



BY
Pallium Canada



Grief & Bereavement Literacy ECHO Series

Session 2: "Grieving the Death of a Pet"

Tuesday, September 19, 2023
12:00pm – 1:00pm PST, via Zoom

AGENDA ITEM	DISCUSSION	RESOURCES
Introduction & Territory Acknowledgment	<p>Grief & Bereavement Literacy ECHO Series – “Grieving the Death of a Pet”</p> <p>Presenter: Jennifer Dacre, Jennifer Dacre, Palliative & Bereavement Services Manager at Chilliwack Hospice Society</p> <p>Welcome to all participants, and introduction of the presenter, and presentation outline. Participants are notified the session is being recorded.</p>	
Overview Summary Presentation & Discussion	<p>Presentation Summary</p> <p>Jennifer Dacre is the Palliative & Bereavement Services Manager at Chilliwack Hospice Society.</p> <ul style="list-style-type: none">• What do pets bring to our lives? Unconditional love, comfort, companionship, protection, entertainment, purpose. Pets meet our rational needs in the form of companionship and reducing stress.• Our reasons for having pets are varied, and we each approach pet ownership with a different perspective.• What makes a pet death unique? The number one aspect that pet deaths have that human deaths do not is the acceptance by the owner that they will most likely outlive their pet, therefore, grief can almost be anticipated from the outset of the relationship, however it still hurts and affects us a lot.• We also might participate directly in the death, euthanasia, and the owner might incur the costs associated with any care required leading up to and including the procedure itself. This is an unusual circumstance and not something we feel prepared for. Animal deaths can repeat multiple times in a lifetime. The death of a pet is one of the most common sources of stress a family can experience• Human deaths are more publicly acknowledged and grieving needs accepted in our society vs. pet deaths• Bereaved pet owners are often expected to resolve grief quickly. The actions serve to invalidate a pet owner’s grief and discourage the grieving process.• Those who are unable to grieve a significant loss are more likely to experience higher levels of anxiety, depression, and grief severity.• Grieving a pet death marks the time and place where we are changed from who we used to be with the pet and who we have become.	

	<ul style="list-style-type: none"> Known supportive factors for bereaved pet owners: <ul style="list-style-type: none"> -Validation -Social supports -Continuing bonds and memorialization -Religion or spirituality -Relationships with other animals Pet Death Support Group at Chilliwack Hospice Society: The concept of this group revolves around the belief that all deaths are sacred and need to be honoured, in whatever way makes sense to the grieving person. There are in-person and virtual support networks available. Hospice societies advocate for adaptive grief expression. <p>Lived experience presenters shared their stories & experiences with having Jennifer's support in their grieving process:</p> <ul style="list-style-type: none"> Hector Delvillar Elizabeth Peon Valle Andrew Erdely Pam Bilusack 	
Session Materials and Additional Resources	<p>Resources shared in the Zoom Group & Chat:</p> <p>Chilliwack Hospice Society Pet Loss Group</p> <p>British Columbia Bereavement Helpline Pet Loss Support Group</p> <p>What's Your Grief website</p> <p>Canadian Virtual Hospice</p> <p>Book recommendation: "Heaven for Animals"</p> <p>Recommendation to join Facebook groups for pet loss for support (validating)</p> <p>Instagram groups, https://www.instagram.com/petlosspsychologist/</p>	<p><u>Session Recording</u> is uploaded on the BCCPC's YouTube page:</p> <p>HERE</p>
Closing	<p><u>Next ECHO Grief & Bereavement Literacy Series:</u></p> <p>October 19th 12:00pm to 1:00pm PST</p> <p>Topic: "Children's Grief"</p> <p>Click: REGISTER</p> <p>Visit the BCCPC ECHO session website page for upcoming sessions.</p> <p>Subscribe: BC Centre for Palliative Care YouTube page</p> <p>Subscribe: BC Centre for Palliative Care Newsletter</p>	<p>Link to post-session Survey:</p> <p>HERE</p>