

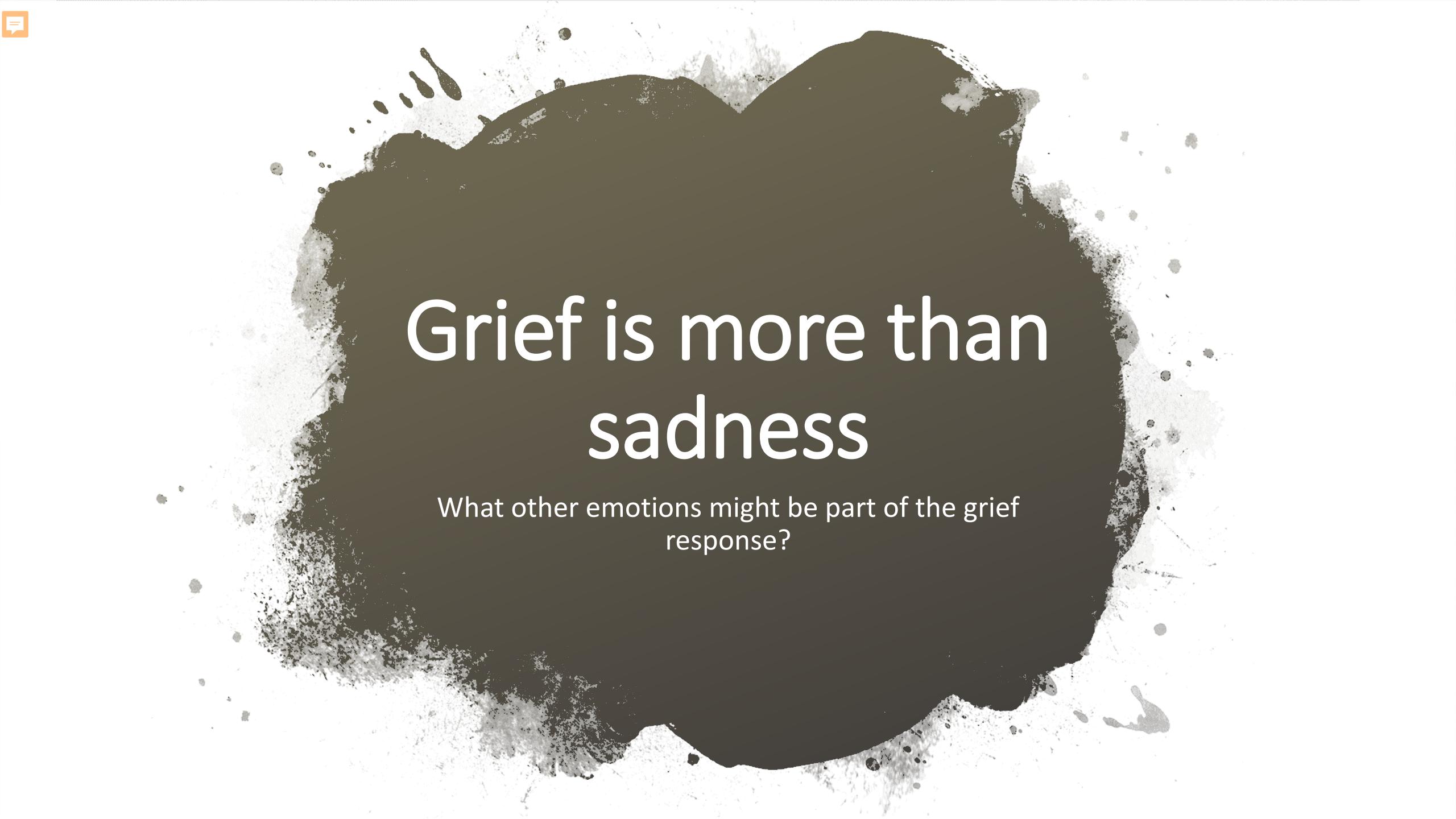
# GRIEF 101

# Objectives and Overview

- Understanding what grief is
- Learning about different grief theories
- Relating to grieving people
- Increasing comfort with and exposure to grief
- Understanding different issues with current global pandemic, grief, and Covid-19

# What is grief?

- natural response to any sort of loss
  - *Other examples*
- Not a problem that can be fix or solved
- Takes a lot of time to heal (a lot more than what any one person thinks)
- Dimensions of Grief
- Cumulative



# Grief is more than sadness

What other emotions might be part of the grief response?



