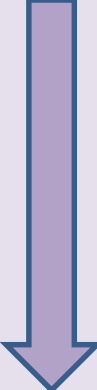


LOST & FOUND

Working with Grief



**The Space
in which the
Grieving Process
takes place**



Working with Grief

No right or wrong way to grieve

The worst loss is the loss of the griever

**The circumstances of the death will
impact the grieving process**

**The circumstances of the griever will
impact the grieving process**



Working with Grief

Normal Grief

80% grieve and work through the process without complications.

Complicated Grief

20%, for various reasons, develop complications and need help with the grieving process.



What is Grief?

Grieving has to do with the internal feelings/emotions that arise when one experiences loss.

Mourning is the external things/rituals one does to give witness to the loss experienced.



What is Grief?

We do not grieve for a person, place or object with which we do not have a connection.

The quality of the connection may/may not be a complicating factor.



What is Grief?

Psychologically:

Loss = Separation

Separation creates a longing for **Reunion**

Longing for Reunion = Grief

**Grieving is an instinctive
emotion/behaviour**

Can be suppressed but will cause problems



Understanding Grief

Two key theorists:

Bowlby → Attachment/Separation Theory

Insel → Attachment/Affiliation Theory



Understanding Grief

Both theories demonstrate that:

- **abnormal attachment processes can lead to maladaptive behaviours and emotions.**
- **Good/normal attachment processes creates resilience which enables *Self* to negotiate separation and loss.**



Understanding Grief

- Enables *Self* to engage in adaptive processes as the loss of the *Other* is experienced.
- In loss, the *Self* has to begin constructing his or her world in the absence of the *Other*.



Understanding Grief

- Learning to navigate the complex world of human feelings and behaviours without the *Other*.
- Constructing new inner structures that will enable *Self* to make sense of this personal development and transition.

The time needed = the **Grief** Period



Understanding Grief

Fundamental, instinctive desire of *Self* is to be/feel safe.

Self will instinctively respond when its safety is under threat.

How *Self* responds is dependent upon how well that early separation process was negotiated in childhood.



Understanding Grief

In the **Grief Period**, the person is seeking:

- To cope having lost what is an essential part of his/her own world;
- To develop new and trusted patterns of coping that allows life to continue in this new construct of their world.



Blocks to Grief

Reactions and circumstances that can be precursors to Complicated Grief:

Concurrent life crises; Need to be brave for others; Cultural and/or Ritual customs; Pregnancy; Addictive behaviours/Substance misuse; Absence at death; Absence of deceased; Absence of funeral/memorial; No time to prepare/say goodbye; Violent/Disaster occurrence



Grief No Nos!

We all struggle to find the right words when in the presence of someone who is grieving. It is OK not to know the *right words*.

Sometimes sitting in silence with a grieving person/friend can be a very therapeutic moment.



Grief No Nos!

Things best not said:

**I know how you feel
She's in a better place
God only takes the good
She had a good, long life
He wouldn't have wanted to stay here
There is a reason for everything
Time is a great healer
You can have another child
He's up there looking down on us**



