

# Bereavement 101

## The Basics of Grief and Bereavement

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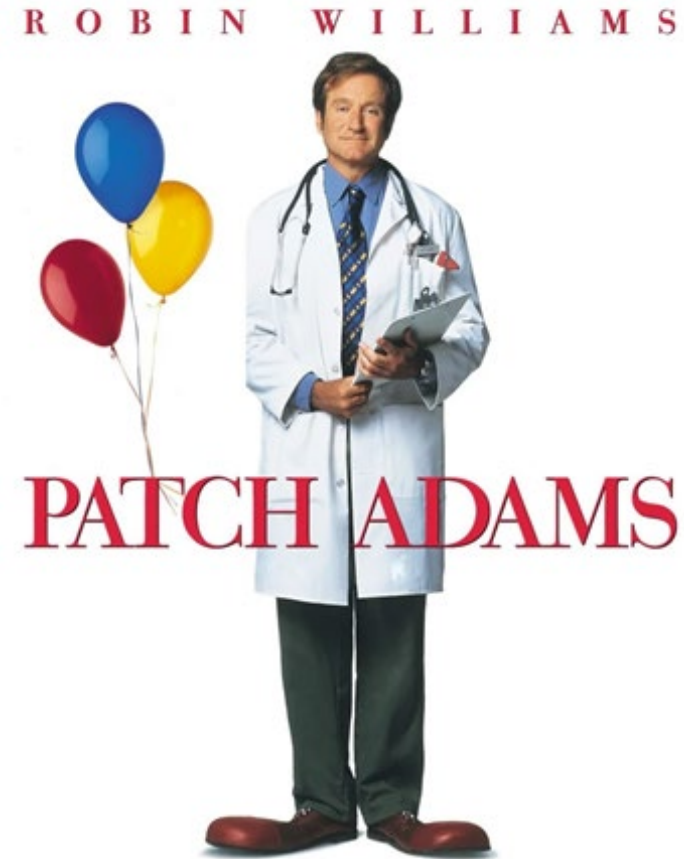


# Agenda

- ❖ Introductions
- ❖ Icebreaker Activity
- ❖ Grief, Bereavement and Mourning
- ❖ Types of Grief
- ❖ Theories of Grief Work
- ❖ How can we help?
- ❖ Self Care
- ❖ Closing Activity

# Icebreaker Activity: Euphemisms

- ❖ You have 1 minute. In the chat box, write down as many euphemisms for the word “death” as possible



# Our Goal



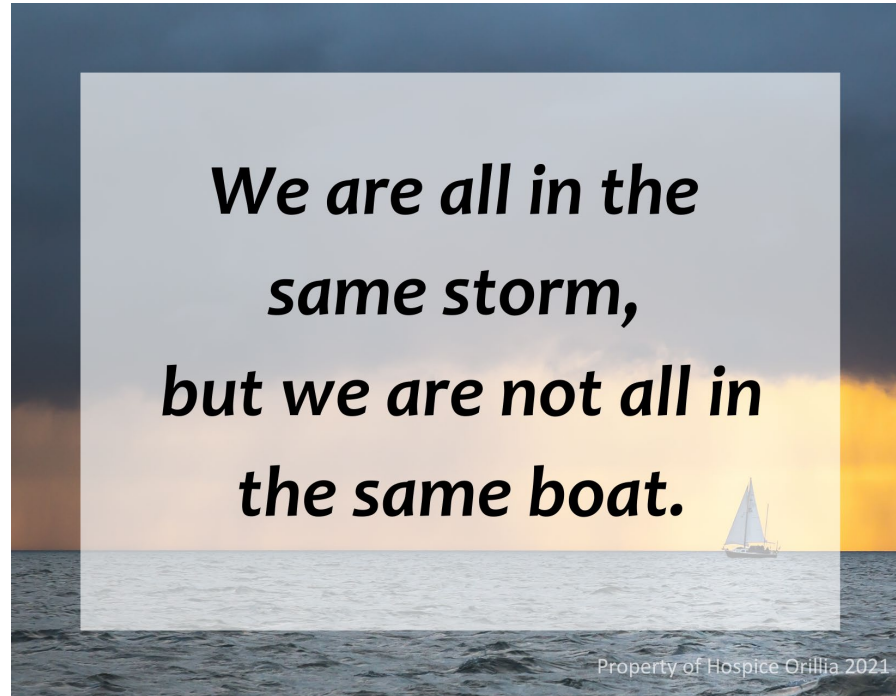
# Definitions

- ❖ **Bereavement:** is the *state* of having had a loved one die
- ❖ **Grief:** is the *emotion we feel* as a result of loss
  - ❖ For children- *Grief* is all the different feelings that occur when someone you care about is dying or has died (sad, mad, confused, worried, abandoned, happy, lonely, etc.)
- ❖ **Mourning:** is what *we do to express* our grief

