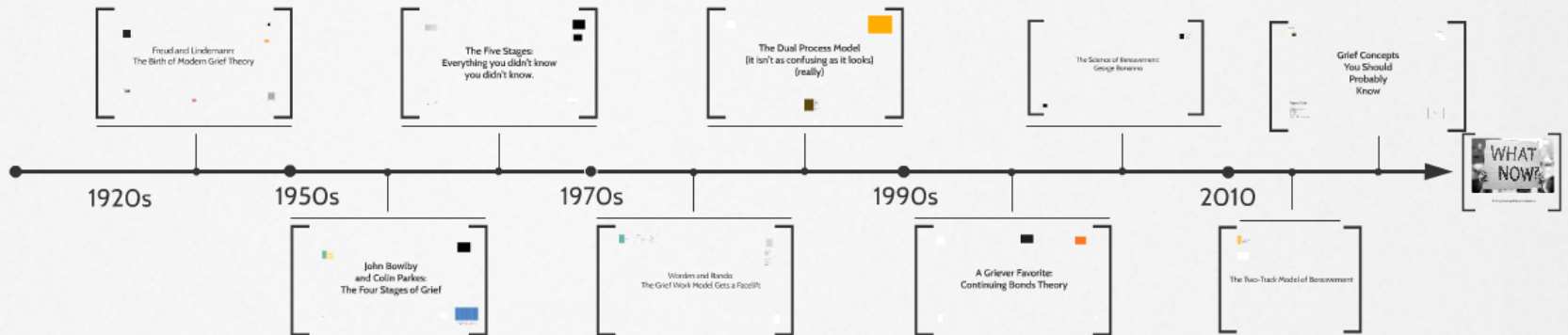


Understanding & Applying Modern Grief Theory





Understanding and Applying Modern Grief Theory

Litsa Williams, MA, LCSW-C and Eleanor Haley, MS
Co-Founders, *What's Your Grief*

Tragedy Assistance Program for Survivors

September 14, 2018

Presented by Boeing The Boeing logo, consisting of a stylized blue "B" followed by the word "BOEING" in a bold, blue, sans-serif font.



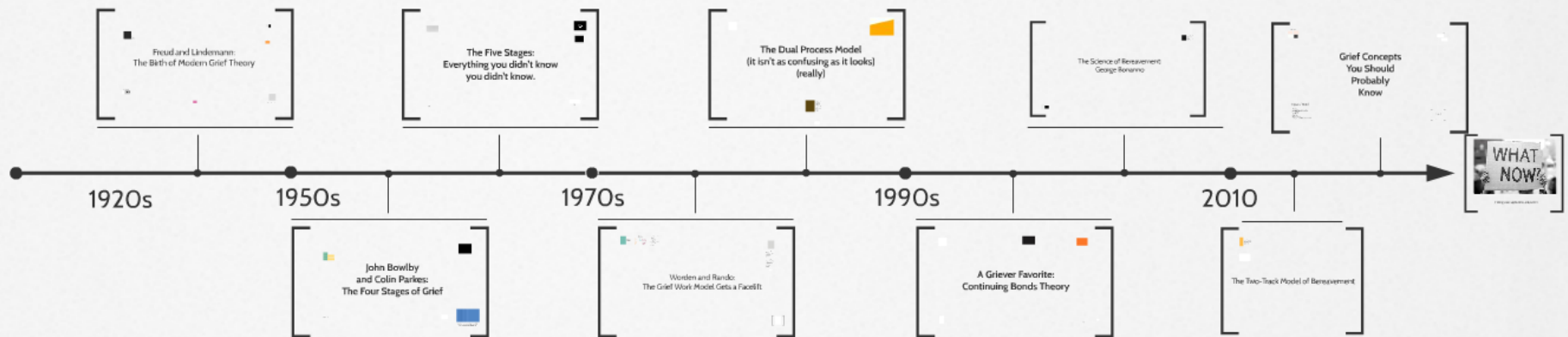
About the TAPS Institute for Hope and Healing

Through an alliance with Hospice Foundation of America, the TAPS Institute for Hope and Healing serves as a resource and training center, providing programs for both professionals working in the field of grief and loss and the public. The TAPS Institute for Hope and Healing was launched in March 2018.



Learn more at taps.org/institute

Understanding & Applying Modern Grief Theory



Welcome

Who are we? Who are you?
What are we doing here?



100% PAPER • 11.5" x 8.5" • A BANTAM BOOK

CHOOSE YOUR OWN ADVENTURE™ · 1

YOU'RE THE STAR OF THE STORY!
CHOOSE FROM 40 POSSIBLE ENDINGS

Choose Your Own Grief Theory!

BY EDWARD PACKARD™



ILLUSTRATED BY PAUL GRANGER



We don't want to bore you (we are going to be here for 6 hours after all) so let's start with what you already know.

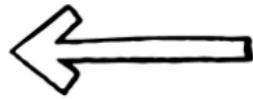


Freud and Lindemann: The Birth of Modern Grief Theory

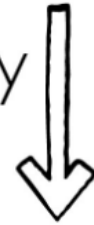




This guy (Freud)



Influenced this guy
(Lindemann)



by
introducing
the idea of
grief and
decathexis

what the heck is decathexis??



what the heck is decathexis??

1917: Mourning and Melancholia



To recover from grief
you must express grief
and detach emotionally
from the deceased.

2 ~~I VISION~~

ReVISION

VISION?

~~VISION~~

WORDS ARE STUPID

~~VISION~~

photo credit: www.thinkogram.com

In 1944 Lindemann, influenced by Freud's theory, did research with 101 grieving individuals looking for commonalities. He reported:

–After an unexpected death, there is initial shock that lasts 10-14 days.