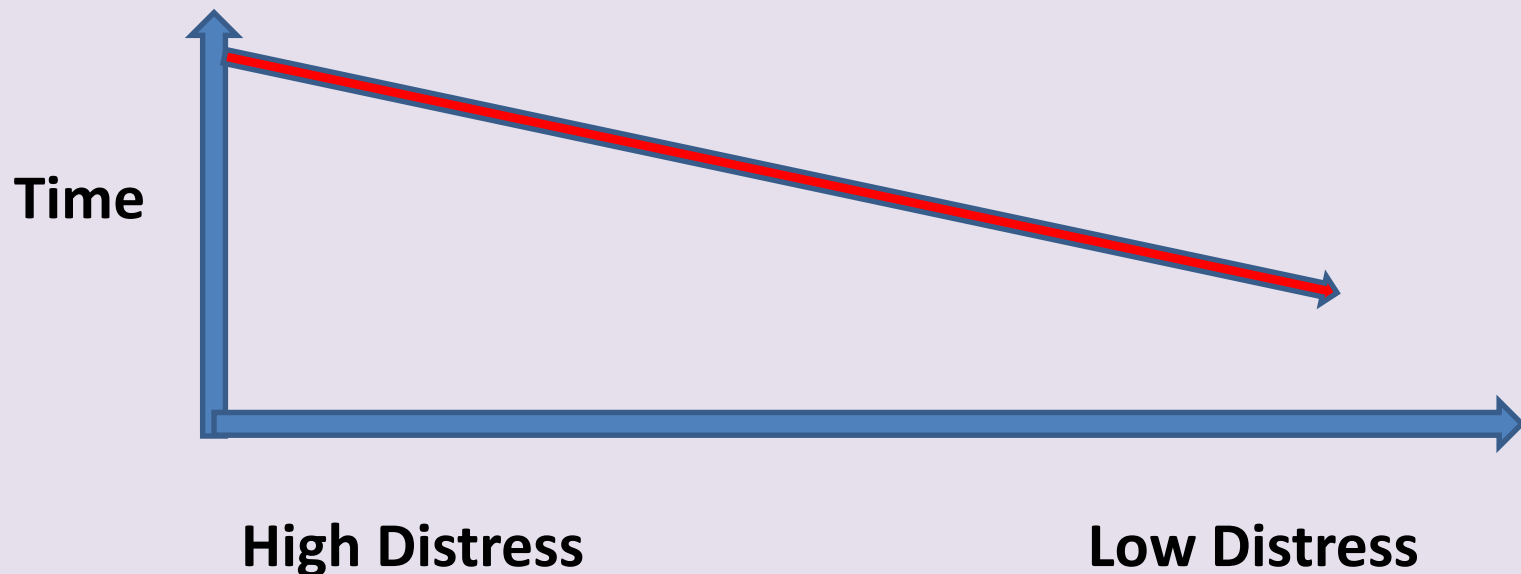
Grief Theories

Psychoeducation

[Wortman & Silverman (1989)]

Psychoeducation theory offers three patterns:

1. Moving from High to Low Distress





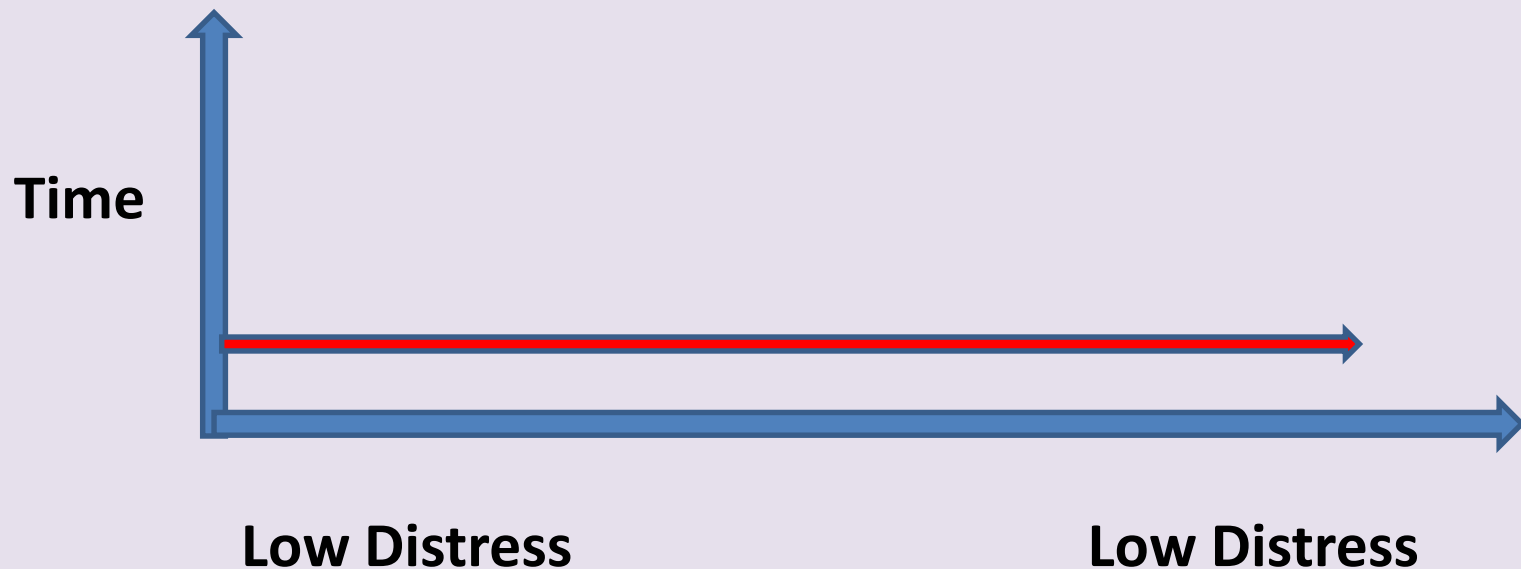
Grief Theories

Psychoeducation

[Wortman & Silverman (1989)]

Psychoeducation theory offers three patterns:

2. Low Distress response over a prolonged period





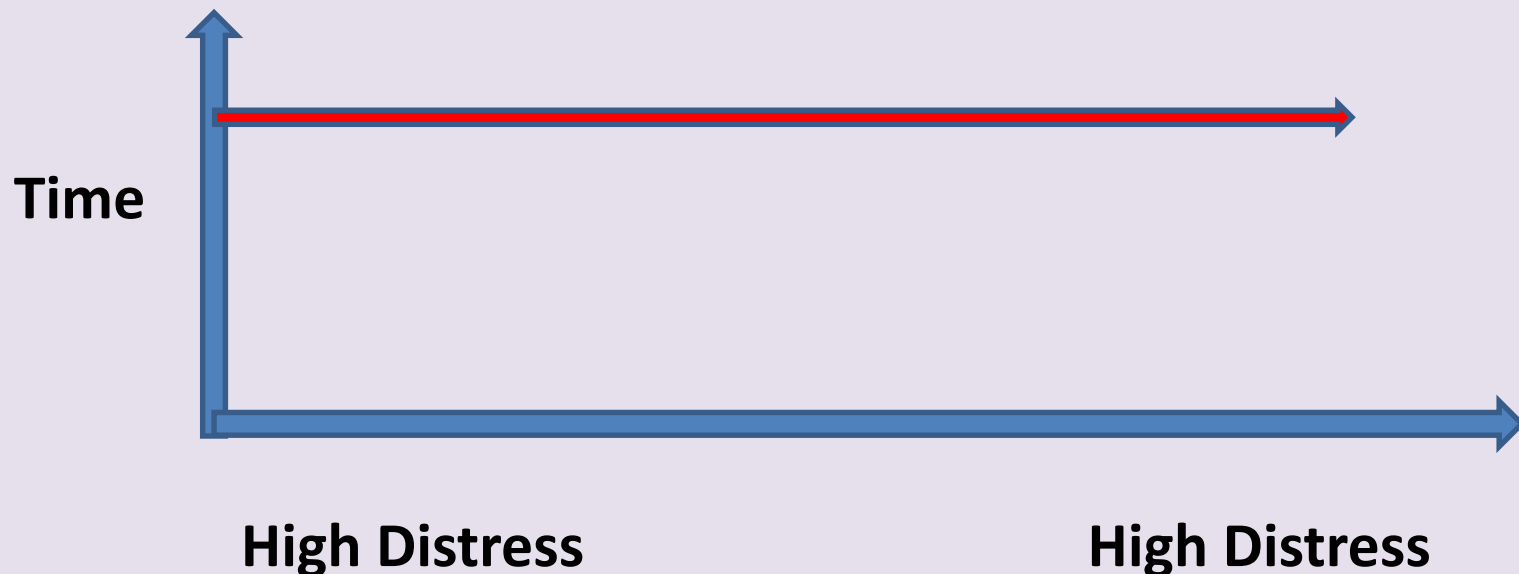
Grief Theories

Psychoeducation

[Wortman & Silverman (1989)]

