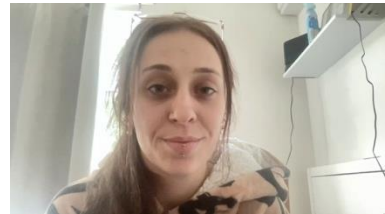

Parental Bereavement

Katie Pointer-Carlyle

2103163



Agenda

What is bereavement?

What is grief?

Why is bereavement
considered an ACE?

How does parental
bereavement impact
an individual and what
could the implications
be in the future?

Past theories relating
to bereavement and
grief.

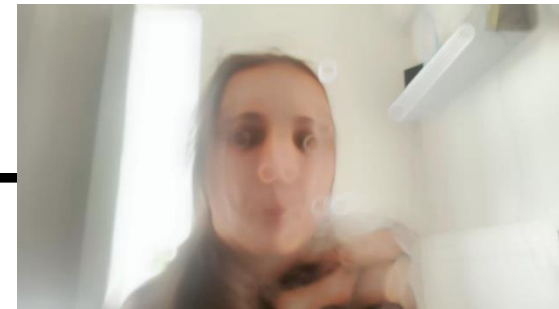
Statistics focusing on
parental bereavement.

Current research and
theory.

Comparison of
previous and current
research.

Interventions and
support available in
school settings.

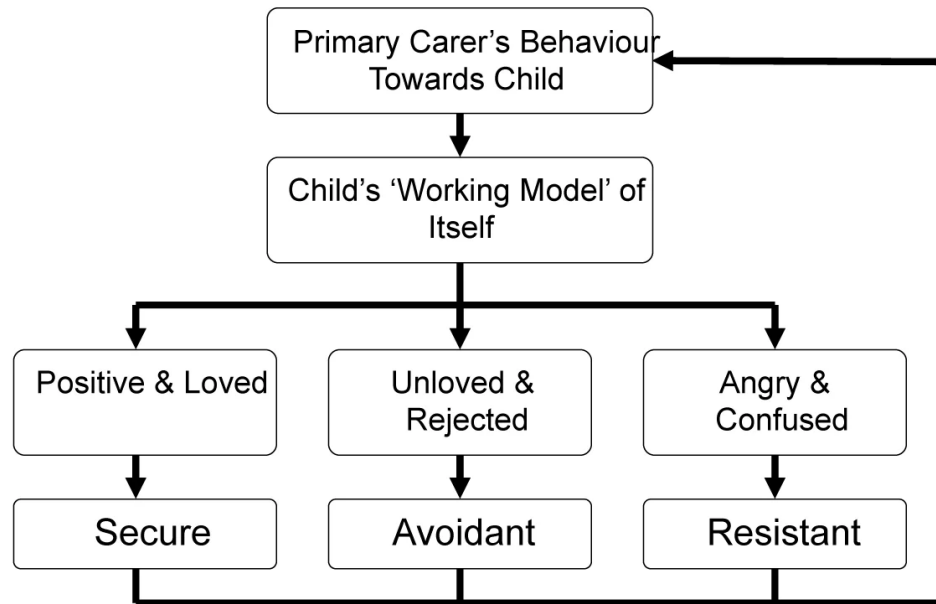
Resources and
activities available
from outside agencies.



What is bereavement?

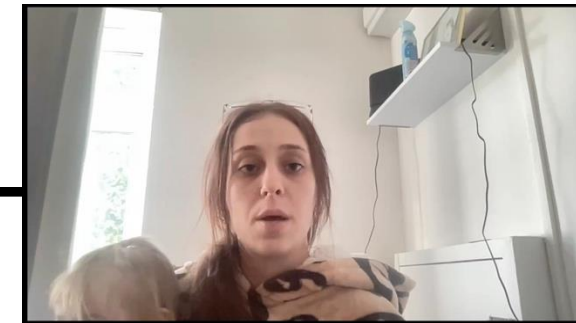
Loss of;

- ❖ A loved one
- ❖ Pet
- ❖ Someone important to you.



John Bowlby: Attachment Theory (1969).