–After the initial shock comes a period of intense sadness, and the grieving person may withdraw from social contact.

–Next comes anger, as the grieving person seems to "protest" the unexpected death.

–Finally, within a year or so, the grief is resolved and the person returns to normal.



To 'resolve' grief he suggested the following tasks:

GRIEF WORK

Erich Lindemann

grief tasks

1

**emancipation
from bondage
to the
deceased**

2

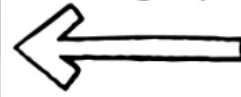
**readjustment to a
new environment
in which the
deceased is
missing**

3

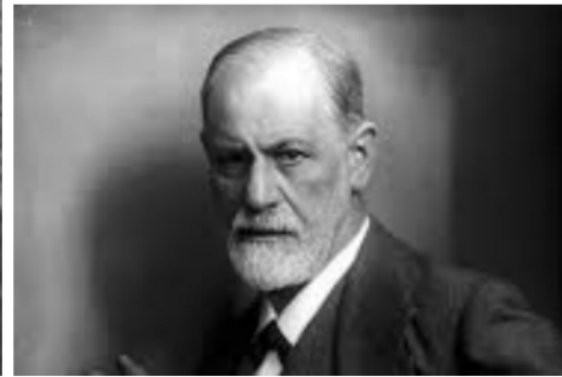
**formation
of new
relationships**



this guy (Bowlby)



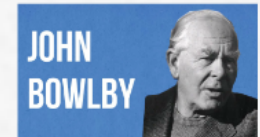
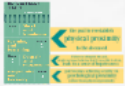
built on these guys
(Freud & Lindemann)



but before we get into all that



John Bowlby and Colin Parkes: The Four Stages of Grief

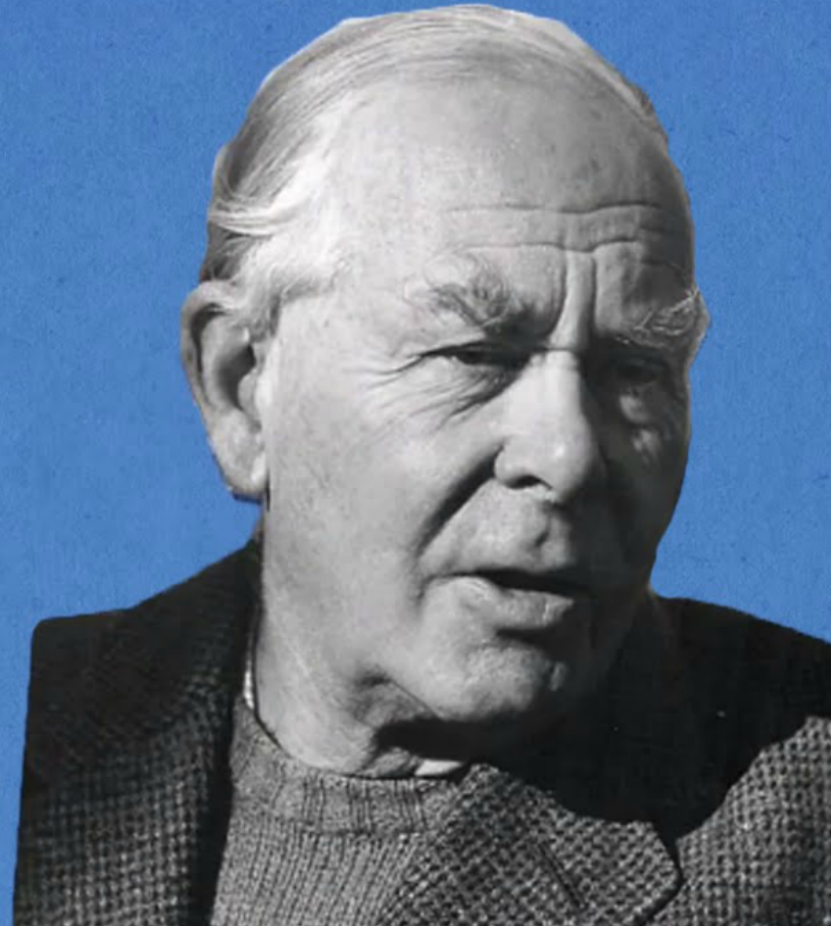


(Don't forget about this guy. We'll be coming back to him a little later.)



You **Tube**

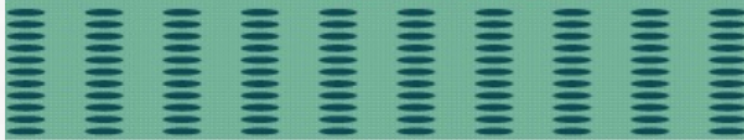
JOHN BOWLBY



(Don't forget about this guy. We'll be coming back to him a little later.)

The Four Phases of Grief

by Bowlby and Parkes



Phase
1

**Shock
and
Numbness**

**Yearning
and
Searching**

Phase
2

Phase
3

**Despair
and
Disorganization**

**Reorganization
and
Recovery**

Phase
4



the goal to reestablish
physical proximity
to the deceased



Failure to relinquish this goal,
despite no longer believing that it is possible to attain,
leads to a sense of hopelessness