Psychoeducation theory offers three patterns:

3. Remaining in High Distress over a prolonged period





Grief Theories

Dual Process Theory [Strobe and Schut (1994)]

Suggests that the grieving person moves between
Loss and Restoration in the grieving process





Grief Theories

Dual Process Theory [Strobe and Schut (1994)]

Suggests that the grieving person moves between
Loss and Restoration in the grieving process





Grief Theories

Dual Process Theory [Strobe and Schut (1994)]

Suggests that the grieving person moves between
Loss and Restoration in the grieving process





Grief Theories

Continuing Bonds Theory [Klass, Silverman and Nickman (1996)]

- Challenges the concept that 'Letting go' is the primary goal of grief work
- Works with the concept that, for the bereaved, the deceased is both absent and present
- Seeks to enable the grieving to establish customs/rituals/memories that express absence and celebrate presence



Grief Theories

Continuing Bonds Theory [Klass, Silverman and Nickman (1996)]

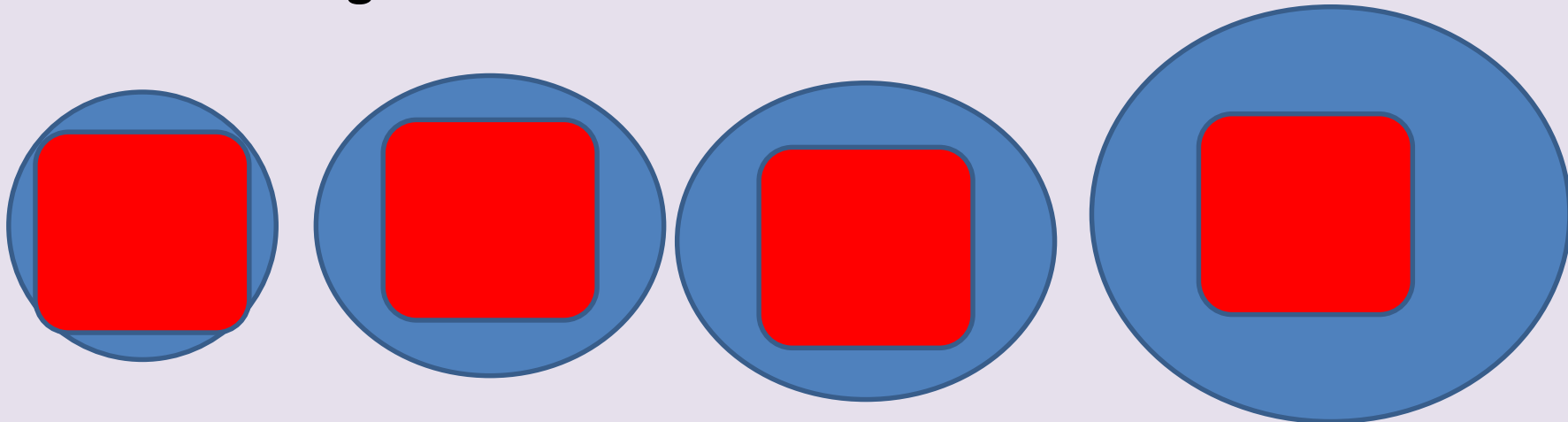
Through the connections to the deceased, the bereaved person is enabled to adapt to the absence of the person because of death but to remain connected through the celebration of the deceased's life. An 'inner dialogue' that is maintained through the use of rituals, memories and new customs which emerge to maintain the bond.



Grief Theories

Crisis Intervention Theory [Taplin]

Her work was, in the main, with young grieving mothers whose lives were thrown into crisis on the loss of their child. In an adaptive approach, she sought to enable the bereaved to rejoin life while recognising that their grief would never subside.