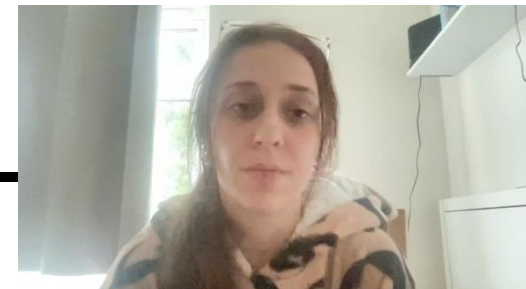
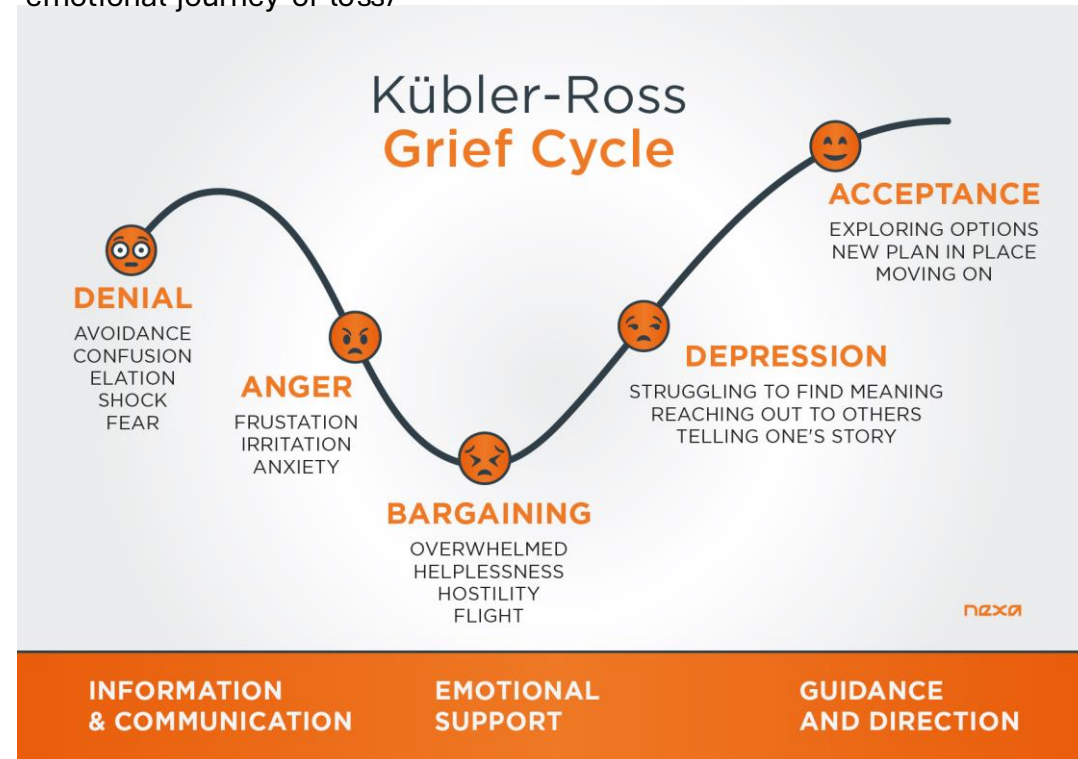
- The first attachment creates Internal Working Models, guiding future relationships.
- The first 2.5-5 years are a sensitive period for attachment formation.
- Attachment is based on care, emotional responsiveness and not just food.



What is grief?

