

## Grief, Bereavement & Mourning

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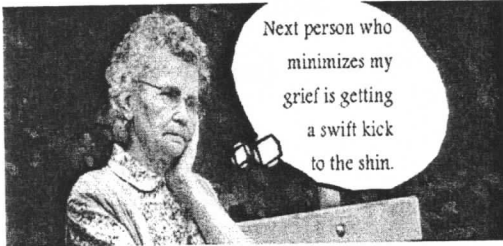
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### Definition

"Grief is the normal and natural emotional reaction to loss or change of any kind. Grief is neither a pathological condition nor a personality disorder."

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### Types of Losses

1. Death
2. Loss of health
3. Divorce

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### Types of Losses Cont.

4. Loss of job
5. Loss of occupational identity
6. Loss of relationships

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### Types of Losses Cont

7. Loss of dreams
8. Loss of identity

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### Grief Reactions

1. Similar to Depressive Disorder
2. Shock, Trauma, Numbness

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### Care for the Grieving

Companioning is about honoring the spirit; not focusing on the intellect.

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Companioning is about listening with the heart, not about analyzing with the head.

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Companioning is about walking  
alongside; it is not about leading

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Companioning means discovering  
the gifts of silence; it does not  
mean filling up every moment with  
words.

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### Care for the Grieving

1. Listen
2. Refrain from theological  
conversations.

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Care for the Grieving Cont.

3. Never begin a sentence with "at least."
4. Avoid theological clichés.
5. Refrain from questions.
6. Allow to reminisce

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Care Receiver

Caregiver

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