**There is no right or wrong way to grieve**

Death, loss and grieving  
are **universal experiences**

Despite this, we will all  
respond differently to  
loss, as every single  
relationship is unique



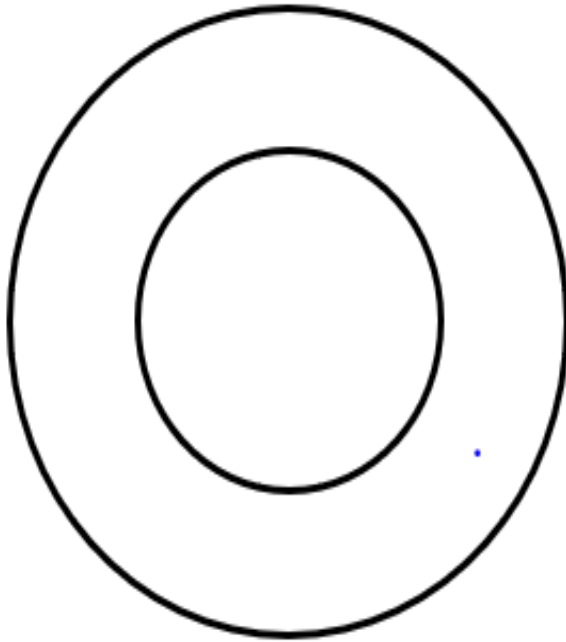
# Factors Influencing Grief

- ❖ Relationship with person who has died/thing which has been lost
- ❖ Age of person grieving/current health status
- ❖ Previous experience of grief
- ❖ Cultural background
- ❖ Belief system
- ❖ Financial situation
- ❖ Knowledge around cause of death/loss
- ❖ Personality
- ❖ Concurrent losses/changes occurring
- ❖ Support systems - family/friends/community

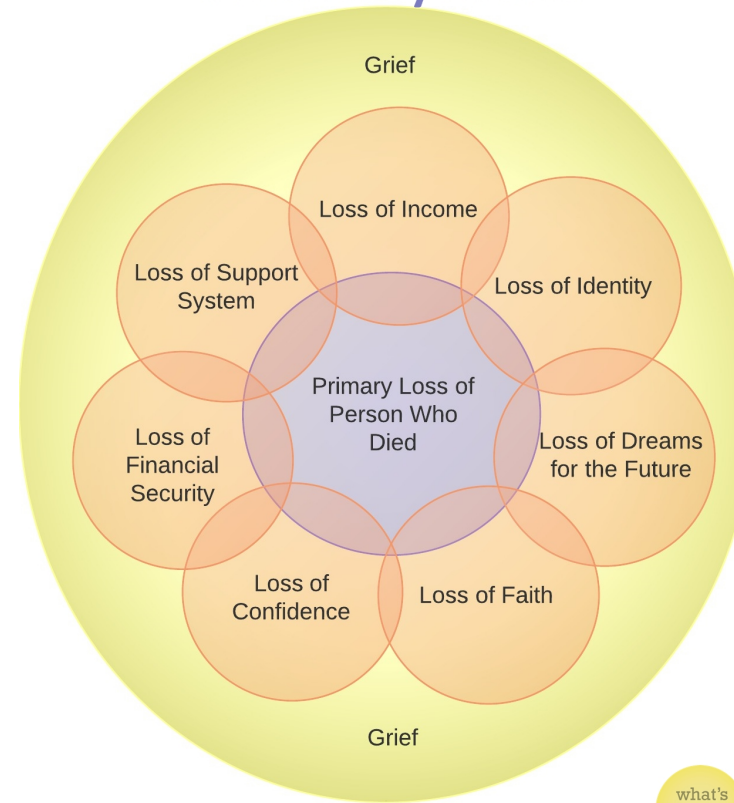
# Factors Influencing Grief

- ❖ Cause of death (i.e. expected or not expected)
- ❖ Expectation of death
- ❖ Recognition of loss by others (i.e. disenfranchised grief)
- ❖ Social 'acceptability' of cause of death
- ❖ Social 'acceptability' of relationship of bereaved to deceased
- ❖ Ability to communicate feelings
- ❖ Language levels

# Primary vs. Secondary Losses



## Secondary Losses



<http://whatsyourgrief.com>

what's  
your  
grief?

Grief is not a disorder, a disease or  
a sign of weakness.

It is an emotional, physical and spiritual  
necessity, the price you pay for love.

