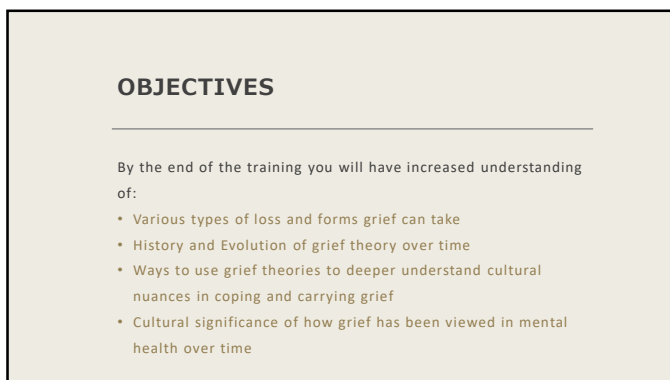




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Why we're here:

Bereavement leave policies typically give employees **1-5 days off**, but **67%** of employees took more time off than the number of days they spent planning the funeral — suggesting that bereavement leave is largely insufficient.

From April 2020- June 2021, 140,000 U.S. children lost a parent or caregiver, with children of racial and ethnic minorities accounting for disproportionate number of children who suffered a loss

1 in 13 children (8%) of children in US will experience death of a parent or sibling by 18- 5.6 million bereaved youth.

doubles to 13.9 million when increased to age 25.

Bereaved young children are more likely to be expelled from school, repeat a grade, less likely to be in a gifted education program.

Nearly 80% of those who lost a parent said it was the hardest thing they've ever had to face.

Said it took **6+** years before they could move forward, yet **57%** said support from family and friends waned after first 3 months of a loss

Medical Journal of Pediatrics

For every death, 9 close relatives are left behind.

This does not include extended family, close friends, longtime coworkers, next door neighbors whom are often deeply affected too.
Sociologists at Penn State and University of Southern California

76% of employed bereft reported harm to their performance or status at work and **12%** reported a decline in reputation.

Coal of Being Bereft 2015, Research

4

Definitions

Grief: An ongoing and evolving natural human experience involving cognitive, emotional, physical and behavioral responses to a loss.

Bereavement: The experience of losing something or someone important to us, often by death

Mourning: The outward expression of grief sometimes through ritual in social, familial, and cultural ways.

Rituals: Actions that symbolically connect us to something meaningful. Can be a transition period (i.e. funeral) or daily observances.

Memorial: Addressing our memory and their legacy.

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WHY THEORY? WHY NOW?

Frameworks → Theories → Practice Models → Interventions

6

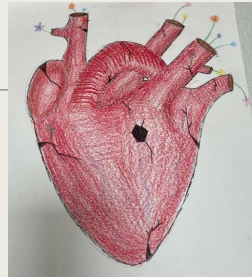
EVIDENCE-BASED DECISION MAKING

Framework	Theory	Model	Intervention
Empowerment	Cognitive Theory	CBT	Thought log
Empowerment	Crisis Theory	Robert's 7 Stage Model of Crisis Intervention	Psychoeducation and goal setting
Ecological Perspective	Family Systems Theory	Case Management	Identification of resources/goal setting
Empowerment	Linehan's Biosocial Developmental Model	DBT	Emotional Regulation/ Wise mind
Medical Model	Cognitive and Behavioral Theories	Problem Solving Therapy	Option Identification
Systems Theory	Structural Family Systems	Family Sculpting	Identification and professing of family roles
Strengths Perspective	Mindfulness	Breath Awareness	Walking Meditation/Gratitude Identification

7

"TYPES" OF GRIEF

- Anticipatory grief
- Traumatic bereavement
- Secondary grief
- Cumulative loss
- Intergenerational grief
- Ambiguous loss
- Suffocated grief
- Disenfranchised grief



8

Types of Loss

CONCRETE

- Health
- Jobs
- Friendships
- Fertility
- Relationship
- Income
- Sexual Function

