

## Bach Friendly Group Case Study

### A Bereavement

#### Introduction

At coffee break your colleague Andrea, seems to be a bit pre-occupied and distant. Having recently finished your Bach Practitioner training, you seem to be extra aware of the feelings of people around you and quite keen to offer the remedies to anyone who may benefit. So you ask her

*"What is the matter? You seem to be a bit pre-occupied."*

Andrea – *"Oh, well, my mother died last week and I've got so much to do. Nothing is straight forward. The funeral directors have given me some leaflets and I'm trying to sort everything, but at this time of year apparently it is hard to get an appointment with various people because there are so many deaths – probably all the cold weather."*

*"We can't have the funeral for three weeks, which is a bit of a nuisance. My sister is flying over from Belgium for that but we both think there is no point in her coming before then."*

You – *"I'm so sorry to hear about your Mum. Had she been ill? Were you expecting her to die soon?"*

Andrea – *"No....well, she was quite old I suppose.....85 years....but she'd not had anything serious. The home she was in hadn't been in touch about any concerns. They just found her dead in her bed. Nice way to go, everyone says. Well OK, but I wish she had sorted out all her papers and finances first. It is just such a muddle."*

*"I suppose I should have thought to look through everything, or to get a Power of Attorney a couple of years ago, but Mother was always so organised, and protective of her business, so I just sort of assumed that it would all be sorted and tidy. I don't think she even made a will.....or at least we can't find one."*

You – *"So you have a lot to sort out?"*

Andrea – *"Yes and of course we've got this new project to get launched here at work. I could have done without my mother dying now! I don't know how I'm going to fit it all in. I know probate will take ages, but I've got to go through all the papers first to find all that the solicitors need. I'm really surprised that Mother hadn't got everything ready. She must have known at 85 that she would die sometime soon."*

Andrea sighs deeply.

You – *"Pardon me, and maybe it's the shock, but you seem more annoyed with your mother than upset that she has died....?"*

Andrea – *"Yes, well we were never a close family. My mother thought the sun shined out of my brother. He could do no wrong and even when he went to prison for fraud, she thought it was a*

*miscarriage of justice. My sister and I just got on with our lives. There was no point in expecting any support from the family. I've done well at work, but she was never interested. I used to call in on a Sunday afternoon to see her – probably once a month – but she was never interested in me and there was always some complaint or other about what I had or hadn't done for her. In the end you just develop a thick skin. I don't know why I kept going and now she's gone it feels more like a relief. No more Sunday visits. But I still have all this paperwork to sort.*

*She was a rich woman from the investments my father had made before he died. She has ....had property too. So we will have to make decisions about all that too. It's just my sister and me now since my brother was killed."*

The last comment seems like a throw away remark and you are unsure whether to pick it up or not. In the end you decide to go for it. Andrea is not likely to give you information unless you ask, so you say –

*"Your brother was killed? Goodness."*

Andrea (in a deadpan voice) – *"Yes, well it was the circles he moved in – drugs, deception, fraud – he didn't stand a chance really. He was a weak man who wanted to be rich, and wanted it all the easy way."*

You reflect on how little you have previously known about Andrea, a colleague for at least five years. People's lives are a mystery until you start talking more personally. Deciding that the remedies may help her, you say – *"Do you remember I've been training in the Bach Flower remedies? Well I wonder if you would like me to mix up a bottle to support you. This is a difficult time for you."*

You then summarise your understanding of how Andrea feels and she agrees to take the remedies.

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- What would be your summary at this stage of how Andrea feels?
  - What else would you ask?
  - How easy - and how relevant to Andrea is it to follow up on the murder of her brother?
  - Which remedies would help Andrea now?
  - What are the differences between engaging with Andrea as a colleague and as a practitioner?