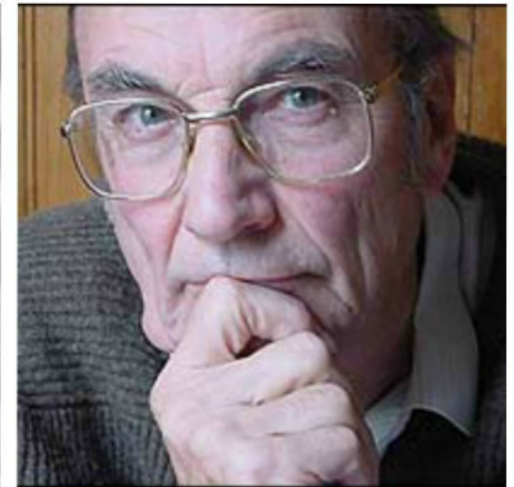
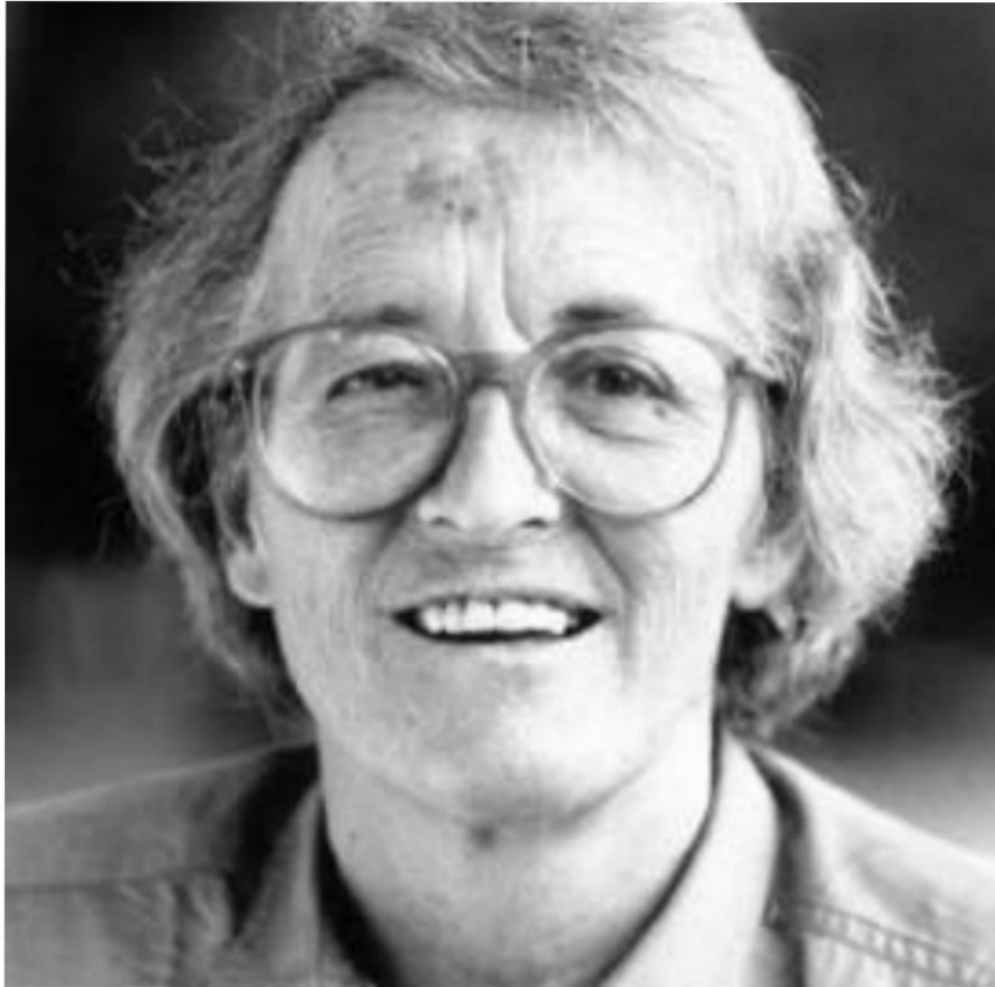
goal becomes achieving security via
psychological proximity
rather than physical proximity





The Five Stages: Everything you didn't know you didn't know.





this guy (Bowlby) > ^{partnered}_{up with} > this guy (Parkes)

together they had an influence on
this well known lady (Kubler-Ross)





You **Tube**



You **Tube**

5 Things You Should Know About the **5** Stages of Grief

- It's just a theory
- It isn't linear
- Stages may repeat
- It is not all encompassing
- There is no endpoint

- It's just a theory
- It isn't linear
- Stages may repeat
- It is not all encompassing
- There is no endpoint

22 ~~I VISION~~

ReVISION

VISION?

~~VISION~~

WORDS ARE STOPPED

~~VISION~~

photo credit: www.thinkogram.com





You **Tube**





Yes, seriously ...
we tried to cram
this into an
infographic.