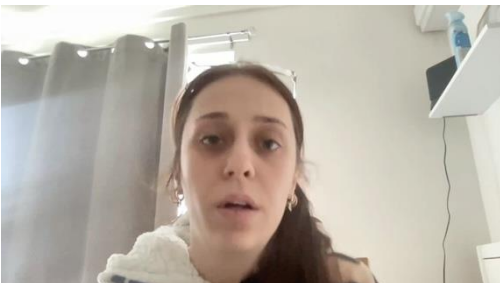
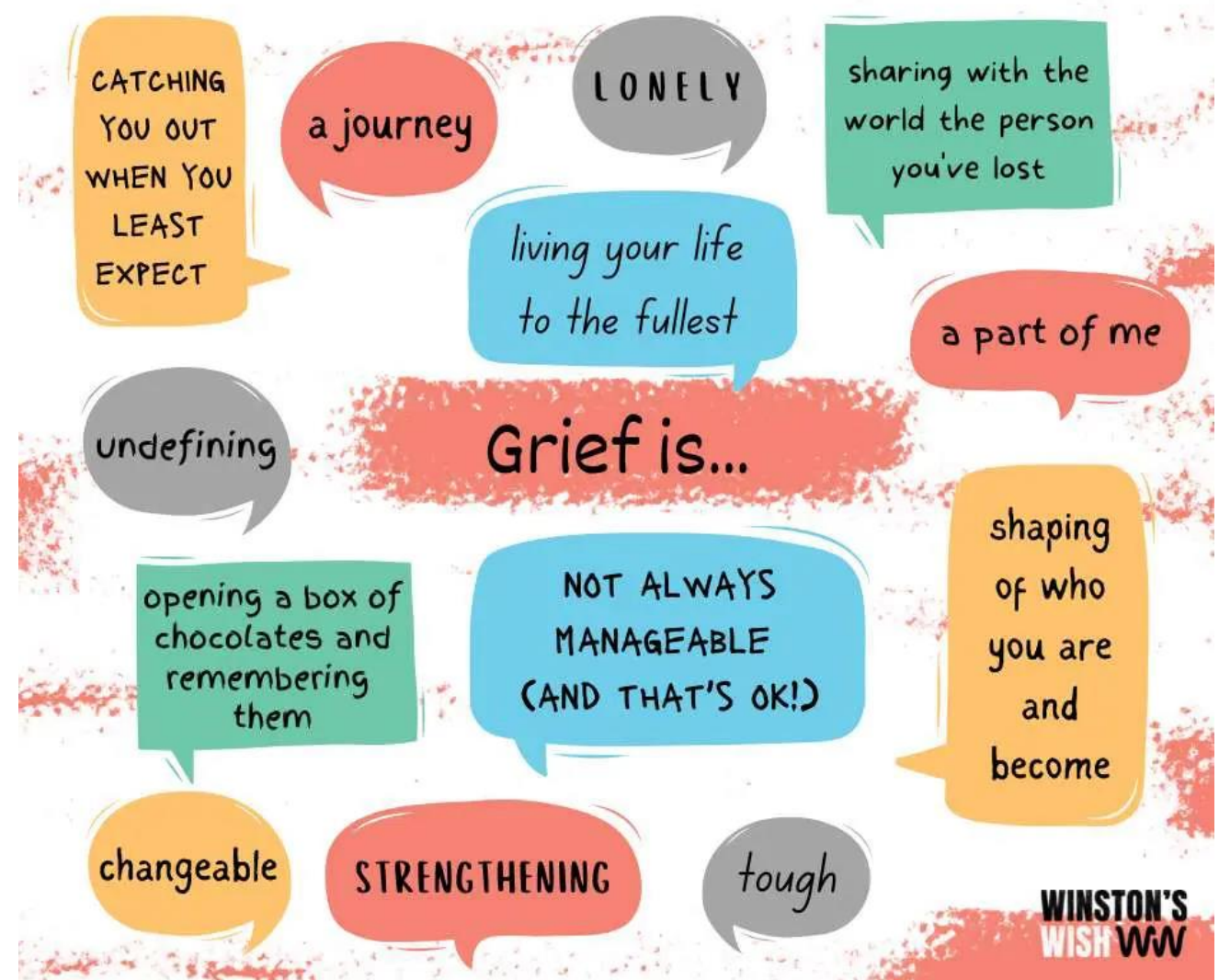
- A natural response to losing someone.
- Is apparent during other major life events.

Understanding Grief: Navigating the Emotional Journey of Loss - Murrant Family Funeral Services. (2023, October 11). Murrant Family Funeral Services. <https://www.murrantfunerals.co.uk/understanding-grief-navigating-the-emotional-journey-of-loss/>