ABSTRACT

- Self
- Rituals
- Role in system
- Control
- Beliefs (religious/spiritual)
- Safety
- Independence

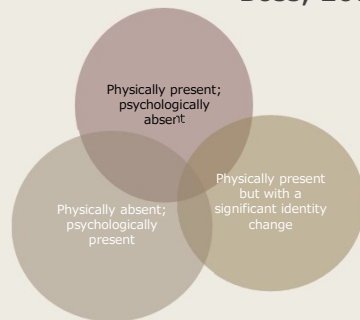
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Ambiguous Grief, Boss, 2006

- A delay or complication in grief experiences due to lack of closure
 - Can be ruminate with finding answers related to loss
 - Struggle with accepting reasons presented
 - Paranoid that there could be possible other answers
- What helps?**
- Understand illness is not person
 - Acknowledge pain and grief
 - Be open to new type of relationship
 - Connect with others who can relate
 - *Learn to Live with ambivalence*
 - Remember present does not override past

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Boss, 2006



- Relational**
- Person still living but relationship changes or is lost, changed, or disrupted
- Stress-model**
- Ongoing ambiguity is the stressor and cannot be fixed, only managed
- Loss of Control**
- Our society values mastery. Struggle is a desire for control over situation that cannot be controlled or changed.

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**WHAT IS
GRIEF IF
NOT LOVE?**

**...it's still
grief**

Artist: Janine Kwok, "Welcome to the Grief Club"

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Non-finite Loss, Bruce & Schultz, 2002

"Contingent on development, passage of time, and on a lack of synchronicity with hopes, wishes, ideals, and expectations."

- Divorce
- Having substance use disorder
- Disability/chronic illness
- Infertility
- Career loss
- Chronic unemployment
- Racism/discrimination
- Child abuse
- Remaining unpartnered

The life I
imagined and
hoped for



The life I feel
I'm actually
living



What helps?

- Acknowledge loss
- Dialectical thinking
- Control flow of information
- Explore personal fears or ideals
- Reality test your fears and dread
- Identity reconstruction
- Build distress tolerance

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Anticipatory Grief

"Grief before a death isn't a substitute for grief later on and won't necessarily shorten the grieving process after death occurs."- Dr. Lynne Eldrige

Grief that occurs before the loss

- As soon as understood that death of a loved one is close, they may begin to grieve.
- Similar response to "normative" grief, but can be confusing when symptoms start while loved one is alive.
- May experience conflicting emotions (etc. hope and sadness).
- May feel guilty about reactions
- Can happen slower and over time

What helps?

- Empathy towards centering the **person before you**
- Using "both/and" to look at "double dip" emotions
- Ethical wills
- How to use the time before the loss
- Connect with others

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Disenfranchised Grief, Doka, 1989

A loss that is not openly acknowledged, socially mourned, or publicly supported

1. The loss **isn't seen as worthy** of grief (ex. non-death losses)
2. The **relationship** is stigmatized (ex. partner in an extramarital affair)
3. The **mechanism** of death is stigmatized (ex. suicide or overdose death)
4. The person **grieving is not recognized as a griever** (ex. co-workers or ex-partners)
5. The **way** someone is grieving is stigmatized. (ex. the absence of an outward grief response or extreme grief responses)

What helps?

- Acknowledge the love for person was true and significant.
- Validate the loss
- Create your own ritual

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Suffocated Grief, Bordere, 2011

Disenfranchised grief is the precursor to suffocated grief

Punishments and costs imposed for grief and mourning expressions related to death and non-death losses.

- Devalued, misinterpreted, misdiagnosed ("Disordered behavior")

Systemic

- Imposed for violation of written and unwritten rules created by power structures (educational, social, political, religious) who may lack an understanding, stereotype, and/or devalue grief, mourning and bereavement needs
- Disproportionality affects youth with socially constructed identities that are marginalized

imposed when oppression is internalized

What helps?

