

## More about grief...

These "stages" are meant to give us guideposts, not to label grieving individuals.

There are no rules: people do not move in an orderly fashion through these stages; progress is unpredictable - it varies with the individual & the relationship with the deceased & the circumstances of death....

These are the characteristics of normal grief - many are not socially acceptable.

At 12 months: watch for depression & recycling of grief behavior around the anniversary of the grief-loss experience.

### Characteristics of at-risk population:

1. Lower socio-economic status
2. Housewives who stay at home
3. People without support at home
4. Person who clung to the dying person
5. Those with great bitterness
6. Those with great self-reproach
7. Person whose loss was sudden or violent & traumatic
8. Person with multiple losses
9. Person in poor mental or physical health

### Helping Survivors of Sudden Death

- 1 - Go right away
- 2 - encourage help not grief alone
- 3 - Express Reg. Power. Emot + Accept
- 4 - Encourage Doctor Exam
- 5 - Platitudes + Bullshit Convers. Avoid
- 6 - Recovery long + slow + punctuated by Set Back

7 - Stick by 3-4 months to 2 yrs

8 - Assure them they will survive  
Exclude Confidence I will Survive

9 - Encourage open family communication  
allow expression of all emotions

10 - Get family to commit to Survival for them all

11 - Allow remembrance of deceased

- Legitimize feelings

Families are also Victims of Murder

### Breaking Bad News

- No Long Drives
- Keep it Simple
- "I have Bad News"  
There's been Accident  
+ I'm afraid  
He's dead
- Be honest
- Give Bare Facts
- give real help  
or guide them to real help
- appear confident