The Two-Track Model of Bereavement

The Two-Track Model of Bereavement

by Simon Shimshon Rubin, PhD

University of Haifa

an infographic brought to you by whatsyourgrief.com

TRACK I	TRACK II
how is biopsychosocial function?	what is the nature of the relationship with the deceased?
where are strengths and difficulties?	what are adaptive strengths and weaknesses?
ANXIETY Thoughts & feelings: what are the degree & frequency of these, what triggers & what mitigates these responses?	RECONNECTION What is the nature, character, and strength of the wish to reconnect with the person who died?
DEPRESSION Thoughts & feelings: what are the degree & frequency of these, what triggers & what mitigates these responses?	IMAGERY AND MEMORY What is the degree, content, & nature of what is remembered of the deceased and the relationship to the deceased?
SOMATIC CONCERNS What is the current state of physical processes as appetite, sleep, sexual drive, & general health concerns?	EMOTIONAL CLOSENESS What is the degree of emotional closeness involvement that is experienced & communicated about the person who died & the relationship to that person?
TRAUMATIC RESPONSES What is the degree & duration of trauma symptoms? Could there be PTSD or Acute Stress Disorder?	POSITIVE PERCEPTIONS /AFFECT What positive perceptions & affects are present when thinking about the person who died? What stimulates positive feelings?
FAMILIAL RELATIONSHIPS What is the current relationships to spouse, parent, children, siblings, & extended family? What has changed for positive or negative?	PREOCCUPATION WITH THE LOSS What is the degree of time invested in thinking about the loss/ lost person? What precipitates or mitigates the preoccupation?
INTERPERSONAL RELATIONSHIPS What is the current relationships to friends, colleagues, neighbors, etc? What has changed for positive or negative?	NEGATIVE PERCEPTIONS /AFFECT What negative perceptions & affects are present when thinking about the person who died? What stimulates negative feelings?
SELF-ESTEEM Is there a sense of self as helpless, unimportant, worthless, alone, OR as competent, unshaken, & stimulated to grow?	CONFLICT To what degree is the person who died remembered as someone with whom there was a problematic relationship?
MEANING STRUCTURE How have values, world-view, spirituality, religion, or existential understanding changed?	THE LOSS TRAJECTORY Reconfigure the understanding of "stages" of loss as dimensions of the response to loss.
WORK Is it possible to adequately (or more adequately) meet demands at work?	UPSETTING IMPACT ON SELF-SYSTEM Have there been feelings of lower self-esteem, such as feelings of guilt or lower self-worth?
INVESTMENT IN LIFE TASKS Is there energy/motivation for tasks beyond just existing? Has there been any growth?	MEMORIALIZATION & TRANSFORMATION Have there been meaningful ways found to memorialize the person who died?

Sources: The Two-Track Model of Bereavement, image created from concepts from Working With The Bereaved: Multiple Lenses on Loss and Mourning (Rubin, Malkinson, Witzum, 2013) figure 3.1, table 3.1, table 3.2, table 3.3

Yes, seriously . . .
we tried to cram
this into an
infographic.

How is biopsychosocial function?

where are strengths and difficulties?

ANXIETY

Thoughts & feelings: what are the degree & frequency of these, what triggers & what mitigates these responses?

DEPRESSION

Thoughts & feelings: what are the degree & frequency of these, what triggers & what mitigates these responses?

SOMATIC CONCERNS

What is the current state of physical processes as appetite, sleep, sexual drive, & general health concerns?

TRAUMATIC RESPONSES

What is the degree & duration of trauma

What is the relationship v

what are ad and w

RECO

What is the na strength of th with the the

IMAGERY

What is the degr what is remember the relationship

EMOTION

What is the degree involvementth communicated abo the relationship

POSITIVE PER

What positive pe present when think

Stress Disorder?

FAMILIAL RELATIONSHIPS

What is the current relationships to spouse, parent, children, siblings, & extended family? What has changed for positive or negative?

INTERPERSONAL RELATIONSHIPS

What is the current relationships to friends, colleagues, neighbors, etc? What has changed for positive or negative?

SELF-ESTEEM

Is there a sense of self as helpless, unimportant, worthless, alone, OR as competent, unshaken, & stimulated to grow?

MEANING STRUCTURE

How have values, world-view, spirituality, religion, or existential understanding changed?

WORK

Is it possible to adequately (or more adequately) meet demands at work?

INVESTMENT IN LIFE TASKS

Is there energy/motivation for tasks beyond just existing? Has there been any growth?

died? What stimulates positive

PREOCCUPATION WITH THE

What is the degree of time involved in thinking about the loss/ lost person precipitates or mitigates the pre

NEGATIVE PERCEPTIONS

What negative perceptions & affect are present when thinking about the person died? What stimulates negative

CONFLICT

To what degree is the person who was remembered as someone with whom was a problematic relationship

THE LOSS TRAJECTORY

Reconfigure the understanding of the loss as dimensions of the person's response to loss

UPSETTING IMPACT ON SELF

Have there been feelings of loss of self-esteem, such as feelings of guilt, or self-worth?

MEMORIALIZATION AND TRANSFORMATION

Have there been meaningful ways to memorialize the person who

social

strengths
weaknesses?

What is the degree & nature of triggers
and responses?

IMAGERY

What is the degree & nature of triggers
and responses?

PATTERNS

What are the patterns
of physical
sexual drive, &
emotional responses?

PERCEPTIONS

what is the nature of the
relationship with the deceased?

what are adaptive strengths
and weaknesses?

RECONNECTION

What is the nature, character, and strength of the wish to reconnect with the the person who died?

IMAGERY AND MEMORY

What is the degree, content, & nature of what is remembered of the deceased and the relationship to the deceased?.

EMOTIONAL CLOSENESS

What is the degree of emotional closeness involvement that is experienced & communicated about the person who died & the relationship to that person?

POSITIVE PERCEPTIONS /AFFECT

What positive perceptions & affect are...

Could there be PTSD or Acute Stress Disorder?

RELATIONSHIPS

Current relationships to spouse, in-laws, siblings, & extended family? Changed for positive or negative?

PERSONAL RELATIONSHIPS

Current relationships to friends, neighbors, etc? What has changed for positive or negative?

SELF-ESTEEM

Sense of self as helpless, worthless, alone, OR as shaken, & stimulated to grow?

THINKING STRUCTURE

Values, world-view, spirituality, existential understanding changed?

WORK

Ability to adequately (or more) meet demands at work?

INTEREST IN LIFE TASKS

Energy/motivation for tasks beyond daily life? Has there been any growth?

Present when thinking about the person who died? What stimulates positive feelings?

PREOCCUPATION WITH THE LOSS

What is the degree of time invested in thinking about the loss/ lost person? What precipitates or mitigates the preoccupation?

NEGATIVE PERCEPTIONS /AFFECT

What negative perceptions & affects are present when thinking about the person who died? What stimulates negative feelings?

