

GRIEF CAN BE DEVASTATING

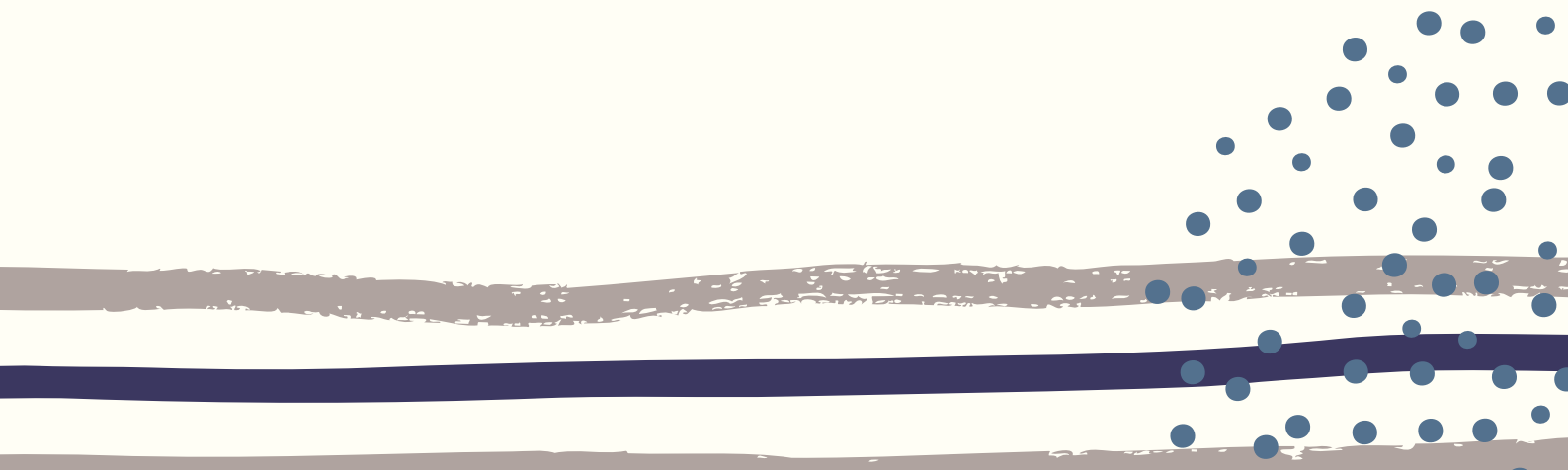


From Ludhiana Cluster

Grief could hit a person at any given point of time. It doesn't necessarily have to be weeks after the loved one passes away, it could come back years after the loved one passes away as well. One such story or impact, which we were able to work through, was seen in the ludhiana cluster, where the factory worker was visibly depressed and did not seem like he was adequately motivated to carry out his everyday activities. Here we speak about our RK, a 36 year male working in the garment factory. He is a native of Ludhiana and has been working at the factory for quite some time.

One of the key crucial aspects of counseling when we hit stone walls or we hit dead ends with clients is to find novel ways of providing a safe space for the clients to disclose and talk about their issues. In regard to the same, the counselor took a very unique approach of sharing some parts of their life with the client in order to make them feel comfortable, which is also a technique called self-disclosure that provides the client with confidence. Since we speak to them for the first time at a cross-sectional intervention. It might not be easy for every factory worker to just trust us hence, novel unique, and compassionate advanced empathy techniques are needed to provide a helping hand to these factory workers.

Continuing on the same perspective, after the counselor shared part of their life or disclosed it to the client, they felt comfortable enough to share the difficulties that they were going through because they trusted the counselor would understand their issue closely since they themselves have gone through it. In this case RK started sharing about an interesting turn of events where he was able to disclose how the loss of his father due to COVID in 2021 has impacted their family because of which the responsibility of his mother's well being was solely upon him. His younger brother chose to marry and have a family of their own and doesn't get involved in his and his mother's life.





Currently, his mother is equally distressed by the loss of her partner and doesn't look like she has dealt with her grief completely. That seems to be impacting the client at a slightly higher than expected level because of which there is a constant sense of tiredness fatigue, mildly bordering on depression, anxiety and a sense of hopelessness with no motivation to continue living. The Counselor provided the patient with listening to his concerns understanding the various aspects of why the dejection or distress existed and navigating them one by one the client was even comfortable telling his future plans, discussing them, and finding practical, realistic solutions to his concerns of sleep, anxiety, how he could communicate with his mother, what activities he could do in his everyday life to improve his moods as well was explained and discussed having discussions about the client's future plans and how he could take care of his mother that seemed to have brightened his thought process.

One of the feedback that stayed with the counselor was that RK mentioned that *“it is very rare that we are asked these questions. Nobody really cares about us in these factories, because we are just looking at production. It is very kind of you and it almost brings me to tears that I was able to open up and talk to a stranger. Yet I feel so safe and I feel like I can trust you and nowadays nobody has time. Thank you for giving me your time”*.

This is where the i4We program aspect of providing quality care on a holistic perspective is being implemented as well and benefits are being reaped by the factory workers as well. The goal is not to provide a one-time solution but the idea is to empower the client for a longer time so that they become self-sustainable and are able to empower and support themselves in the long run.