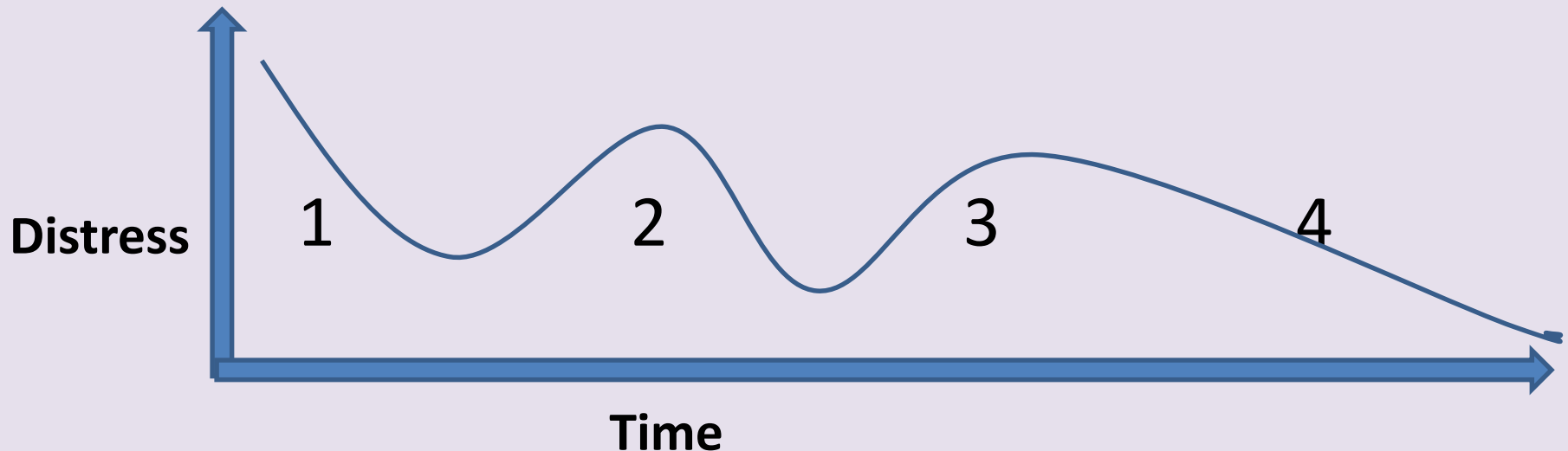




Grief Theories

Tasks of Grief [Worden (1990)]

1. Accept the reality of the loss
2. Work through the pain
3. Adjust to the absence
4. Emotionally readjust the deceased, engage with life





Stages of Grief

Kubler-Ross and David Kessler

Kubler-Ross developed her work in the 1960s advocating a palliative care approach which in turn gave rise to the Hospice movement. Her stages of grief emerged from working with and observing those who were terminally ill. Her work with these patients led to her book: On Death and Dying. She was assisted in this work by David Kessler who himself is now one of the leading therapist in this field in the US and has published: Finding Meaning – the sixth stage



Stages of Grief

From her work and observations, Kubler-Ross identified five stages in the grieving process.

- 1. Denial – ‘this can’t be happening to me!’**
- 2. Anger – ‘it isn’t fair!’**
- 3. Bargaining – ‘I’ll be nice to everyone if....’**
- 4. Depression – ‘nothing matters anymore...’**
- 5. Acceptance – ‘time to put things in order....’**



Stages of Grief

From her work and observations, Kubler-Ross identified five stages in the grieving process.

- 1. Denial – ‘this can’t be happening to me!’**
- 2. Anger – ‘it isn’t fair!’**
- 3. Bargaining – ‘I’ll be nice to everyone if....’**
- 4. Depression – ‘nothing matters anymore...’**
- 5. Acceptance – ‘time to put things in order....’**
- 6. Outreach – continuing the bond by helping**



Grief Work

David Kessler

The primary goal of grief work is to create a safe holding environment for those who are grieving.

The Stages of Grief is not a route map through the grieving process but rather a reflection of where the grieving person is at any given moment.