The only cure for grief is to grieve.

- Earl Grollman

The background of the slide features abstract, overlapping geometric shapes in various shades of blue, ranging from light sky blue to deep navy blue. These shapes are primarily located on the right side of the slide, creating a modern, layered effect.

**Refer to Handout #1, Question #1**

Describe your first experience with death and grief.  
How were you told about the death, how was the  
death acknowledged?

# Types of Grief

## *Disenfranchised Grief*

▶ A death/loss that cannot be socially sanctioned, openly acknowledged or publicly mourned

### Examples:

- ❖ Incarcerated individuals
- ❖ Public figure/celebrity death
- ❖ An unacknowledged partner
- ❖ Miscarriage

# Types of Grief

## *Complicated Grief*

- ❖ Grief is complicated, similar to how wound healing can be complicated, when **intensity of symptoms is heightened**, and their **duration prolonged**
- ❖ Complications can include: troubling thoughts, problematic behaviours or inability to adequately regulate emotions

# Types of Grief

## *Anticipatory Grief*

A grief reaction that occurs before an impending death/loss

### **Example:**

- ❖ Caregivers through another persons terminal illness

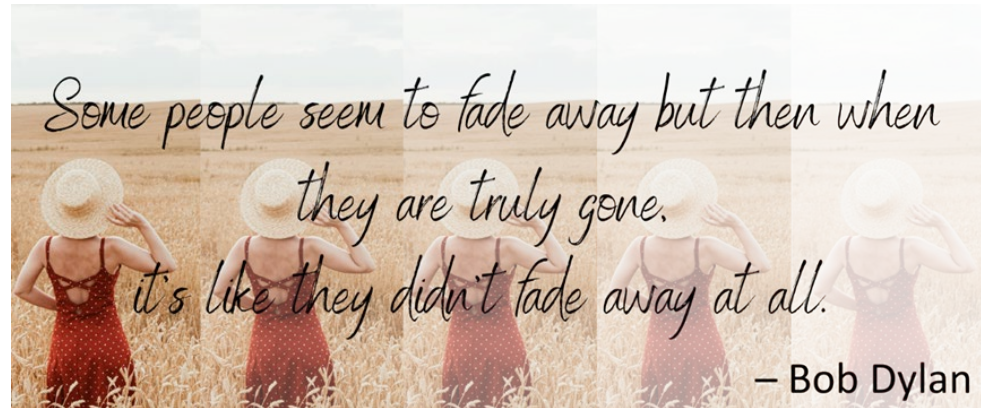
# Types of Grief

## *Ambiguous Loss*

A death/loss that occurs without closure or understanding

### Examples:

- ❖ Missing person - physical loss
- ❖ Alzheimer's/Dementia - psychological loss



# Types of Grief

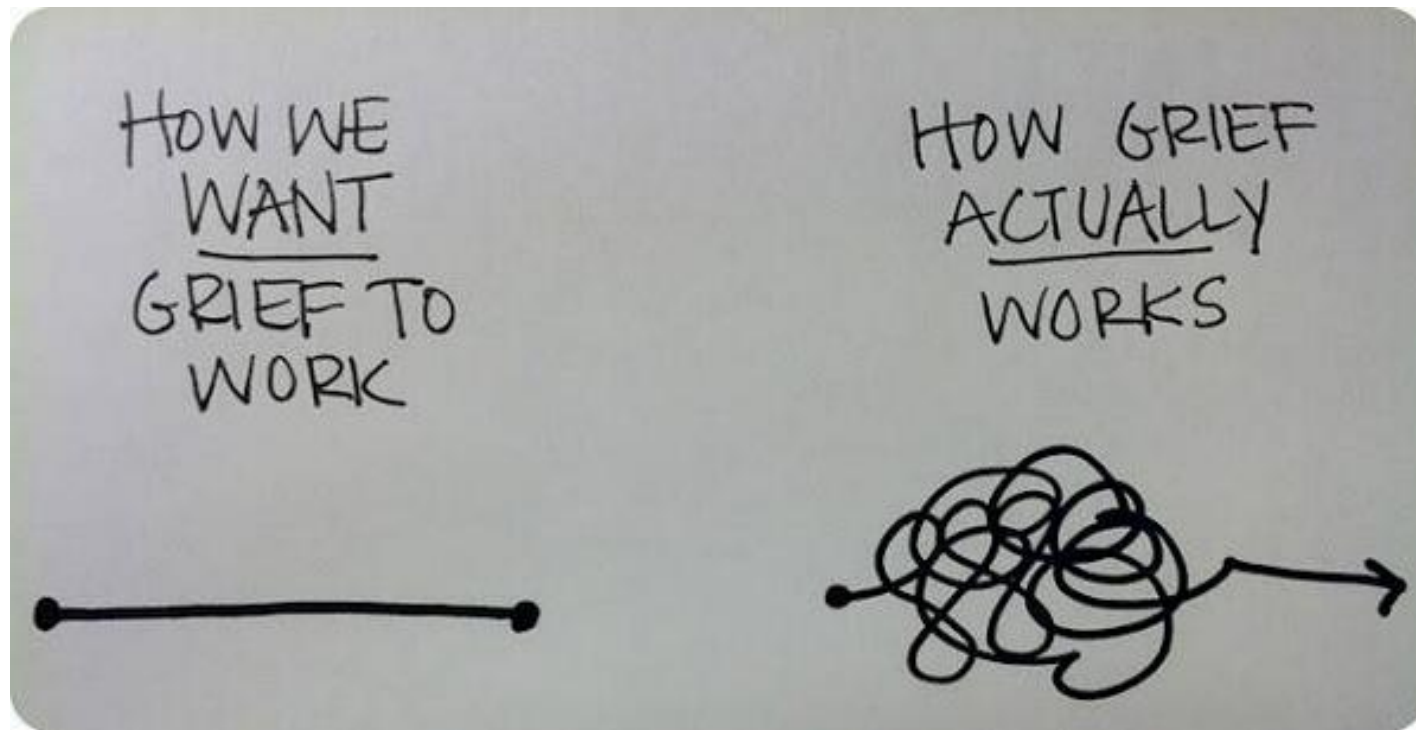
## *Traumatic Bereavement*

The state of having experienced a death which is associated with symptoms of trauma brought about by the circumstances of the death

### **Examples:**

- ❖ Accidents
- ❖ Suicide
- ❖ Overdose
- ❖ Sudden Unexplained Infant Death

# The Many Aspects of Grief



# Symptoms of Grief

- ❖ Shock
- ❖ Anxiety
- ❖ Guilt
- ❖ Anger
- ❖ Numbness/Withdrawal
- ❖ Depression
- ❖ Relief
- ❖ Sadness
- ❖ Feeling of being lost
- ❖ Conflicting emotions

# Grief Theories

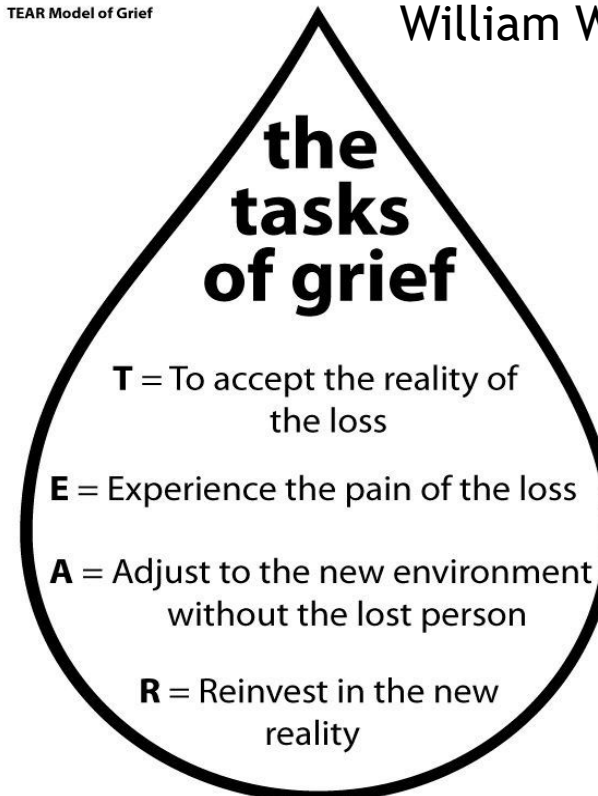
## The 6 Needs of Mourning

Alan Wolfelt<sup>1</sup>

1. Acknowledge the reality of the loss
2. Embrace the pain of the loss
3. Remember the person who has died
4. Develop a new self identity
5. Search for meaning
6. Receive ongoing support from others