- Acknowledge the layers
- Engage in social change
- Give front line people tools to identify and support kids
- Ongoing education
- Culturally Conscious Practice

News Headline:
Kindergarten Cop: A 5-year old is Cuffed, Arrested in Florida

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Traumatic Grief

- The nature of the loss was traumatic and/or unexpected (i.e. suicide, homicide, child death)
- Witnessing a violent death
- Experiencing multiple losses
- COVID 19 and the unknown
- Not uncommon to have:
 - Shattered assumptions
 - Feelings of guilt and blame
 - Fear of grief and trauma reactions
 - Poor social support

What helps?

- Validating and normalizing
- Addressing trauma symptoms prior to or alongside grief reactions

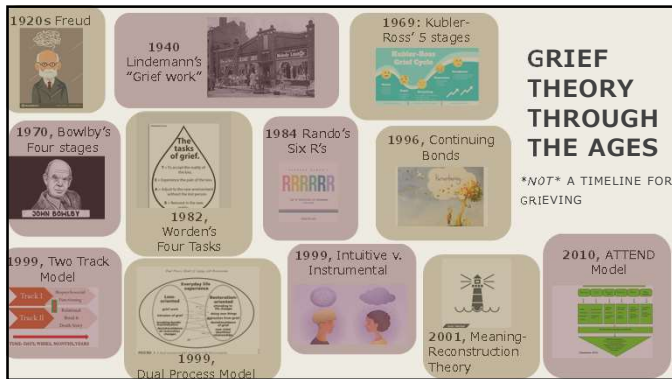
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Secondary losses

- Happen as a result of a primary loss.
- Have a cumulative effect, adding to overall impact of loss

Artist: Janine Kwok

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Prominent Theories

The Grief Work Model

- Associated with attachment theory and the work of Sigmund Freud, Erich Lindemann, and John Bowlby
- Grief is an "adaptive response to loss"
- Reality of the loss must be "confronted and accepted"
- Grieving is an "active process that occurs over time"

Source: Cacciatori, J. (February 2016). *Grief Theories and Current Practices*, [Powerpoint Slides]

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Freud, 1920s

Mourning and Melancholia (1917): to recover from grief you must express grief and detach emotionally from the deceased.

- Grief is a human condition- can apply to loss of fatherland, freedom, or an ideal.
- Wrong to regard grief as pathological and requiring treatment. We must trust the human ability to endure stress and strain and overcome hardship through personal effort.
- Can assume pathological form if relationship with deceased as ambivalent or if the mourner as 'narcissistic object-choice' i.e. too many immature features.
- Person can perceive object loss as an injury to the ego.

21

Freud, later in 1920s

BUT shifted

"We know that the acute pain we feel after a loss will continue; it will also remain inconsolable and we will never find a replacement. No matter what happens, no matter what we do, the pain is always there. And that's the way it should be. It's the only way to perpetuate a love we don't want to give up."

-Letter from Sigmund Freud to Ludwig Binswanger-



Image: oil portrait of Sigmund Freud by Wilhelm Victor Frausz, 1936, Library of Congress

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Lindemann's "Grief Work", 1940s

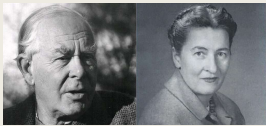


Coconut Grove Fire, source from U.S. Army Signal Corps, Boston Public Library

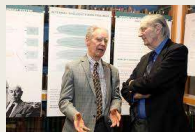
1. Emancipation from the bondage to deceased
2. Readjust to a new environment
3. Formation of new relationships

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Bowlby's (and Parkes) Four Stages, Early 1969



Bowlby and Ainsworth



Bowlby and Parkes, Royal College of Medicine

- Shock & Numbness
- Yearning & Searching
- Despair & Disorganization
- Reorganization & Recovery

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Kubler-Ross 5 stage model, 1969

