

# Bereavement care for adolescents: Role of flexibility



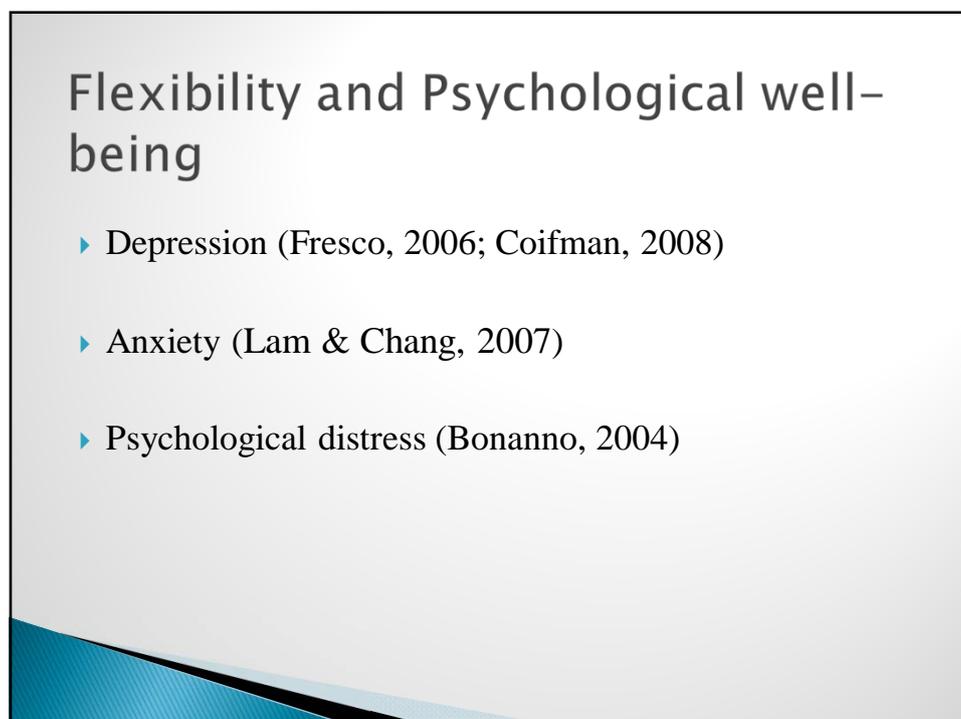
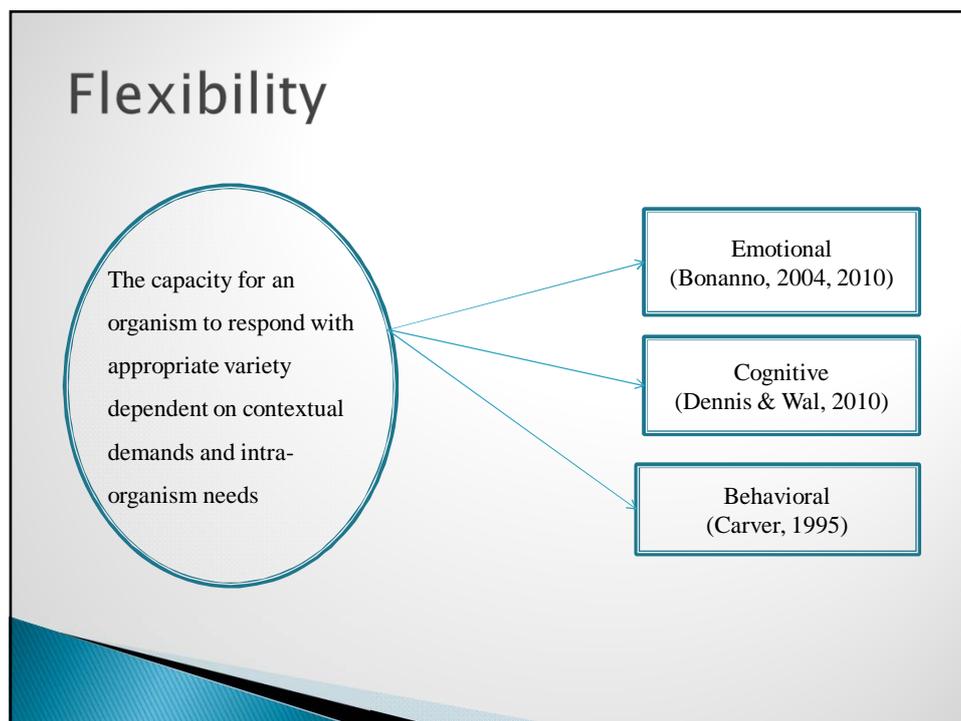
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## Study with Adolescents with Earthquake Experience

Role of flexibility in  
psychological well-  
being of adolescents  
with earthquake  
experience





## How to enhance flexibility ?

- ▶ Prevention program

Emotionally:  
varieties of emotions  
appropriate contexts  
positive emotions

Cognitively:  
open up mind,  
different perspective  
multiple solutions

- ▶ Behaviorally:  
functional coping strategies

## Treatment

Cognitive Behavioral Therapy (CBT)  
(Follette & Ruzek, 2006; Rosenberg & Mueser, 2011)

affective expression and modulation  
exploration of meaning of the events  
multiple solutions  
functional coping strategies

*Grant me the serenity to accept the things I  
cannot change, the courage to change the things  
I can, and the wisdom to know the difference.*

-----**Reinhold Neibenkr**