## The 4 Tasks of Grief William Worden<sup>2</sup>

TEAR Model of Grief



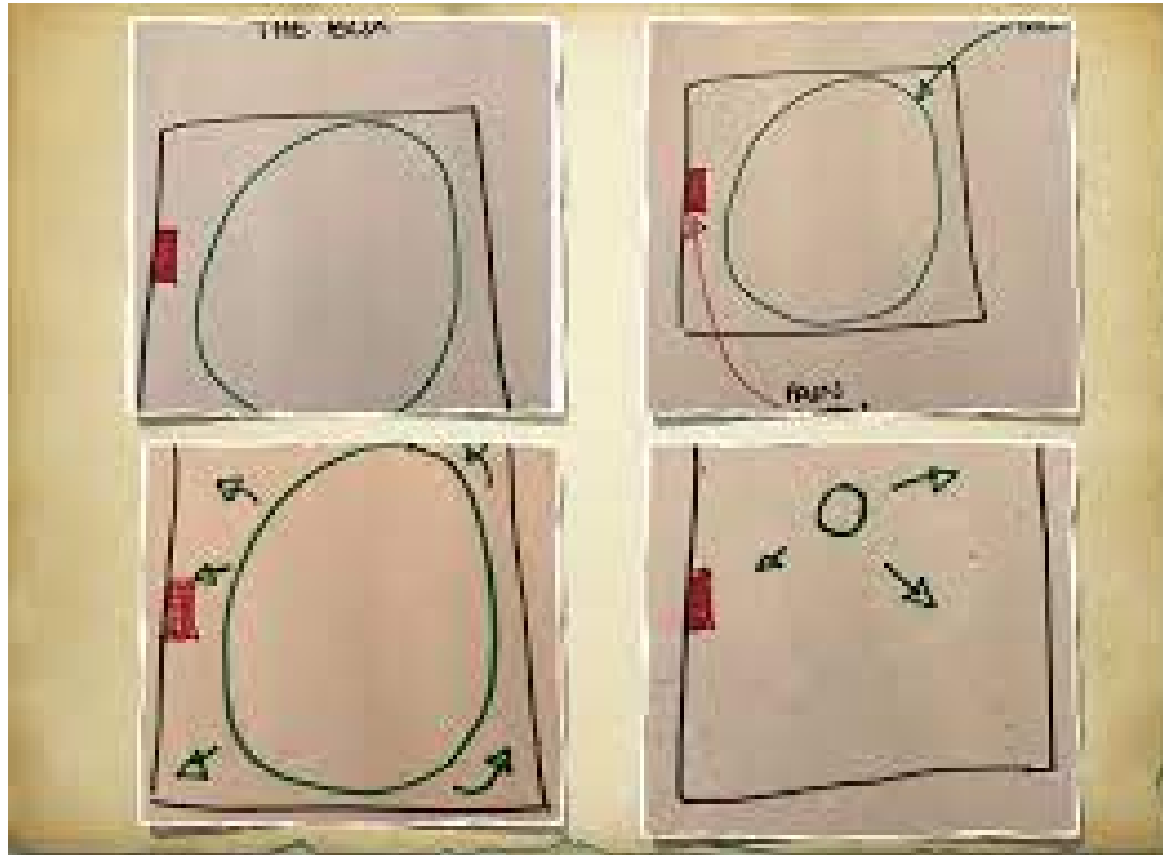
PSYCHOLOGYTOOLS

Based upon Worden's (1991) tasks of mourning:  
Worden, J.W. (1991). Grief Counseling and grief therapy: A handbook  
for the mental health practitioner (2nd edition). London: Springer.

© Creative Commons http://psychology.tools

1. Wolfelt, A. (n.d.). The Six Needs of Mourning. Retrieved April 4, 2019 from <https://www.centerforloss.com/grief/six-needs-mourning/>  
2. Psychology Tools. TEAR Model of Grief. Retrieved April 4, 2019 from <https://www.psychologytools.com/worksheet/tear-model-of-grief/>

# Grief Theories



*“The reality is that you will grieve forever. You will not ‘get over’ the loss of a loved one; you will learn to live with it. You will heal and you will rebuild yourself around the loss you have suffered. You will be whole again, but you will never be the same. Nor should you be the same, nor would you want to.*

*- Elizabeth Kubler-Ross & John Kessler*

# How can you help? Bear witness

When we honestly ask ourselves which persons in our lives mean the *most* to us, we often find that it is those who, instead of giving advice, solutions, or cures, have chosen rather to share our pain and touch our wounds with a warm and tender hand. The friend who *can be silent with us* in a moment of despair or confusion, who can *stay with us* in a hour of grief and bereavement, *who can tolerate* not knowing, curing, not healing and face with us the reality of our powerlessness, that is a friend who cares. - Henri Nouwen

