Loss, Grief, and Bereavement

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Objectives

• Define Loss, Grief, and Bereavement

• Understand the basic types of grief
  • Anticipatory
  • Normal
  • Complicated

• Discuss supportive techniques and resources
Definitions

• **Loss:**
  • A loss may be a person, thing, relationship, or situation.

• **Grief:**
  • Grief is an emotional response to loss

• **Mourning:**
  • Mourning is the outward, social expression of loss

• **Bereavement:**
  • The reaction of the survivor to the death.
  • The adjustment to a life without the deceased.
Three Types of Grief:

1. Anticipatory Grief
2. Normal Grief
3. Complicated Grief
1. Anticipatory Grief

- Grief before an impending loss
- Opportunities to prepare

- 5 Tasks of Dying
  - Ask for forgiveness
  - Offer forgiveness
  - Say Thank you
  - I love you.
  - Goodbye.
2. Normal Grief

- Majority of people experience normal grief

- Normal, dynamic process that occurs in response to any type of loss.

- Highly individualized, depending on person’s perception of the loss and influenced by context and concurrent stressors

- Physical, emotional, cognitive, spiritual, and behavioral reactions
Common Normal Grief Reactions

Emotional  Physical  Behavioral
Common Normal Grief Reactions

- Cognitive
- Social
- Spiritual
Normal Grief

STAGES OF GRIEF

Loss-Hurt
Shock
Numbness
Denial
Emotional Outbursts
Anger
Fear
Searchings
Disorganization
Panic
Guilt
Loneliness
Depression

Loss Adjustment
Helping Others
Affirmation
Hope
New Patterns
New Strengths
New Relationships
“Re-Entry” Troubles

My experience

Loss-Hurt
Shock
Numbness
Denial
Emotional Outbursts
Anger
Fear
Searchings
Disorganization
Panic
Guilt
Loneliness
Depression
3. Complicated Grief

• Complicated grief is identified by:
  • extended length of time of the symptoms,
  • the interference in normal function caused by the symptoms, or by the intensity of the symptoms

• A small percentage of people experience complicated grief
Grief Resources in PACE

• Chaplain
  • Provide spiritual care, grief, bereavement support, and can give guidance to those grieving.

• Social Workers
  • Provide psychosocial and mental health support.

• Acknowledge the death
  • Rituals: Can help facilitate resolution of grief.
  • Memorial table: display photos of deceased participants

• Grief groups
  • Community or in-house grief group
Key Components of A Grief and Bereavement Program

- Interdisciplinary team
- On-going reassessment
- On-going support for staff
- Discussion of Complicated grief risk(s)
- Respect of developmental, cultural, and spiritual needs
- Bereavement services available at least 13 months after death of loved one
How can I help participants and their families?

• Companioning:
  • Being present to another person’s pain

• Listen to their story:
  • Provide presence. Use actively listening skills.

• Normalize the grief process
  • It is a normal, predictable, expected, and healthy reaction to a loss
What can I do to help myself?

- Talk with others
- Take care of your health
- Be flexible
- Be patient
- Read and Journal
- Pray or meditate
- Plan ahead for anniversaries
- Professional help or support groups
Bibliography/ Resources

• End-of-Life Nursing Education Consortium (ELNEC)
  • http://www.aacn.nche.edu/elnec

• National Hospice and Palliative Care Organization (NHPCO)
  • http://www.nhpco.org/

• Bereavement
  • http://www.hopethroughhealing.com/
  • http://www.onecaringplace.com/
  • http://www.stephenministries.org/
  • http://www.gundersenhealth.org/resolve-through-sharing


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