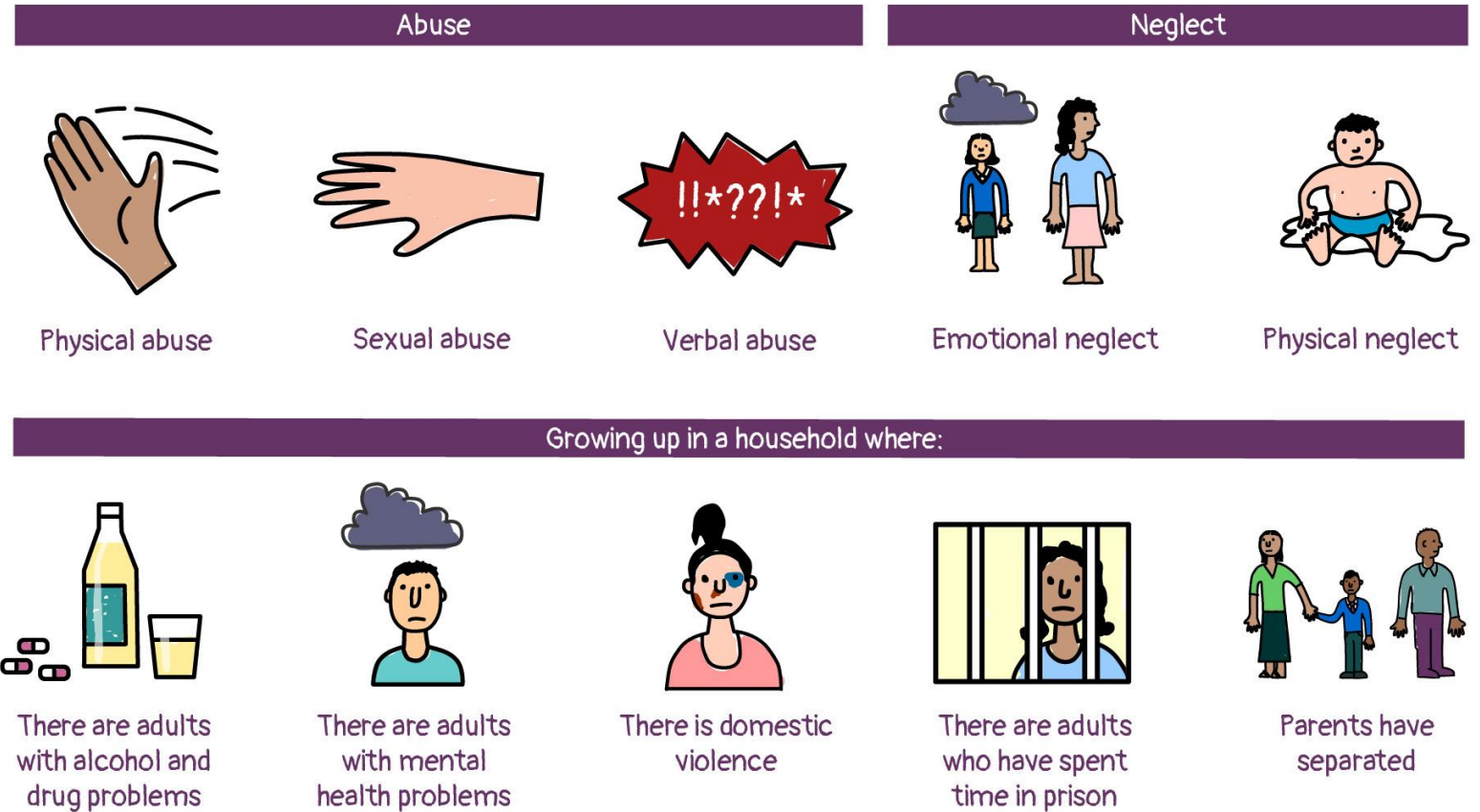
Is grief a mental illness?

- Grief is a normal process.
- Lasting up to a year for adults and 6 months for children and adolescents.
- Prolonged Grief Disorder, diagnosed after this time, affects around 7% of bereaved individuals.

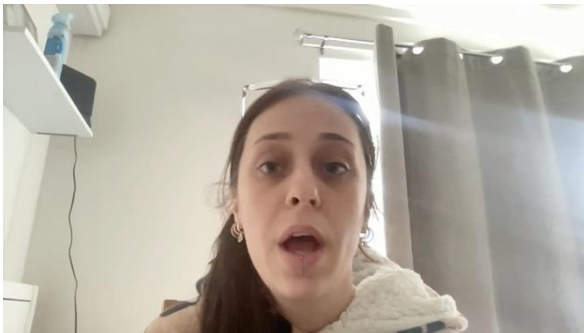


What are Adverse Childhood experiences?

Why is bereavement considered an ACE?



(2024). Liverpoolcamhs.com. <https://www.liverpoolcamhs.com/wp-content/uploads/2020/04/ACEs-illustration-1536x951.jpg>



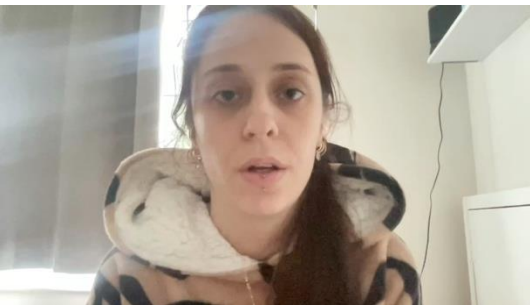
The focus group or individual for this presentation.

8-Year-old

Showing signs of:

- Withdrawal
- Anger (sometimes becoming aggressive)
- Self-blame
- Nightmares

What Are The Psychological Effects Of Losing A Parent At A Young Age



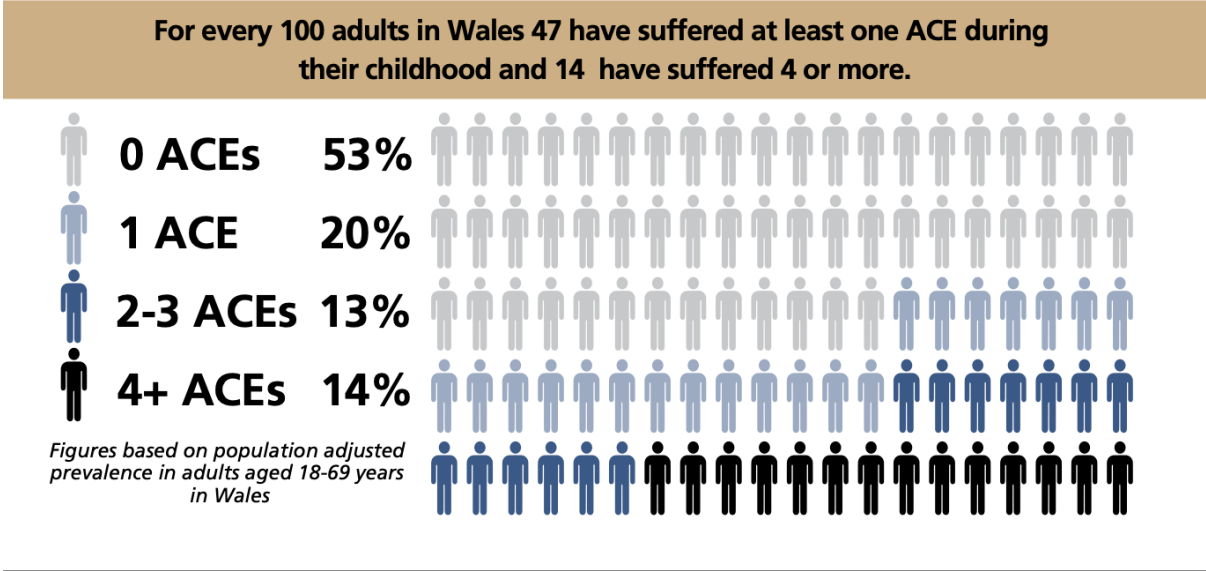
Statistics on bereavement and parental bereavement for children.

Public Health Wales 2015.

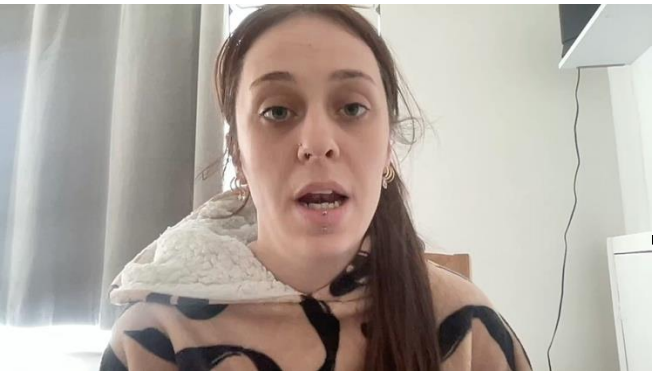
Population of around 2000 people aged 18-69 years.

England. (Liverpool, CAMHS, 2023).

In England 48% of adults have experienced at least one ACE.

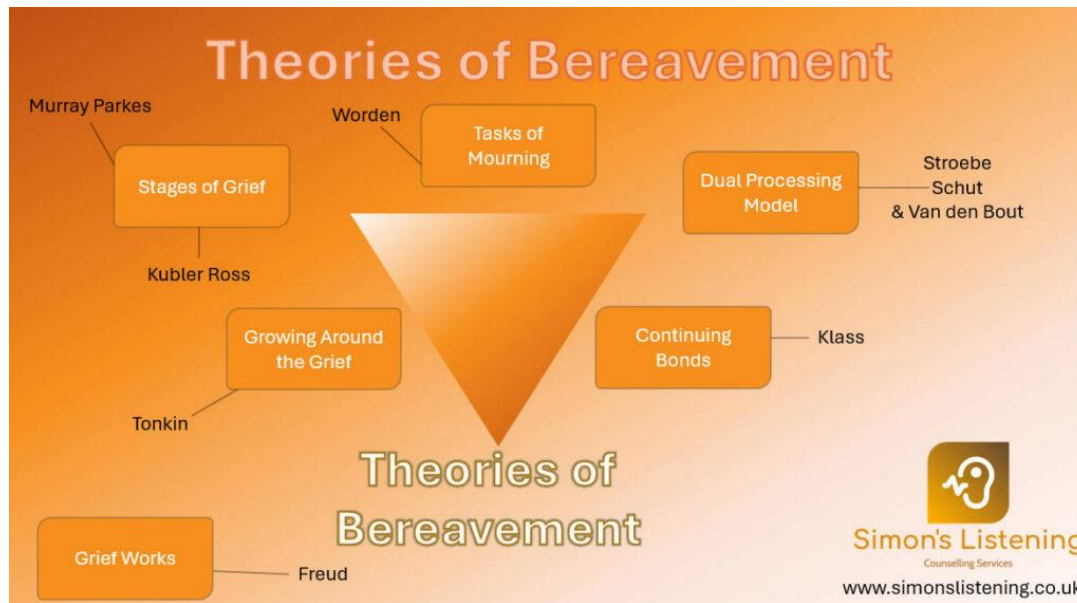


<https://phw.nhs.wales/files/aces/infographic-aces-and-their-impact-on-health-harming-behaviours-in-the-welsh-adult-population/>