# Bearing Witness



# WAIT

W - WHY

A- AM

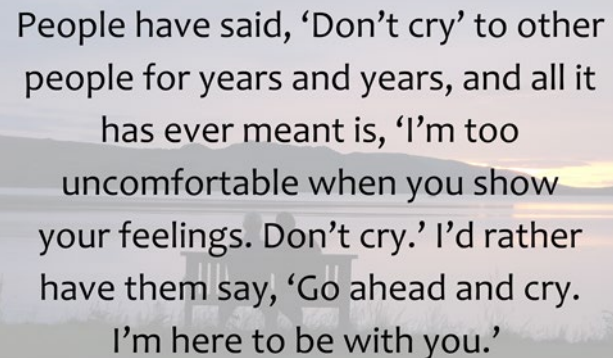
I - I

T- TALKING



# What Not to Say

- ❖ It is time to move on
- ❖ Everything happens for a reason
- ❖ Are you over it yet? She's been gone a long time
- ❖ Others have it worse than you
- ❖ I thought you would be more upset
- ❖ You must be strong
- ❖ Why are you still crying?
- ❖ They wouldn't want you to be so sad
- ❖ Heaven needed another angel
- ❖ I know just how you feel
- ❖ Don't cry in front of the children
- ❖ You are still young; you can always remarry
- ❖ God will never give you more than you can handle
- ❖ You do have other children
- ❖ Anything that starts with *at least...*



People have said, 'Don't cry' to other people for years and years, and all it has ever meant is, 'I'm too uncomfortable when you show your feelings. Don't cry.' I'd rather have them say, 'Go ahead and cry. I'm here to be with you.'

– Fred Rogers

Property of Hospice Orillia, 2021

# You as a Helper

When I was a boy and I  
would see scary things in  
the news, my mother  
would say to me,  
'look for the helpers. You  
will always find people  
who are helping.'

— Fred Rogers



Property of Hospice Orillia, 2021

# How Grief can Affect Professionals

As professionals, we are all going to be affected differently by each person and death that we encounter. This often has to do with your past experiences, or things/people that you hold as important in your own life

## When this happens:

- ❖ Acknowledge the impact the loss is having on you
- ❖ Take time to reflect
- ❖ Debrief
- ❖ Create a continuing bond in whatever way makes sense for you

# Intuitive vs. Instrumental Grieving



## Intuitive Grief

based on work by Terry Martin & Kenneth Doka

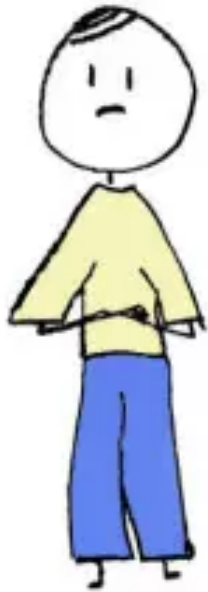
- \* Grief is experienced as waves of emotion.
- \* Grief expression mirrors inner feelings and emotions.
- \* More feeling than thinking
- \* Focused on exploring and expressing feelings and processing emotions.
- \* More "feminine" way of grieving.

[www.whatsyourgrief.com](http://www.whatsyourgrief.com)

# Intuitive vs. Instrumental Grief

## 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](http://www.whatsyourgrief.com)

**Refer to Handout #1, Question #2 and Handout #2**

Think about how you mourn - what would it look like?

Would you consider yourself an intuitive or  
instrumental griever?

Put your comments in the chat box

# Loss in Covid-19

- ▶ Collective grief
- ▶ Multiple losses
- ▶ Uncertainty
- ▶ Lack of traditions/rituals
- ▶ Caring for the grieving
- ▶ Lack of in-person social support
- ▶ Isolation