CONFLICT

To what degree is the person who died remembered as someone with whom there was a problematic relationship?

THE LOSS TRAJECTORY

Reconfigure the understanding of "stages" of loss as dimensions of the response to loss

UPSETTING IMPACT ON SELF-SYSTEM

Have there been feelings of lower self-esteem, such as feelings of guilt or lower self-worth?

MEMORIALIZATION & TRANSFORMATION

Have there been meaningful ways found to memorialize the person who died?

th
in





Introduction to
the Grief Work Model

Phases of Grief
(Erickson 1975)

- 1. Shock
- 2. Denial
- 3. Anger
- 4. Bargaining
- 5. Depression
- 6. Acceptance

Stages of Grief
(Kubler-Ross 1969)

- 1. Denial
- 2. Anger
- 3. Bargaining
- 4. Depression
- 5. Acceptance

Dimensions of Grief
(Erickson 1975)

- 1. Shock
- 2. Denial
- 3. Anger
- 4. Bargaining
- 5. Depression
- 6. Acceptance



Handwritten Notes
Date: 10/10/2020

Phases of Grief
(Erickson 1975)

- 1. Shock
- 2. Denial
- 3. Anger
- 4. Bargaining
- 5. Depression
- 6. Acceptance

Worden and Rando: The Grief Work Model Gets a Facelift

ReVISION





Kubler-Ross
influenced these other two
famous task/phase theorists

Worden

Rando



Worden's Tasks of Mourning

Task #1



To Accept the Reality of the Loss

To Work Through the Pain of Grief

Task #2



Task #3



To Adjust to an Environment in Which the Deceased is Missing

To Find an Enduring Connection with the Deceased While Embarking on a New Life

Task #4



- no particular order
- might not hit all
- may move back and forth



Adapted from *Grief Counseling and Grief Therapy* 4th ed by J. William Worden (2008)
<http://whatsyourgrief.com>

Effects of the Loss (Worden 1991)

Feelings:

Anger
Sadness
Guilt & self-reproach
Anxiety
Loneliness
Fatigue
Helplessness
Shock
Yearning
Emancipation
Relief
Numbness

Cognitions:

Disbelief
Confusion
Preoccupation
Sense of presence
Hallucinations

Behaviors:

Sleep disturbances
Appetite disturbances
Social withdrawal
Dreams of the deceased
Avoidance of reminders
Searching and calling out
Sighing
Restless overactivity
Crying
Visiting places
Carrying objects
Treasuring objects

Determinants of Grief

- Who the person was
- The nature of the attachment
 - The strength
 - The security
 - The ambivalence in the relationship
 - Conflicts with the deceased
- Mode of death
 - natural, accidental, suicidal, homicidal
 - where it was geographically (near or far)
 - sudden or not sudden
- Historical antecedents (how someone handled past losses)
 - Mental health history
 - Previous losses that haven't been dealt with
 - What else has happened in the last 6-12 months
- Personality variables
- Social variables
- Concurrent stresses

I ~~VISION~~
2 **Re****VISION**
VISION?
~~VISION~~
WORDS ARE STOPPED
~~VISION~~

photo credit: www.thinkogram.com

Task Four:

to emotionally relocate the deceased and move on with life



to find an enduring connection with the deceased
while embarking on a new life



The Six 'R's of Mourning

by Therese Rando, PhD



adapted from
The Treatment of Complicated Mourning
Dr. Therese Rando, 1993
<http://whatsyourgrief.com>

what's
your
grief?

Psychological Effects (Rando 1988)

Fear and anxiety

Anger and guilt

Separation Pain, Sorrow, and Longing

Disorganization, Depression and Despair

Confusion and Lack of Concentration

Diminished Self-Concern

Obsession with the Deceased

Searching for Meaning

Identifications

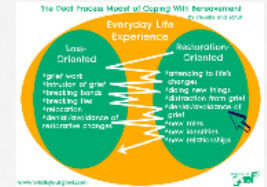
Grief Spasms

Determinants of Grief

(Rando 1988)

- Unique nature and meaning of the relationship and its loss.
- The qualities of the relationship
- The role and function the deceased filled in your family and social system
- The characteristics of your deceased loved one
- The amount of unfinished businesses
- Your perception of the deceased's fulfillment in life
- The number, type and quality of secondary losses
- Your coping behaviors, personality, and mental health
- Your maturity and intelligence
- Your past experiences with loss and death
- Your social, cultural, ethnic, and religious background
- Your sex-role conditioning
- Length of illness/anticipatory grief
- Your social support
- Funerary rituals
- Use of drugs or sedatives
- Nutrition, rest, and exercise





The Dual Process Model (it isn't as confusing as it looks) (really)



Coping on a day to day basis, not getting to an endpoint.
Taking a break is good.
Moved away from "grief work" approach.



These guys
(Stroebe and
Schut)
were like ...
uuuuuhhh we
think this
"grief work"
thing has
overlooked
some important
stuff going on in
grief.



