

Has grief and loss become more complicated following the Covid19 pandemic

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My why...

- Grieving is something that we all share but the experience is individual to each one of us.
- My own personal experience of grieving and life losses and the experience of living through the pandemic as an individual and citizen.
- A pandemic is potentially a once in a lifetime experience that there is a lot to learn from it.
- To understand more effectively how clients may feel grief and loss in and after a pandemic to support my professional practice.

Historical,
cultural and
social
context.

Key issues relating to this research

We have been in a pandemic since the beginning of 2020 and we still remain in restrictions..

The population of the whole world has been affected with cases and deaths across all continents leading to over 120 million confirmed cases and 2.6 million deaths worldwide (17th March 2021)

Grief is an emotional response to loss and is shared by all but the experience is unique to each individual

As therapists we are going to need to deeply understand the impact of the losses experienced by all in the pandemic.

Grief as a concept

Key theorists informing our responses to supporting those who are grieving.

Freud (1961) mourning as detachment

Kubler Ross (1969) Five stages of grief

Parkes (1972) Four emotional phases of grief

Bowlby (1980) Attachment

Worden(1991) Four Tasks of mourning

Silverman and Klass (1996) Continuing bonds

Stroebe and Schutt (1999) Dual Process

Key aims of this dissertation

- Covid19 has presented the world with many challenges and changes in every day life and with each of those changes comes the potential for loss
- Some key experiences of grief emerging to the forefront, including:
 - Ambiguous grief/ disenfranchised grief
 - Anticipatory grief
 - Complicated grief
- Therefore the aim will be to review the available evidence to answer the question of has the pandemic effect the way we grieve our losses.

What will this research achieve?

- Will contribute to the emerging research regarding the impact of the Covid19 pandemic
- In the initial stage of the dissertation there may be an option on a focus on one particular group of people and how they have experienced the impact of loss in the pandemic.
- The research will inform practice and understanding of the emerging evidence.

Methodological options

- Ideally this research should be qualitative
- Include lived experiences
- Heuristic or autoethnographical

However, as we are still in the pandemic, it may be necessary to remain within the confines of a literature review with the key challenge being will the literature be there to ensure this dissertation answers its proposed question.

Ethical considerations

Ethical considerations will vary depending on which methodology that is used in the research.

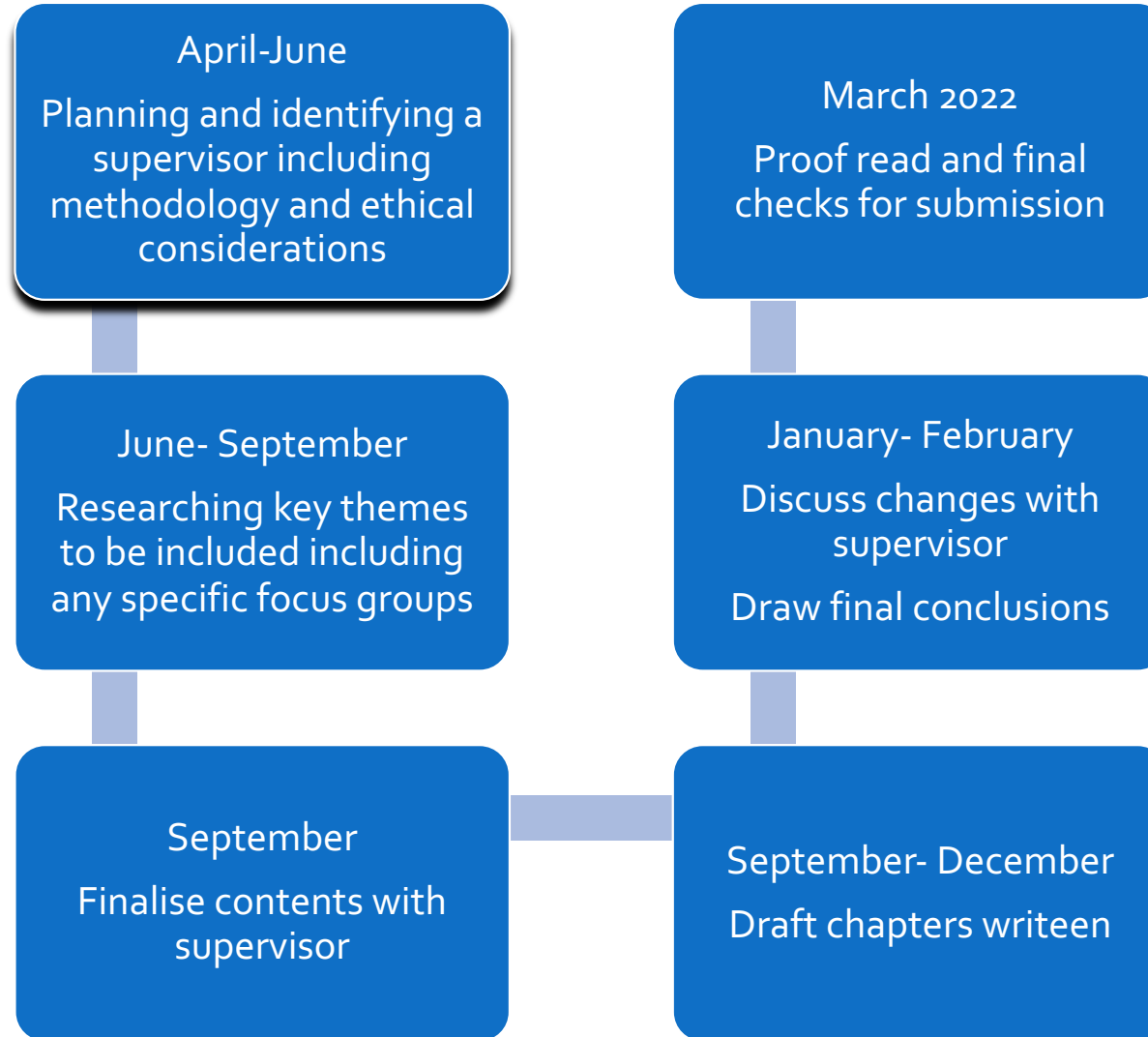
Literature Review

- The effect on me as an individual with my own experience of loss in the pandemic and how this may create biased in my research .

Qualitative research

- Issues relating to being able to keep participants safe as the nature of grief is individual and unpredictable in terms of predicting responses to questions.

Plan of work



Conclusion

This dissertation will be an attempt to make sense of the experience of loss as we have journeyed through the pandemic and all its changes to everyday life.

It is hoped that it will illustrate the experiences as they emerge in research and contribute to both my own and others understanding of how we can best support healing from loss as we move forward.

Initial references and theoretical perspectives

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