

## [13]Poster presentation

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### [13-1]Perinatal loss grief counseling in the community

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Presentation language : Japanese

Tenshi-no-Hogosha Luka-no-kai (TL) in Tokyo started offering a group for individuals to share their experience of perinatal loss in 2004. The group also offers an annual event where participants make a gift for their deceased babies (e.g., toys, clothing) while meeting other grieving parents. As requested by many participants, TL Grief Counseling became available in 2009 for those who desire individual therapy.

Individual counseling provides a safe space for clients to share various topics, including their birth/loss experience, feelings toward their babies, conflicts with their partner, challenges with returning to work, and relationships with family, friends, or neighbors. The unexpected loss of their child often leads to acute awareness of the uncertainties of life and causes increased anxiety. Many parents continue to suffer from general anxiety, as well as situational anxiety even months after the loss.

In our society, grieving families are often left to deal with grief on their own. However, the online survey shows that people are highly satisfied with individual counseling; the program was rated above eight on a scale of 10 where a higher number shows higher satisfaction. This seems to suggest the need for more support in the community.