*"One of the hardest  
things you'll ever have  
to do is grieve the loss  
of someone who is  
still alive."*

UNKNOWN AUTHOR



[loveliveson.com](http://loveliveson.com)

## Anticipatory Grief

- A grief reaction that occurs before an impending loss by their loved ones

# Grief Models/Theories

- Freud's "Grief Work" Theory
  - *Cutting ties with deceased, reinventing relationships*
  - Views grief as pathological
- Betsy Kubler-Ross and 5 Stages of Grief (1969)
- William Worden's Tasks (2008)
- Dual Process Model (*Stroebe and Schut , mid 90s*)



## Dual Process Model of Coping with Bereavement

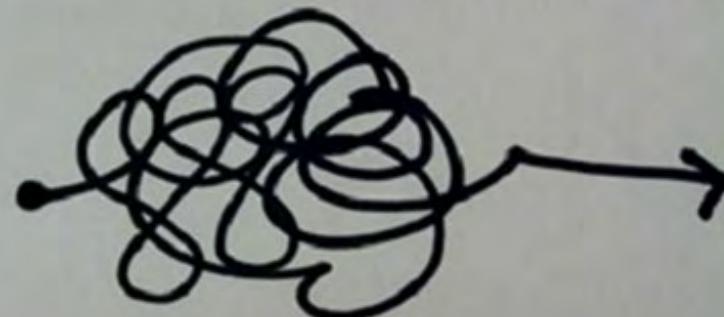
(Stroebe & Schut, 1999)



HOW WE  
WANT  
GRIEF TO  
WORK



HOW GRIEF  
ACTUALLY  
WORKS



## Range of Reactions



 Agrace

# Maintaining Appropriate Expectations for Grief

- “Casserole Committee”
- Often a delayed, unexpected wave of grief 6-9mo after death
- Societal Expectations
- Energy consumption
- Affects every sphere of life (mentally, emotionally, spiritually, financially, physically, socially)



# Relating to Grieving Person

- Do not assume-
  - *Ask what you can do to support*
- Ask open ended questions
- Be flexible
- Make note of dates/Anniversaries





# Emotional Resonance

- *Feeling enough to be concerned and to respond, but not enough to require getting your own support, too.*

- You'll have a new life!
- Your mom had a good long life!
- You're not the only one who's lost someone!
- They would ~~have~~ wanted you to live & be happy!
- I'm sorry for your loss.
- Time heals all wounds
- They're in a better place now.
- [The person who caused her death] is going to suffer!
- You really need to make peace with it.
- God called them
- Everything happens for a reason.

## What NOT to say

- Anything with religious overtones\*
- Anything that implies being dead is better than being alive
- Comparing your own (or others') experiences of loss
- Any statement that begins with the words "at least..."
- Any "don't" feeling ("don't be sad," "don't cry," "don't feel guilty/afraid/angry")

\*unless you know the person/family very well

# What to Consider Saying

- You don't have to speak to communicate!
  - *Body language*
  - *Facial expressions*
  - *Breathing / sighing*
  - *Being present*
- Reflect their words, values, non-verbals, etc. (use their “language”)
- Share a story about the person, and encourage them to share stories & express emotions
- Use the deceased person's name
- Consider culture

*You can't talk someone out of their pain.*



# Vicarious Grief

- An event experienced through imaginative or sympathetic participation of the impact of another person's death
- IT'S OK!
- Keep in mind it's about them, not you.





# Grief & COVID-19

- People dying of COVID-19
- People dying of other causes during the COVID-19 pandemic
- Mental Health and COVID-19
  - isolation, financial stress, health care providers and PTSD/acute stress, pre-existing mental health conditions
- Grief triggered by pandemic

# Make a Referral to Agrace Grief Support Center

- 2906 Marketplace Dr  
Madison, WI 53719  
(608) 327-7110



# Questions?