The Dual Process Model of Coping With Bereavement

by Stroebe and Schut

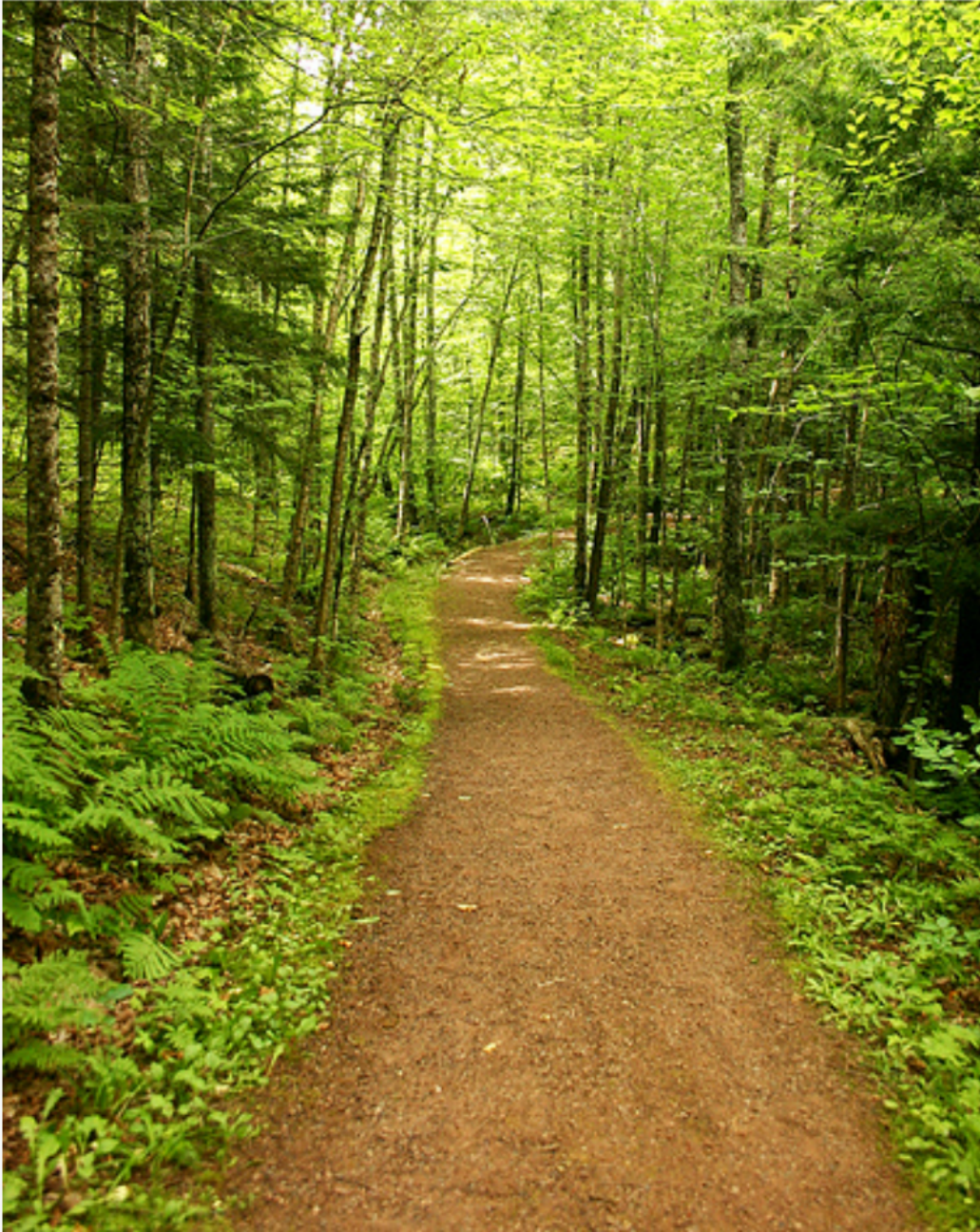
Everyday Life Experience

Loss-Oriented

- *grief work
- *intrusion of grief
- *breaking bonds
- *breaking ties
- *relocation
- *denial/avoidance of restorative changes

Restoration-Oriented

- *attending to life's changes
- *doing new things
- *distraction from grief
- *denial/avoidance of grief
- *new roles
- *new identities
- *new relationships



Coping on a day to day basis, not getting to an endpoint.

Taking a break is good.

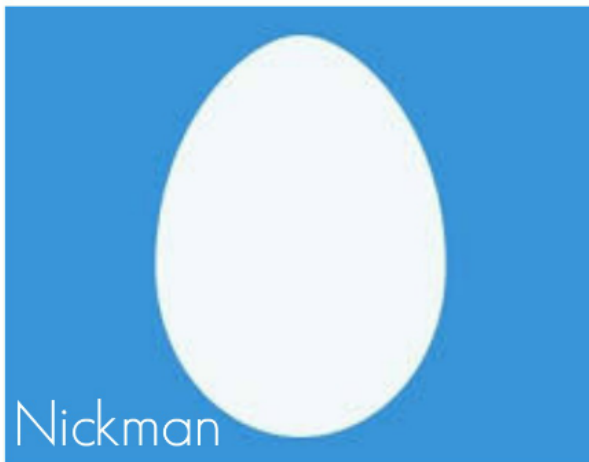
Moved away from 'grief work' approach.





A Griever Favorite: Continuing Bonds Theory





These 3 academic-grief-friends (Silverman, Klass, & Nickman) thought the same thing about grief work. They published a book that shifted the grief theory paradigm. It was a pretty big deal.

Copyrighted Material

Continuing BONDS



New
Understandings
of Grief

Edited by Dennis Klass,
Phyllis R. Silverman, and Steven L. Nickman

Copyrighted Material





Sharon Matusiak My daughter died in an accident at 16. Her favorite dessert was Cheesecake, which we still have on her birthday after 26 years.

Like · Reply · Message · 1 · February 19 at 8:56am



Sandra Pajka-Giska My Dad always cried at the greeting cards I gave him for special occasions. He has been gone for give years, but I still get him a card for his birthday, Christmas, Valentine's Day etc.

Like · Reply · Message · 5 · February 18 at 6:31pm



Wyld Flowr It took me over a year after my son, Luke, passed away before I could bring myself to bake a pecan pie, his favorite. Now I bake several on Thanksgiving and give them away. It helps me feel close to my son .

Unlike · Reply · Message · 3 · January 23 at 12:45pm



Brenda Vawter EVERY morning, I drink my first cup of coffee out of my late husbands coffee cup.