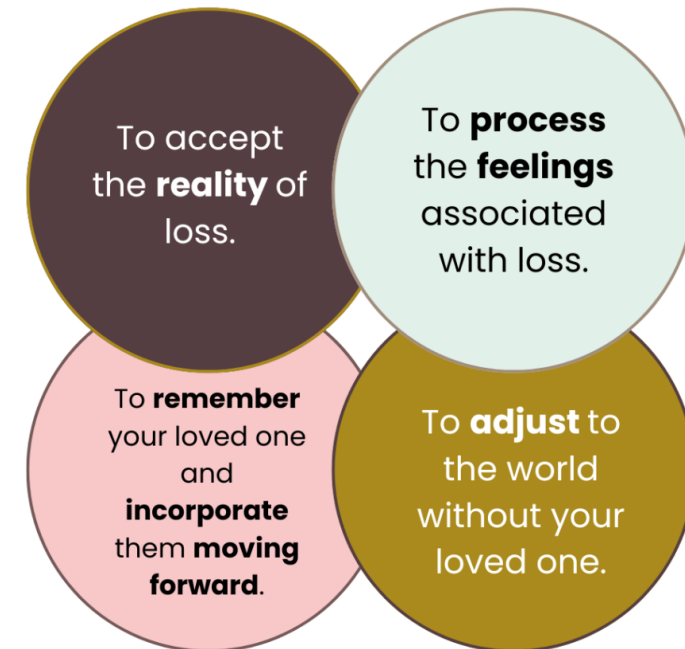
Theoretical Research

Freud (1957) Early Grief Work.



Theories of Bereavement – Simons Listening. (2024, July 12).
Simonslistening.co.uk. <https://simonslistening.co.uk/theories-of-bereavement/>

J. Willam Worden (1982) Tasks of Mourning.



Tasks of Mourning (William Worden)

thelossfoundation.org/stages-of-grief



<https://thelossfoundation.org/stages-of-grief/tasks-of-mourning-william-worden-overview/>

Current Research

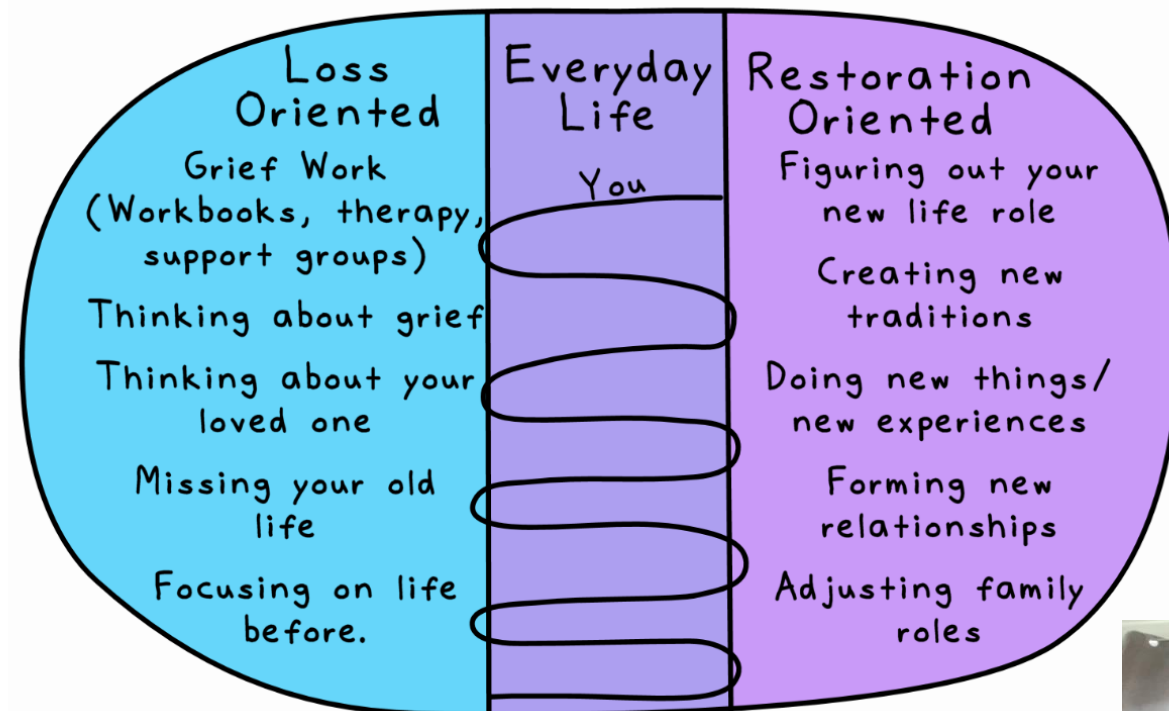
Continuing Bonds. – Klass et al., 1996.

