

Expanding the Kaleidoscope

Integrating the neurobiology of grief into Community Chaplaincy Listening Services

Bereavement as a Kaleidoscope: An inclusive approach for all

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THE KALEIDOSCOPE APPROACH: SIX COMPLEMENTARY GRIEF LENSES

Educational Resource Evaluation

Fifteen participants from NHS Community Chaplaincy Listening Service and Spiritual Care Teams completed five self-paced eLearning modules exploring six grief theories.

Following this self-directed learning, focus groups and one-to-one sessions were conducted to evaluate the impact of the educational resources.

Kübler-Ross
Emotional
Stages

**Dual
Process**
Oscillation

**Growing
Around
Grief**
Life
Adaptation

**Continuing
Bonds**
Ongoing
Connection

**Grieving
Brain**
Neuroscience

Grieving Body
Physiology

Mary-Frances O'Connor's neurobiological models (highlighted) expand the kaleidoscope beyond traditional approaches

Key Findings:

15 Participants
100% immediate application
2-3 weeks to impact

- Strong rejection of Kübler Ross' Model
- Exceptional enthusiasm for neurobiological models
- Enhanced professional confidence and credibility
- Personal healing alongside professional growth

Neurobiological breakthrough:

- O'Connor's Grieving Brain & Body models provided scientific validation and accessible language for emotion-resistant populations
- "You can remove the word emotion and talk about brain chemicals"
- These models were found especially useful for neurodivergent individuals

Toolkit Philosophy:

- Participants embraced flexible, multi-model approach over a rigid, single-theory application
- "Like having a bag full of resources – pull out the best one for each person"
- Applications – visual tools, scientific explanations, multiple connections

Before Training:

- Limited to Kübler-Ross knowledge
- "Bits and pieces" understanding
- Fears about knowing "too little"
- Linear, stage-based thinking

After Training:

- Kaleidoscopic understanding
- Person-centred responses
- Enhanced professional confidence
- Immediate practical application