Unlike · Reply · Message · 3 · February 18 at 5:09pm



photo credit: www.thinkogram.com

We wanted to show that interacting with the dead could be normal rather than pathological. The move from pathology to normal has been interpreted as if we were moving continuing bonds from the harmful list to the helpful list for the evaluation of grief. That is not what we had in mind when we wrote.
- Klass et al

We wanted to show that interacting with the dead could be normal rather than pathological. The move from pathology to normal has been interpreted as if we were moving continuing bonds from the harmful list to the helpful list for the evaluation of grief. That is not what we had in mind when we wrote.

- Klass et al



The Science of Bereavement: George Bonanno





2002 Study: followed 205 grieverers from pre-death of a loved one through 18 months.

Five core bereavement patterns were identified:

- common grief
- chronic grief
- chronic depression
- improvement during bereavement
- resilience.

"*The Other Side of Sadness* is a game changer. Bonanno carefully assembles scientific evidence to show that most of what we thought we knew is just plain wrong. If you want to know the truth about the human experience of loss, there's only one book on the shelf."

— DANIEL GILBERT,

Professor of Psychology, Harvard University and author of *Stumbling on Happiness*

The Other Side of Sadness



What the New Science
of Bereavement Tells Us
About Life After Loss

GEORGE A. BONANNO



YouTube



You **Tube**



Grief Concepts You Should Probably Know

Types of Grief

- delayed
- compounded or cumulative
- anticipatory
- ambiguous
- traumatic
- disenfranchised
- complicated (which is complicated)









Types of Grief

- delayed
- compounded or cumulative
- anticipatory
- ambiguous
- traumatic
- disenfranchised
- complicated (which is complicated)

Secondary Loss






Relational Secondary Losses

www.whatsyourgrief.com

-  Distance or loss from unsupportive friends or family.
-  Loss of family relationships due to conflict.
-  Loss of friends/family of the person who died.
-  Loss of community (if one has to move as a result of the death)
-  Distance/loss from people connected to the person who died (school community of a child, support system of a parent's assisted living home, co-workers of a spouse).
-  Changes in the way you relate to friends.

Belief Secondary Losses

www.whatsyourgrief.com

-  Loss of faith/belief system (this can be coupled with a loss of support system from a church or faith community).
-  Loss of hope for the future.
-  Loss of goals/dreams that involved the person who died
-  Loss of a sense of a life shared with another person.
-  Loss of belief in a safe, fair, or just world

Identity Secondary Losses

www.whatsyourgrief.com

-  Loss of role as caregiver
-  New role as caregiver (at the expense of other things)
-  Loss of role, relationship, or purpose (no longer a wife, parent, sibling, etc)
-  Loss of self-confidence
-  Loss of interest in hobbies
-  Loss of physical or mental abilities (feeling disorganized, overwhelmed, memory loss, fatigue, etc)

Concrete Secondary Losses

www.whatsyourgrief.com

-  Loss of a home
-  Loss of meaningful possessions
-  Loss of a business or job
-  Loss of financial support
-  Loss of friends or family

Concrete Secondary Losses

www.whatsyourgrief.com



Loss of a home



Loss of meaningful possessions



Loss of a business or job



Loss of financial support



Loss of friends or family

Relational Secondary Losses

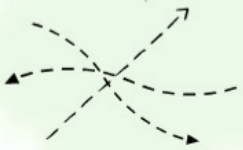
www.whatsyourgrief.com



Distance or loss from unsupportive friends or family.



Loss of family relationships due to conflict.



Loss of friends/family of the person who died.



Loss of community (if one has to move as a result of the death)



Distance/loss from people connected to the person who died (school community of a child, support system of a parent's assisted living home, co-workers of a spouse).



Changes in the way you relate to friends.

Belief Secondary Losses

www.whatsyourgrief.com



Loss of faith/belief system (this can be coupled with a loss of support system from a church or faith community).



Loss of hope for the future.



Loss of goals/dreams that involved the person who died



Loss of a sense of a life shared with another person.



Loss of belief in a safe, fair, or just world

Identity Secondary Losses

www.whatsyourgrief.com



Loss of role as caregiver



New role as caregiver (at the expense of other things)



Loss of role, relationship, or purpose (no longer a wife, parent, sibling, etc)



Loss of self-confidence



Loss of interest in hobbies



Loss of physical or mental abilities (feeling disorganized, overwhelmed, memory loss,

Intuitive vs Instrumental Griefers

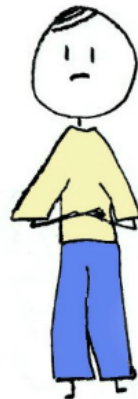


Intuitive Grief

based on work by Terry Martin & Kenneth Doka

- * Grief is experienced as waves of emotion.
- * Grief expression mirrors inner feelings and emotions.
- * More feeling than thinking
- * Focused on exploring and expressing feelings and processing emotions.
- * More "feminine" way of grieving.

www.whatsyourgrief.com



Instrumental Grief

based on work by Terry Martin & Kenneth Doka

- * Grief is experienced in more physical or cognitive ways
- * Grief is expressed in more physical, cognitive or behavioral ways
- * More thinking than feeling
- * Focused on doing and actively responding to grief
- * More "masculine" way of grieving

www.whatsyourgrief.com

Intuitive Grief

based on work by Terry Martin & Kenneth Doka

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Counseling Techniques: Some WYG Favorites

What is Behavioral Activation?

Behavioral activation is a type of cognitive behavioral therapy (CBT) that focuses on increasing a person's engagement in meaningful activities. It is based on the idea that people with depression often withdraw from activities that they once enjoyed, which can lead to a cycle of inactivity and further depression. By encouraging people to engage in activities that they find meaningful and enjoyable, behavioral activation can help to break this cycle and improve mood.

