

INTEGRATING CREATIVE APPROACHES

Bereavement coordination can do more than organise support.

Bereavement begins before death and continues beyond it. A gap was identified in coordinated support for patients, families and carers experiencing anticipatory grief, dying and bereavement.

THE CONTEXT

Embedding music therapy within a coordinated bereavement pathway broadens how compassionate psychosocial support can be offered.

01 COORDINATE

A clear pathway, referral processes, follow-up systems, staff resources and multidisciplinary working.

02 CREATE

Music therapy and other creative approaches support communication, meaning-making and emotional expression.

03 CONNECT

Relational support can strengthen continuity, signposting and links across services.

THE IMPACT

This joined-up approach makes bereavement care more visible and helps patients and families feel supported, connected and able to express themselves.

WHAT THIS LOOKS LIKE IN PRACTICE

ENGAGEMENT

After many years, he began playing his own guitar again.

Alongside patient and partner, a conversation and invitation led someone to reconnect with music and begin processing difficult emotions.

HOLDING

A familiar song offered a structure through which voices and emotions could rise and fall. Emotions were contained and expression of feelings allowed.

Improvised music and shared singing created a supported space for family connection alongside clinical care.

THE CONCLUSION

Integrating creative approaches within a coordinated bereavement pathway is feasible, accessible and enhances psychosocial support for patients, families and carers.

“Good bereavement care is a human right.”

Bereavement Charter for Scotland

A coordinated pathway
creative and relational support

“I was delighted to know that there was a person to speak to after the dust had settled.”

“It was an opportunity to chat away from the medical information, which was overwhelming.”

We read out the lyrics at her funeral
Was played at my Grandma’s funeral
She always said it was her song
One day being reunited
Personal and reflective
My late Mum’s favourite song
To remember my Dad
Great for a massive cry in the car
My Dad’s song to my Mum

Bereavement
Playlist (Spotify)



Such a funny song that Granddad loved
Uplifting, personal
I think of her whenever I hear it
It reminds me of my Mam
Special to my best friend
Such a beautiful tune
Celebrates life
Reflective of a life lived
In memory of my brother

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