

Summary of Codebook framework

It may be useful to print or keep this short version to hand when you first start coding and are not yet familiar with the coding structure.

Themes	Codes
Expressing feelings and feeling understood	<ul style="list-style-type: none"> • Feels more heard/understood/accepted/seen in their grief • Helped by expressing feelings with independent other(s)/in a safe space • Helped by sharing with others with similar experiences/ who understand • Helped by working through difficult feelings (e.g. anger & guilt)
Understanding and accepting grief and loss	<ul style="list-style-type: none"> • Feels more able to understand, accept and manage grief/feelings • Feels more able to understand and accept the death and/or circumstances relating to the death • Feels more able to deal with feelings/memories relating to a difficult relationship with the deceased person • Helped by learning about grief and the grieving process • Helped by recognising that feelings are normal & not alone feeling this way • Helped by talking about and sharing memories of the deceased person • Helped by other activities which maintain connection to the deceased/keep memory alive
Strengthening of social support and relationships	<ul style="list-style-type: none"> • Feels more able to communicate with family/friends/others about own grief/ feelings/ other support needs • Feels more able to cope with others' grief/expressions of grief • Feels more able to cope with others' reactions to own grief and/or manage relationships with others • Feels less isolated or lonely/ more connected to others • Helped by knowing that others understand, care and are there when needed • Helped by also helping others – the mutuality of support
Managing and moving forwards with life	<ul style="list-style-type: none"> • Feels more optimistic/hopeful/purposeful • Feels generally better about themselves e.g. more confident/in control/aware of strengths/ improved self-esteem • Feels less overwhelmed/burdened/more able to cope with daily life/activities/tasks (e.g. work, education, family life) • Helped by self-care or wellbeing activities/approaches encouraged/enabled by the support

	<ul style="list-style-type: none"> • Helped with loss of identity/finding new identity and/or meaning/purpose • Helped with broader life concerns or challenges e.g. managing relationships, decision-making, stressful/unsafe situations • Helped with specific mental health needs e.g. anxiety, depression, trauma, suicidal thoughts • Helped by advice or information on practical/financial/administrative matters relating to bereavement
<p>Delivery and accessibility of support</p>	<ul style="list-style-type: none"> • Values being able to access support or connect with group members when needed (e.g. helplines, online communities) • Values being able to work through feelings privately, at own pace and at times that suit (e.g. self-help resources). • Values having dedicated sessions to focus on grief so that can focus on other areas of life at other times • Values positive relationships/rapport developed with practitioner/other group members • Values having cultural and/or spiritual/religious beliefs/needs reflected in the support given • Values support as a generally positive/enjoyable/helpful experience
<p>Negative experiences/areas for improvement</p>	<ul style="list-style-type: none"> • Perceived lack of rapport with the practitioner • Perceived lack of sensitivity, skill, knowledge or professionalism of practitioner • Some needs or expectations not seen as being met • Not enough sessions (amount or frequency) • Not the right time (accessed too soon or too late) • Counselling process experienced as too upsetting or emotionally draining • Difficult or triggering hearing about other people's grief and bereavement experiences • Challenges around referral in/long waiting lists • Challenges around referral out/signposting on • Accessibility issues relating to location/time of day/format