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Behavioral Activation



Richards DA, Ekers D, McMillan D, et al. Cost and outcome of behavioural activation versus cognitive behavioural therapy for depression (COBRA): a randomised, controlled, non-inferiority trial. *Lancet*. 2016;388(10047):871-880

Acceptance and Commitment Therapy

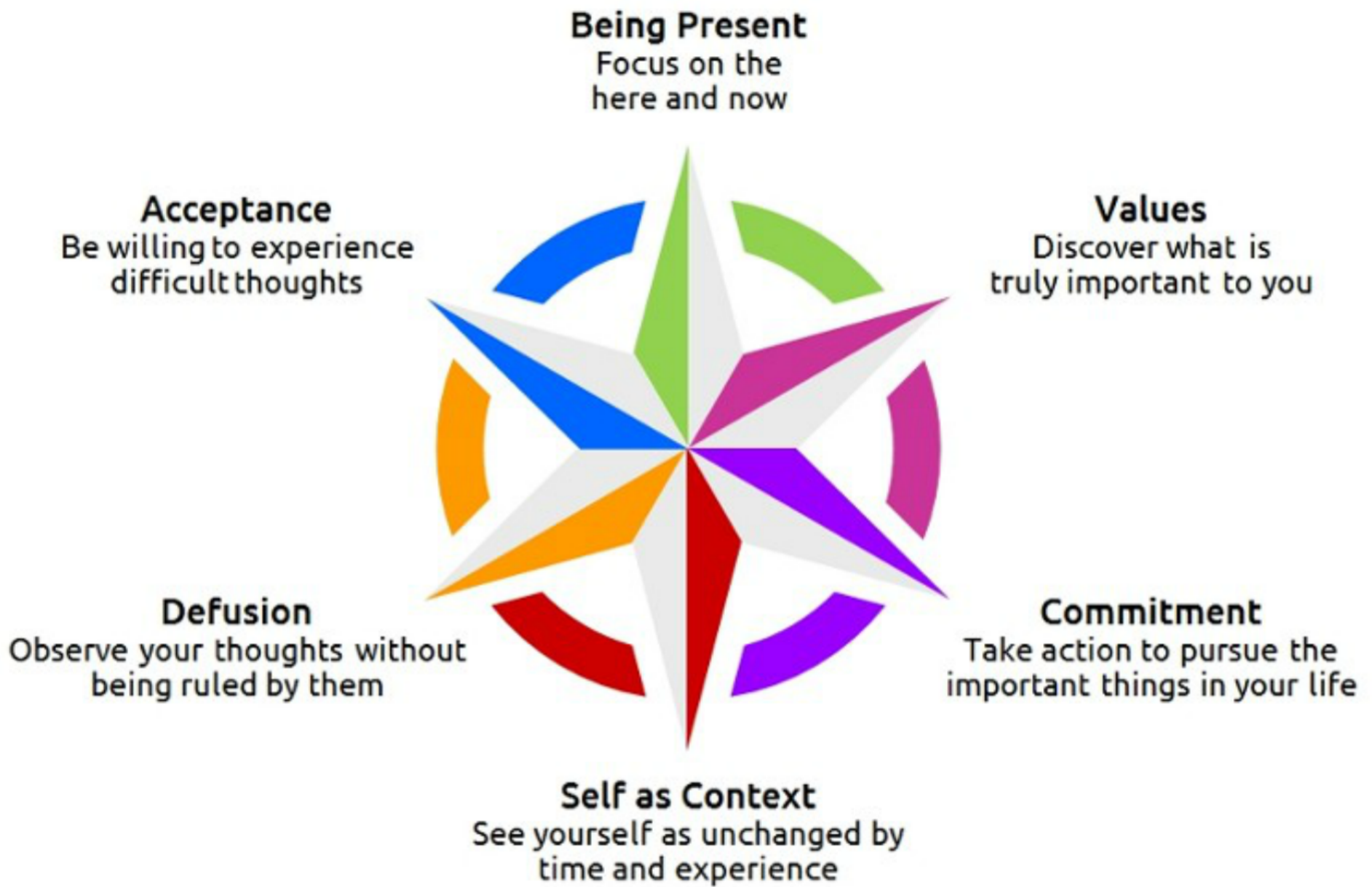


image credit: Itamar Goldminz

William Worden's Grief Counseling Approach for uncomplicated grief

The overall goal of grief counseling is to help the survivor adapt to the loss of a loved one and be able to adjust to a new reality without him or her.

- (1) increasing the reality of the loss
- (2) helping the counselee deal with both the emotional and behavioral pain
- (3) helping the counselee overcome various impediments to readjustment after the loss
- (4) helping the counselee find a way to maintain a bond with the deceased while feeling comfortable reinvesting in life.

Principle 1: Help the Survivor Actualize the Loss

Principle 2: Help the Survivor to Identify and Experience Feelings

Principle 3: Assist Living Without the Deceased

Principle 4: Help Find Meaning in the Loss

Principle 5: Facilitate Emotional Relocation of the Deceased

Principle 6: Provide Time to Grieve

Principle 7: Interpret “Normal” Behavior

Principle 8: Allow for Individual Differences

Principle 9: Examine Defenses and Coping Styles

Principle 10: Identify Pathology and Refer



The Center For
Complicated Grief

Complicated Grief and Its Treatment

*A Handout for Patients, Friends,
and Family Members*

M. Katherine Shear, M.D.
Based in part on an earlier version with Krissa Caroff, B.S.
October 2013

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Understanding & Applying Modern Grief Theory

