



***“Who Am I Now?”  
Life After Caregiving Ends***

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Presented by Boeing  **BOEING**





*Please note: The information provided on this program is intended for educational purposes only.*

*If you or a loved one needs professional support, please contact TAPS 24/7 at 800-959-TAPS (8277).*





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# Embrace the fullness of grief

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**Remember**

**Reaffirm**



**Realize**

**Release**



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# Remembering





# Reaffirming







# Realizing





# Releasing

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# Changing the goal...from *recovering* to *integrating* this loss

Remember

Reaffirm

Renewal

Realize



Release



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# Find meaning in this new role

- Who am I now that my loved person has died?
- What are the greatest disappointments I now face?
- Who are the people who provide most encouragement to me now?
- When do I find my times of greatest energy and peace?
- How have my hopes for the future changed?
- What are two or three things that I would like to consider doing or places I would like to consider going in the next year?

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*“By any measure, life is really, really good, but I haven’t “moved on.” I haven’t moved on, and I hate that phrase so much, and I understand why other people do. Because what it says is that Aaron’s life and death and love are just moments that I can leave behind me – and that I probably should. And when I talk about Aaron, I slip so easily into the present tense, and I’ve always thought that made we weird. And then I noticed that everybody does it. And it’s not because we are in denial or because we’re forgetful, it’s because the people we love, who we’ve lost, are still so present for us...*

*“Here, he’s present for me in the work that I do, in the child that we had together, in these three other children I’m raising, who never met him, who share none of his DNA, but who are only in my life because I had Aaron and because I lost Aaron. He’s present in my marriage to Matthew, because Aaron’s life and love and death made me the person that Matthew wanted to marry. So I’ve not moved on from Aaron, I’ve moved forward with him.”*

Nora McInerny (TED)  
“We Don’t Move On from Grief”





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**About what are you wondering most right now?**



# Questions?





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# About the TAPS Institute for Hope and Healing®

Launched in March 2018 through an alliance with HFA, the TAPS Institute for Hope and Healing® serves as a resource and training center, providing programs for both professionals working in the field of grief and loss and the public.



*Presented by Boeing*



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# Upcoming TAPS Institute Webinars

**February 25**

**Supporting Bereaved Children with Autism** (*Noon-1:30pm ET*)

- **Margaret Lynn Beaudoin-Kobb**, MDiv, Staff Chaplain, Co-Chair Elect, Diversity & Inclusion Core Council; Hospital of the University of Pennsylvania
- **David Stevenson**, MDiv, CT, Bereavement Coordinator/Counselor at Crossroads Hospice & Palliative Care

**March 5**

**Love After Loss (For Women)** (*Noon-1:00pm ET*)

- **Carla Stumpf Patton**, EDD, LMHC, NCC, FT, CCTP, Director of Suicide Prevention, TAPS
- **Susan Starnes**, LCSW-C, Wing Director of Psychological Health, MD Air National Guard

**March 10**

**Love After Loss (For Men)** (*Noon-1:00pm ET*)

- **Justin Yopp**, PhD, Clinical Associate Professor of Psychiatry, University of North Carolina, Chapel Hill
- **Warren Pellegrin**, USMC veteran and TAPS Peer Mentor

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