Different aspects include:

- Creating a place to be close to the deceased and connect (a memory box, a grave or another significant place)
- Forgiving the person for leaving you.
- Processing emotional difficulties and being less overwhelmed by grief.
- Reminiscing your relationship with the deceased and reflecting on the journey before and since they have died.

Dual Process Model of Coping with Bereavement | Self-Love Rainbow. (2022, March 31). Self-Love Rainbow.

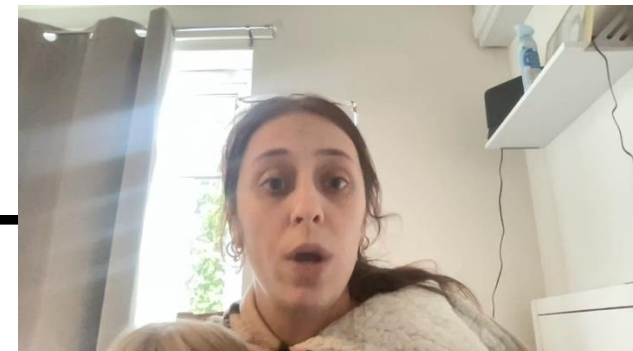
Dual Process Grief demonstrates how we bounce between loss-oriented coping (things that focus on grief) and restoration oriented coping (things that focus on rebuilding your life).



Comparison of the past and current research

Freud (1957) VS Klass et al (1996)

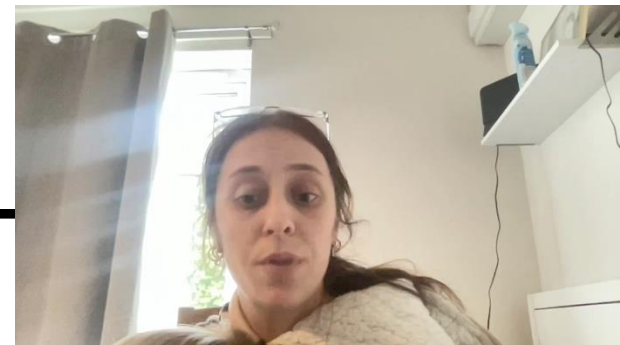
- When somebody dies it is expected that we lose our connection with them. (Freud., 1957), however Continuing Bonds (Klass et al., 1996) challenges this and instead indicates that our connection with the deceased changes and carries on even once they have died.
- Freud's theory is linear and ends once the bereaved individuals have finished mourning, Klass (1996) had a non-linear approach and believed that the bond evolves and allows the deceased to continue having a role in the life of the bereaved.
- Cultural contexts- Klass (1996) challenges earlier models and emphasizes the importance of personalized mourning whereas Freud (1957) promotes the idea of "Grief Work" and mourning.



Comparison of the past and current research

Worden's Working Tasks (1982) VS Dual Process Model (1999)

- The Dual Process Model (DPM) (1999) offers a switch between both systems whereas Worden's Tasks. (1982) are linear implying that to achieve resolution all tasks need to be complete the DPM shows understanding of adaption over time as the two systems are balanced together.
- Worden's tasks have a holistic focus on spiritual, cognitive, physical and emotional aspects of grief whereas the DPM focuses on the practical and behavioral aspects of grief, including the management of new roles and daily life.



Interventions in school settings



ELSA (Emotional Literacy Support Assistant).

- Supports children with social and emotional skills.
- Builds on coping strategies.

They help with:

- Loss and Bereavement
- Emotional Literacy
- Self-esteem
- Social Skills
- Managing strong feelings
- Relationships and friendship issues
- Problem solving and much more...



Social Stories

Highly effective when appropriate support strategies are in place.

- Use simple, gentle language.
- Use comforting visuals.

SOCIAL STORY

MY DAD HAS DIED



Resources and activities available from outside agencies.

gr'ef
encounter

<https://www.griefencounter.org.uk/about-us/about/what-we-do/>



Our new CAMHS logo wins the hearts of voting public | NHS Lanarkshire. (2023).