Grief Work

David Kessler

Drawing on the insights of the Stages
enables the grieving person to put in
place coping
mechanisms/skills/strategies that help
deal with the emotions/pain/mood
swings at any given point in the grieving
process



Grief Work

David Kessler

Grief is a reflection of a connection that is lost – we are connected to people, places and objects.

Grieving is a dance with the concept of acceptance that takes the grieving person towards meaning and purpose. The meaning is not in the loss but in what happens after the loss.

Grief needs to be witnessed.



Areas of Grief

David Kessler

Understanding: Grief is not just about “I”
it is also about “We”.

Something has changed as a result of the
loss and I/We need to give witness to
this change.

We are not alone on this journey. This
journey is grounded in the common
stock of human experience.



Areas of Grief

David Kessler

Healing: In the grieving process there are 'bursts of grief' that can be very painful. You cannot heal what you do not feel. The need to enter into the grieving process, not resisting it. Pain is inevitable; suffering is optional!



Areas of Grief

David Kessler

Mindset: Distortions from the past shape how we are in the present.

Event – Conclusion – Core Belief

There are always options even if it is only one attitude. There is life beyond death and there are strategies that will get us through the grieving process.



Areas of Grief

David Kessler

Legacy: Seeking to live the life our loved one would desire for us.

Honouring their legacy by living in a way that enables the legacy to continue



Areas of Grief

David Kessler

Continuing Connection: Honouring the emotional and spiritual connection with the one who has died. Loved them in their presence and continue to love them in their absence.

The loss will always be present but we build around the loss new structures of living that honour their legacy.



Complicated Grief

DSM V: Complicated Grief

ICD 11: Prolonged Grief Disorder

Criteria A

1. Persistent and pervasive longing for the deceased. Or
2. Persistent and pervasive preoccupation with the deceased.

Loss of a significant other



Complicated Grief

DSM V: Complicated Grief

ICD 11: Prolonged Grief Disorder

Criteria B

Intense emotional pain:

Sadness/guilt/anger/blame

Difficulty in accepting the death.

Lost part of one's own self.

Emotional numbness.

Difficulty in engaging socially.



Complicated Grief

DSM V: Complicated Grief

ICD 11: Prolonged Grief Disorder

Criteria C

Cognitive, behavioural and emotional symptoms presenting for a prolonged period of time [minimum of 6 months]



Complicated Grief

DSM V: Complicated Grief

ICD 11: Prolonged Grief Disorder

Criteria C

At least 5 presenting:

Confusion about one's role in life or
diminished sense of self (i.e. feeling that
a part of oneself has died)



Complicated Grief

DSM V: Complicated Grief

ICD 11: Prolonged Grief Disorder

Criteria C

- Difficulty accepting the loss
- Avoidance of reminders of the reality of the loss
- Inability to trust others since the loss
- Bitterness or anger related to the loss
- Difficulty moving on with life (e.g. making new friends, pursuing interests)
- Numbness (absence of emotion) since the loss
- Feeling that life is unfulfilling, empty or meaningless since the loss
- Feeling stunned, dazed or shocked by the loss



Complicated Grief

DSM V: Complicated Grief

ICD 11: Prolonged Grief Disorder

Treatment Plan

Approx 16 sessions divided into 3 stages



Complicated Grief

DSM V: Complicated Grief

ICD 11: Prolonged Grief Disorder

Stage I

1. Information about normal and complicated grief
2. Dual process model of adaptive coping
3. Focus on personal goals.



Complicated Grief

DSM V: Complicated Grief

ICD 11: Prolonged Grief Disorder

Stage II

4. 'Revisiting' – addressing trauma-like symptoms.
5. Promoting a sense of connection to the deceased.
6. Restoration focus – defining personal goals.
7. Role of transition and interpersonal disputes.



Complicated Grief

DSM V: Complicated Grief

ICD 11: Prolonged Grief Disorder

Stage III

8. Review progress.
9. Plan for the future.
10. Explore feelings around end of treatment.