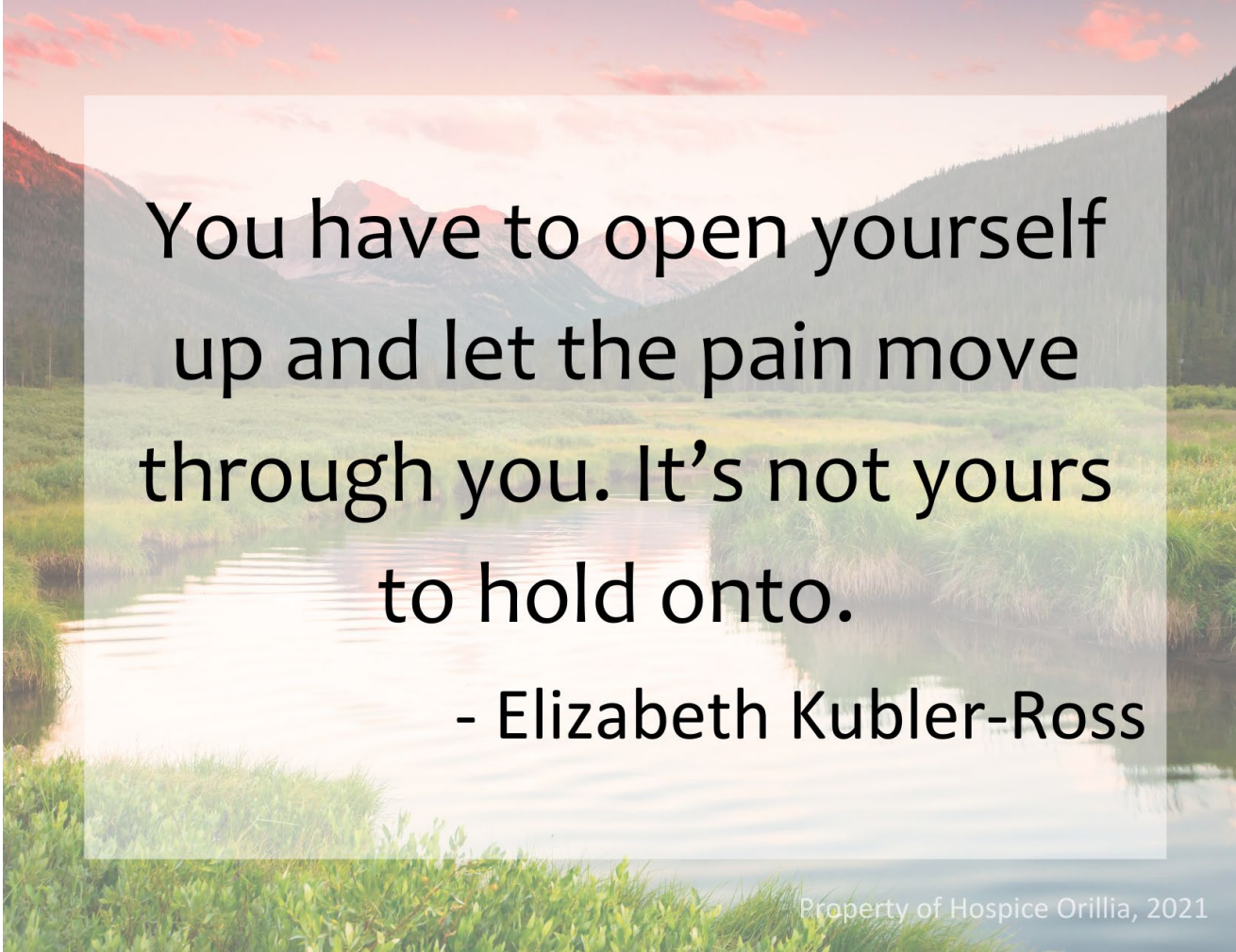
# Perspective

Our experiences, past events, media and other messages shape how we interact with others

Self awareness is key when dealing with bereaved people, any people in fact. Before we judge, we must first be curious...

## Exercise on Perspective

Put in the chat box your first assumption about what's going to happen next

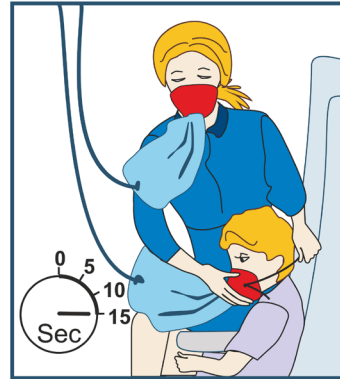
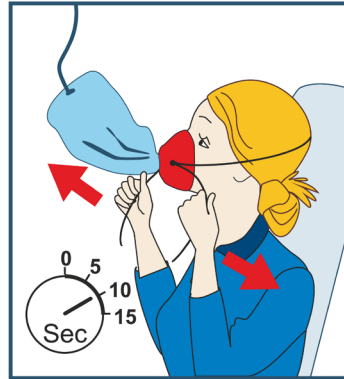
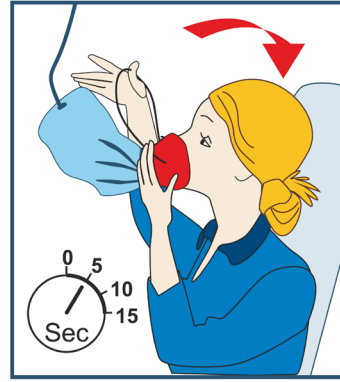
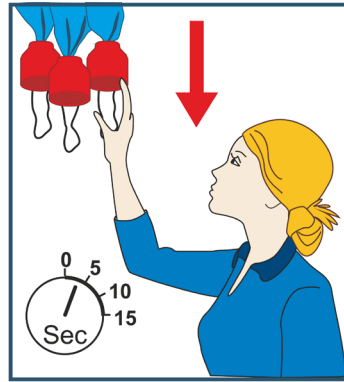


You have to open yourself  
up and let the pain move  
through you. It's not yours  
to hold onto.

