

Different Ways to Grieve, Different Ways to Heal

Different Styles of Grieving: Intuitive and Instrumental, Blended

Intuitive: Strong, affective reactions (waves of powerful emotions); expressions like an “open book.”

Instrumental: More thinking than feeling (inward, quiet process, less expression of emotions) Being physical, expressing grief through doing something (couldn't fix my son, can fix this fence).

Blended: Exhibiting qualities of both intuitive style and instrumental style of grieving.

Factors that Affect Mourning:

Nature of the relationship; strength of attachment, ambivalence or conflict, type of death -sudden or expected, stigmatized, disenfranchised, dependent, natural, accidental, suicide or homicide, ambiguous, personality variables of the bereaved (age, coping style, life experiences, physical and mental health).

Social variables, support network, cultural influences, disenfranchised grief (due to relationship, or the death), other stressors on the bereaved (multiple loss over lifetime or short time) secondary losses (job, home, health, etc.)

Different Aspects of Grief:

Disenfranchised Grief: Kenneth Doka : Complicated mourning process of grief accompanied by social stigma resulting in the compounded loss of social recognition, validation, and support in relation to the loss experience. 3 Primary forms:

1. Lack of recognition of the grieved relationship
2. Lack of recognition of the bereavement experience itself
3. Lack of recognition of the individual griever

Ambiguous Loss: Pauline Boss

Types of Ambiguous Loss:

Physically Absent- Psychologically Present (adoption, migration, missing person, miscarriage and stillbirth, natural disaster and catastrophic tragedy)

Psychologically Absent- Physically Present (Addictions, dementia and Alzheimer's, mental health issues, separation/divorce, traumatic brain injury, coma)

Four Tasks of Grief: William Worden, Grief Counseling and Grief Therapy

1. To accept the reality of the loss
2. To work through the pain of the loss
3. To adjust to environment in which the person is missing
4. To find an enduring connection with the deceased while embarking on a new life