1. Denial
2. Anger
3. Bargaining
4. Despair
5. Acceptance



Photo from the EKR Foundation

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Artist: Janine Kowh



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Worden, 1982

Accept	Accept the reality of the loss • Interventions like: Puppet funeral, candy questions
Process	Process the pain of grief Interventions like: Heartbreak pots, Healthy and unhealthy expressions of grief, Keys to my heart
Adjust	Adjust to a world without the deceased Externally: Interventions like: magic wand, family roles Internally: Interventions like: learning to grow Spiritually: Interventions like: Over the rainbow
Find	Find an enduring connection with the deceased while embarking on a new life. Interventions like: personal memorials, picture frames,

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Harvard Child Bereavement Study, Worden and Silverman (1996)



- 125 children ranging from 6-17 were studied at three intervals (4 months, 13 months, and 25 months) after the death of a parent. 29% lost a mother and 71% lost a father. A control group of 70 children were included.

Findings:

- We generally don't see sequelae until the time between years 1-2.
- Self perception by kids reported higher than their peers with troubles: socially, scholastically, conduct wise, self-esteem, and self efficacy (control over what happens to them)
- 1 out of 5 kids will have clinically significant problems warranting intervention
- In general, more difficult to lose a mom than a dad.
- Teenage females whose mother died at highest risk for cognitive, behavioral, occupational and emotional difficulties at two year follow up.

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Needs of Bereaved Kids (Silverman and Worden)

To know they will be cared for	To know they didn't cause death	To have clear information about death	To feel important and involved (in rituals, anniversaries, holidays etc.)
Continued routine activities	Someone to listen to their fears, fantasies, questions	Ways to remember dead parent (memory box)	Adults to model grief behavior

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Rando's 6 R's of Mourning, 1984

Recognize	• Recognize the loss
React	• React to separation
Recollect and re-experience	• Recollect and re-experience the deceased
Relinquish	• Relinquish old attachment
Readjust	• Readjust to a new world
Reinvest	• Reinvest emotional energy



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Continuing Bonds, Klass, Silverman, and Nickman 1996

Upended the idea that grief is "letting go" or "moving on."

People normally and naturally create continued connections with their loved ones who have died. These "bonds" stay forever.

More Things Grieving People Do That May Seem Strange but Are Actually Very Common



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Rubin's Two Track Model of Bereavement, 1999

Suggests the impact of loss is felt in two domains

- Biopsychosocial functioning: physical concerns, anxiety/depression, relationships, trauma responses, self esteem etc.
- Relationship to deceased: emotional closeness to that person, conflict, positive and negative perceptions of loved one, preoccupation with death.

In order to assess and cope with grief you need to attend to both "tracks."

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Dual Process Model of Bereavement, Stroebe & Schut 1999



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Dual Process Model

- Grief is a dynamic process
- Bereaved people typically oscillate between and express both "loss-oriented" and "restoration-oriented" coping behaviors
- At times, the bereaved confronts his/her loss and at other times they try to avoid the pain of grief
- Over time, alternation between these two modes of coping leads to optimal adjustment



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Intuitive v. Instrumental Grieving Styles, Doka and Martin 1999

- **Intuitive Versus Instrumental Grief**
- **Intuitive:**
 - Grief experienced and expressed emotionally
 - Waves of emotion- Inclined to intentionally work through feelings
 - Tends to be associated with women
- **Instrumental:**
 - Grief experienced and expressed physically or through mental activity
 - Emphasis on problem solving
 - Tends to be associated with men
- **Both** patterns are effective ways of coping with loss, and **both** men and women use them

Source: Cacciatore, J. (February 2016). *Grief Theories and Current Practices*, [Powerpoint Slides]

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Doka & Martin cont'd

- **"Feminine" grieving style**
 - Strong need for emotional catharsis
 - Grief expression mirrors feelings and emotions
 - Self-blame, loss of identity
 - Focused on exploring, expressing, and processing
 - More likely to connect with others in grief
 - Make use of ritual and honor
- **"Masculine" grieving style**
 - Stoic partner
 - Prone to isolation
 - Sadness expressed as anger
 - Distressed by expressive grief
 - Avoid emotions; more comfortable in thinking and action oriented expression
 - Take charge of problem solving and doing