- Elizabeth Kubler-Ross

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# Self Care, Self Care, Self Care



# Self Care

- ▶ Self care is more than bubble baths - setting boundaries, sleeping in, saying no to company
- ▶ Community approach to self-care
- ▶ Covid impact: Usual strategies may not work the same

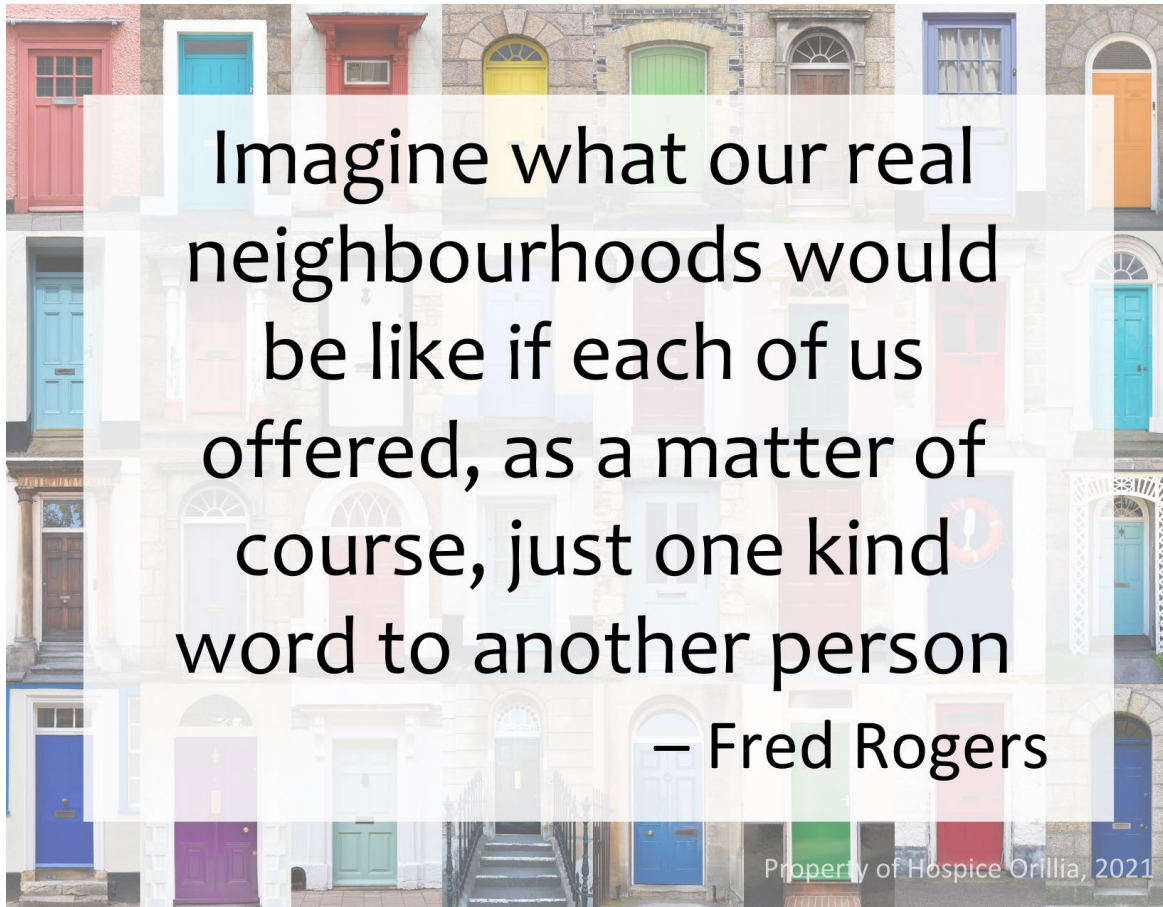


**Self-care is whatever  
recharges your  
physical, mental,  
and spiritual battery.**

# Self-Care Resources

- ▶ Calm
- ▶ Headspace
- ▶ Down dog - free for health care professionals
- ▶ Youtube and Spotify have lots of options!
- ▶ Podcasts

# Thank You



# References

- ▶ Psychology Tools. TEAR Model of Grief. Retrieved April 4, 2019 from <https://www.psychologytools.com/worksheet/tear-model-of-grief>
- ▶ Wolfelt, A. (n.d.). The Six Needs of Mourning. Retrieved April 4, 2019 from <https://www.centerforloss.com/grief/six-needs-mourning>