Siblings- The Forgotten Mourners: New Beginnings & Rebuilding, helping children to find a New Normal

Presented By
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PLAY SPECIALIST
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LauraLynn Play Therapy Room
Thoughts of Siblings

“I’m jealous of my friends and their families”

“I need to keep all of my tears in my head, we don’t cry in my house”

“in my dreams I bring her back, id only proper bring her back if she was happy and healthy”

“...do you think my brother is happy now”

“My head is filled with sad and angry thoughts, but I have to tell people I’m OK”

“when I grow up I want to be a doctor so other boys and girls brothers and sisters don’t have to die”

“Your sad, but then the anger builds and there is no room for the tears”
My Family
## Participants

<table>
<thead>
<tr>
<th>Client</th>
<th>Gender</th>
<th>Age Now</th>
<th>Age at Time of Death</th>
<th>Sibling Who Died</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client 1</td>
<td>Male</td>
<td>7</td>
<td>6</td>
<td>Brother</td>
</tr>
<tr>
<td>Client 2</td>
<td>Male</td>
<td>9</td>
<td>7</td>
<td>Brother</td>
</tr>
<tr>
<td>Client 3</td>
<td>Male</td>
<td>9</td>
<td>6</td>
<td>Brother</td>
</tr>
<tr>
<td>Client 4</td>
<td>Male</td>
<td>8</td>
<td>6</td>
<td>Sister</td>
</tr>
<tr>
<td>Client 5</td>
<td>Female</td>
<td>11</td>
<td>9</td>
<td>Brother</td>
</tr>
<tr>
<td>Client 6</td>
<td>Female</td>
<td>5</td>
<td>4</td>
<td>Brother</td>
</tr>
<tr>
<td>Client 7</td>
<td>Female</td>
<td>6</td>
<td>4</td>
<td>Brother</td>
</tr>
<tr>
<td>Client 8</td>
<td>Female</td>
<td>7</td>
<td>6</td>
<td>Sister</td>
</tr>
<tr>
<td>Client 9</td>
<td>Female</td>
<td>9</td>
<td>7</td>
<td>Sister</td>
</tr>
</tbody>
</table>
Trends in Play Therapy Room

• Feelings varied in intensity, frequency, duration and depth, often overwhelming in the first instance.

• There was often a struggle in whether to express or suppress the emotions.

• They often experienced contradictory feelings and ambivalent reactions, illustrated describing when the news of their siblings death broke.

• The news that the sibling they had lost seemed overwhelming at first but then they wanted to be just like their friends “It’s no big deal”.
Pro Social

Before Therapy

After Therapy

Client 1  Client 2  Client 3  Client 4  Client 5  Client 6  Client 7  Client 8  Client 9
Emotional

Before Therapy

After Therapy

Client 1  Client 2  Client 3  Client 4  Client 5  Client 6  Client 7  Client 8  Client 9

5  6  7  7  6  8  8  8  9  9

3  4  4  6  5  5  6  5  5

LauraLynn
IRELAND'S CHILDREN'S HOSPICE
Behavioural

Before Therapy

After Therapy

Client 1  Client 2  Client 3  Client 4  Client 5  Client 6  Client 7  Client 8  Client 9

3  4  4  4  2  4  4  3  3

4  6  9  5  5  6  6  8  6

LauraLynn
IRELAND'S CHILDREN'S HOSPICE
Family Feedback

“We never wanted this time to pass and then in 5/10 years time, to look back and say 'if only we had of brought him/her to see someone when they were younger, maybe they could/ would be able to talk about their feelings more now, would be better at coping etc.”

“She sees you and she feels lighter...for the most part I have my happy seven year old back”

“She is learning how to cope and open up and express herself...this has helped us as a family”

“I love that he has a space to open up and share his thoughts”

“I think he really appreciated having an adult to talk to, someone who knew his brother and all the history, and yet someone outside of family and friends.”
Questions?

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