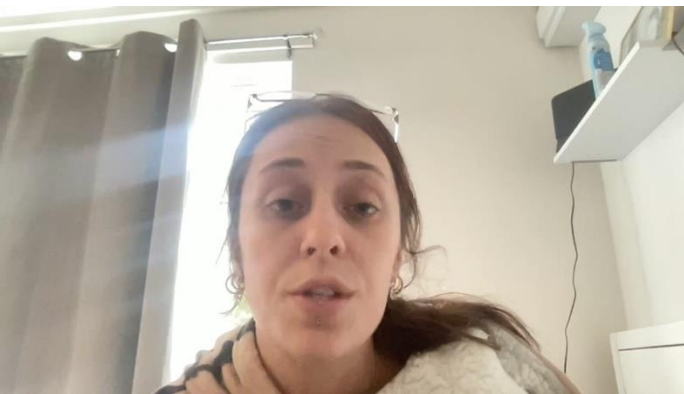
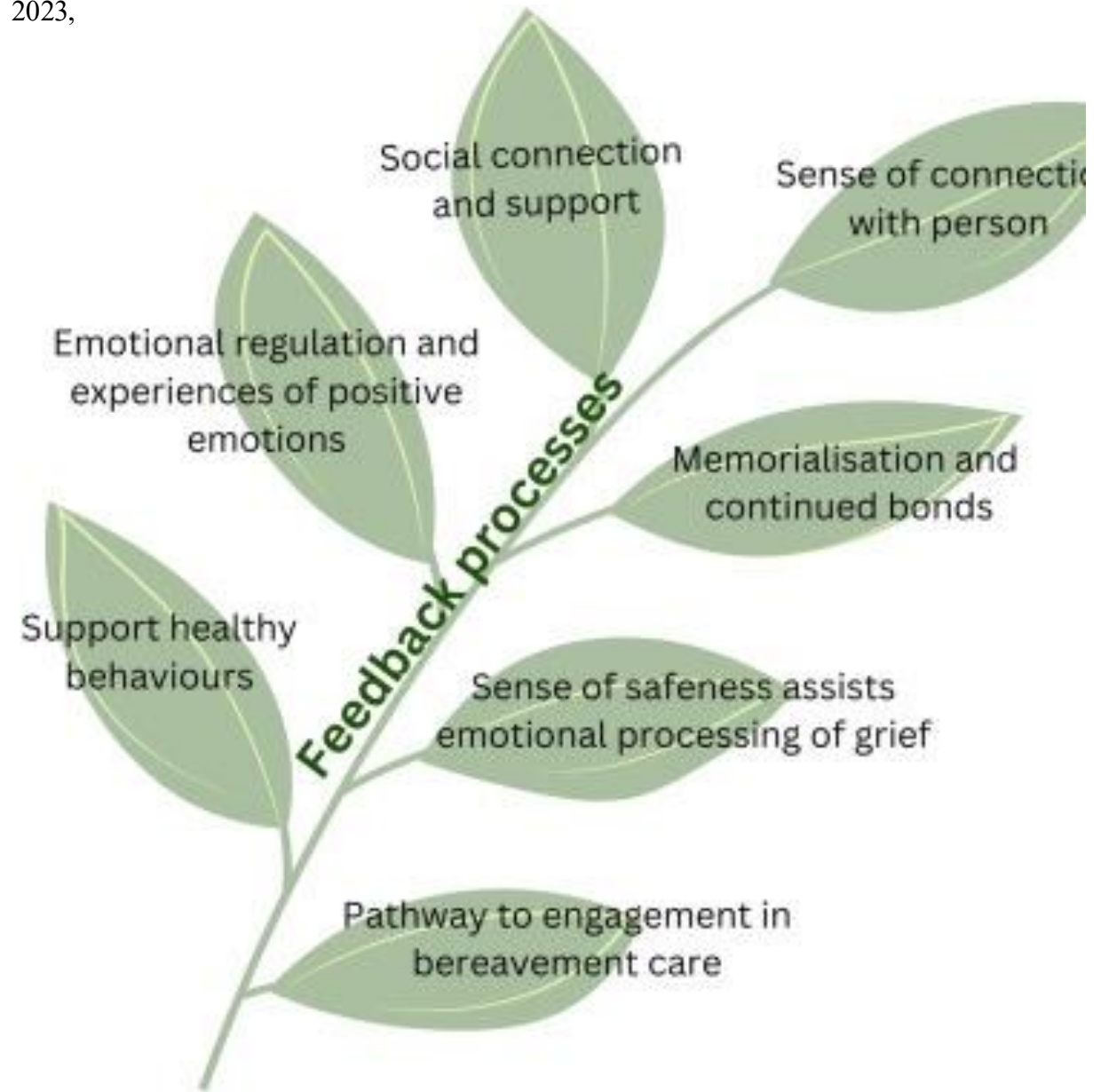
**WINSTON'S
WISH WW**

Winston's Wish. (2025, November 6).



Bereavement support and tools are vital because they provide:

- coping strategies
- emotional validation
- a connection to support networks.



AI Acknowledgement

I confirm that I have not used any AI tools in the research and creation of this assignment. I confirm that I have not presented any AI generated materials as my own work. I confirm I have copies of my drafts, notes, and other resources I used, which I may be asked to provide in evidence.

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