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Meaning- Reconstruction Theory, Neimeyer, 2001



Core Goals

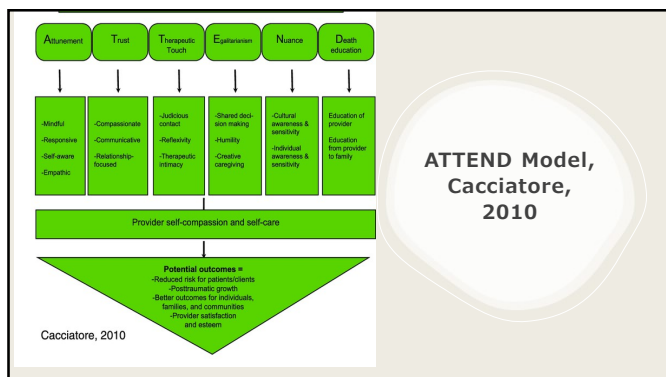
- Help find or create meaning both in death of loved one and in current life
- Explore ongoing emotional attachment or relationship with deceased and how it can serve as positive and healing
- Attending to explicit meanings discussed by clients and implicit meanings observed
- Encourage construction and integration of meaning into newly constructed life narrative
- Facilitate construction of meaning in personal and interpersonal level
- Discussing meanings with individual and broader cultural context
- Using narrative approach as guide to re-author story of life after loss.

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Dr. Robert Neimeyer

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Selah: An Invitation Towards Fully Inhabited Grief

BEING WITH GRIEF: THE PAUSE

Goal: Attunement

Solitude, self-awareness, self-compassion, emotional transparency

Interventions like:

Radical mourning, meditation and prayer, journaling, bibliotherapy, poetry, emotional journal, telling the story, validation of the loss, yoga, help seeking, bodily care

SURRENDERING: INTENTIONAL REFLECTION OF SELF AND OTHER

Goal: Trust

Approaching grief, honoring emotional self, heightened awareness

Interventions like:

Radical tolerance, radical acceptance, retelling the story, writing the story, ritualizing, letters to the dead, letters to the living, support groups for self, grief box

Source: Cacciatore, J (2013). Selah: An Invitation Towards Fully Inhabited Grief. Center for Loss and Trauma.

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Other Focus: Doing With Grief

Goal: Responsible Action

Seeing others' suffering, calling to greater cause, post-traumatic growth

Interventions like:

Radical change, seeking kindness opportunities, offering support, support groups for others, community service, seeking awake others, gratitude journal, psychoeducation

"When loss is transformed in a way that places it within a context of growth, grief becomes a unifying rather than alienating human experience"- Dr. Joanne Cacciatore

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CHECK IN:

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BEST PRACTICE/INTERVENTIONS

Ways clinicians and communities can help:

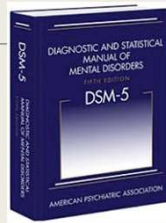
- ABOVE ALL:
 - Normalize
 - Validate
 - Psychoeducate
 - Support
- Individual counseling (e.g., Wagner et al., 2006; Shear et al., 2005)
- Support groups (Umphrey & Cacciato, 2011)
- Decreasing avoidance of death-related topics (Kirchberg et al., 1998)



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Bereavement Exclusion

- The bereavement exclusion over time:
 - *DSM-III*: up to 1 year
 - *DSM-IV*: 8 weeks
 - Upcoming *DSM-5*: eliminate bereavement exclusion; MDD can be diagnosed 2 weeks following bereavement
 - Trend in *DSM* toward making it easier to diagnose bereavement-related symptoms as MDD
 - Limited data to support Bereavement Exclusion revisions



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DIAGNOSTICS

For better or for worse grief became a diagnosis in March of 2022.

