aspects of loss can also be overwhelming. There are often a great many practical things to attend to, such as settling an estate, clearing a house, dealing with belongings. Bereavement can also be very practically disrupting,

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### Overwhelming Feelings



## How we try to block out the pain

The feelings that come after loss can be so upsetting and overwhelming that we do whatever we can to deal with them. Sometimes this involves different ways that we try to block out emotions, memories or thoughts. This can include things that are not especially unhealthy such as *sometimes* preferring not to talk about how you are feeling. Sometimes we can get into habits that in the longer term are not likely to be helpful to us, such as *never* talking about how you are feeling, drinking too much, using drugs or overusing prescribed medication, or just staying busy with work or home tasks. Sometimes the situation that we are in means that in the short term we need a way to shut down overwhelm. However, in the longer term, it's generally not likely to be effective if we don't learn how to be with our feelings.

### Avoidance







## Aware Skills

We can all do some things without really being aware of what we are doing. Quite often things like nail biting, driving a car, scrolling through our phone can be done as if we are on 'autopilot'. When we act on autopilot, there is a good chance that we won't really notice the consequences of what we are doing, and we will be quite influenced by short term benefit compared to longer term outcomes. For example, sometimes people try not to think about their feelings of grief by getting busy with work or other tasks. In the short term this can feel successful because the person has a sense of getting on with things and their feelings are kind of held at bay. However, in the longer term these feelings are not resolved, and they can lead to underlying stress. If we learn how to increase our awareness, we then notice what is influencing us, and we can make more effective choices about how we want to handle things. Increasing our awareness skills can also help us to ride through really intense emotional waves.

### Becoming Aware



## Audio Exercises

### Developing Awareness

Helping you to learn how to be more present and aware of what is happening and how you are dealing with grief



### Self-soothing

Helping you to learn how to be more present and aware of what is happening and how you are dealing with grief

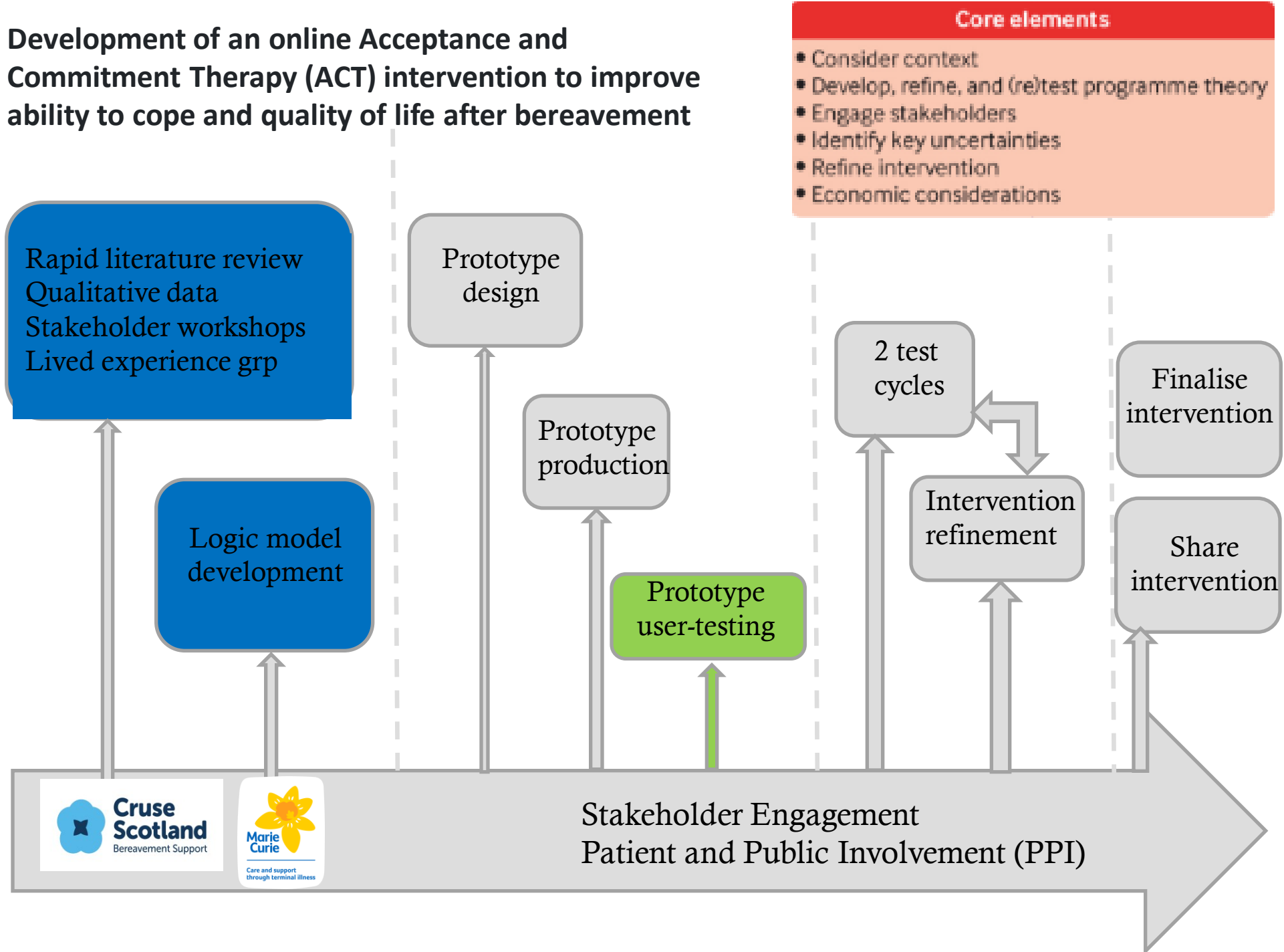


### Dropping Anchor

Helping you to learn how to be more present and aware of what is happening and how you are dealing with grief



# Development of an online Acceptance and Commitment Therapy (ACT) intervention to improve ability to cope and quality of life after bereavement







## Conclusion: Logic models

1. Useful graphical representation of how an intervention or programme of work is understood
2. Illustrates how outcomes and impacts are expected to occur
3. Is dynamic and can be refined as new evidence emerges.
4. Supports thinking about all aspects of intervention development and implementation.



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## References

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