

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 My Power, Emot + Accept
- 4- Encourage Doctor Exam
- 5- Platitudes + Bullshit Convers. Avoid
- 6- Recovery long + slow + punctuated Big 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 Driv
- 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