DSM V (specific to the US): Persistent Complex Bereavement Disorder (PCBD); 12 months for adults, 9 months for children/adolescents

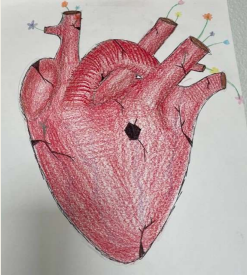
ICD 11 (World Health Organization): Prolonged Grief Disorder; 6 months after loss

DSM V TR (Combination of DSM V and ICD 10): Prolonged Grief Disorder; 6 months after loss

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16



COPING

Dialectical thinking

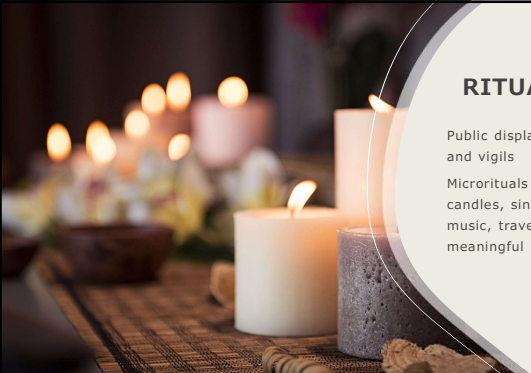
- **Both/and** not **either/or**

Being with/doing with

Connect with others

- Online, in person, written, artistically, in nature, tv and book clubs, community events

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RITUALS

Public displays- funeral and vigils

Microrituals - lighting candles, singing, playing music, traveling to a meaningful location

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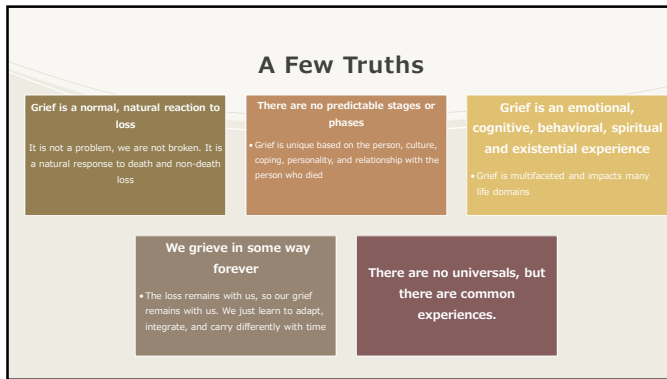
Ways to carry with you what you find here

As you exit this sacred space today, we recognize the importance of a gentle transition. The feelings that come so fluidly here—the love, the grief, the laughter, the longing—each of those feelings is yours. We also understand that our daily lives may not provide the space and non judgmental support that you so need and deserve. The practice of authentic emotional expression and attunement is one that you are cultivating and we are here for you as you continue your journey. So, here are some grief practices that you can continue to carry with you.

ADAPTED FROM THE MISS FOUNDATION, DR. JOANNE CACCIATORE

- ◆ **Reflection:** Many cultures incorporate their loved ones into daily reflection or moment of connection. Consider making a spot in your house to remember them like an *ofrenda*, altar, *memory drawer*, or *butsudan*.
- ◆ **Reflection:** Write a letter to your loved one in a quiet space or in the space where you feel most connected to them.
- ◆ **Reflection:** Create an artistic or photographic log of your experience in a space where you feel deeply comfortable and connected to your loved one.
- ◆ **Nature:** Take an audio recording of your favorite sounds.
- ◆ **Calm:** Find a mantra that reminds you of your time here (e.g. "Be still," "I feel held," "One heartbeat at a time," or "I am here now.")
- ◆ **Reflection:** Find a poem or song that resonates with you and your feelings about your grief in this moment. Look for one new line a day that speaks to you.
- ◆ **Calm:** Burn incense, essential oils, or a candle
- ◆ **Reflection:** Meditation. Try using an app such as the Calm app or Insight Timer. Dr. Joanne Cacciatore has grief meditations on the Calm app.
- ◆ **Nature:** Take a walk or go on a hike. Try it barefoot, weather permitting! Intentionally remember your time here. Focus on all your physical and emotional feelings.
- ◆ **Nature:** Plant a garden. If you can, don't use gloves. There is evidence that shows soil can lift the mood.

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