Grief

• Grief is a reaction to loss; not just death but all losses
• Affects us in many ways
  • Physically
  • Emotionally
  • How we think
  • Behave
  • Even spiritually

Grief is a very individual reaction

Each person grieves differently
The Grief Process
A Roller Coaster of Reactions

Grief is not a time-bound process that ends in detachment

Beyond detachment
Continuing Bonds
(Klass, Silverman & Nickman)
Types of Connections

- Memories
- Biography
- Legacies and liabilities
- Spiritual
- Extraordinary experiences

Anticipatory Grief

- Lindemann’s suggestion
- Development of the concept in the 1970’s and 1980’s

Criticism of Anticipatory Grief

- The misdirection of anticipatory grief
- The mixed record of research
- The “hydrostatic” model of anticipatory grief
Anticipatory Grief and Mourning

- Rando — “Anticipatory grief is a misnomer but useful nonetheless”
- Rando’s reformulation of anticipatory mourning
- A parallel process experienced by patient, family, and caregivers
- Gerber — Anticipatory Bereavement

Losses in the Illness Experience

- What are the losses in the illness experience?
  - Tangible losses
  - Intangible losses

Loss and Caregiving

- Loss of independence
- Loss of assumptive world
- Loss of friends
- Financial and lifestyle losses
Caregiver Burden

- Objective
  - Sleep disturbances
  - Incontinence
  - Dementia
  - Non-ambulatory
- Subjective based on past relationship

Caregiving and Older Spouses

The Caregiver Health Effects Study showed that, over four years, caregivers faced significantly higher health risks than the controls.

Deployment as a Loss

- The nature of anticipatory grief
- A sense of loss may begin with deployment
- Grief reactions may exist throughout the deployment in military personnel and their families
Deployment

- The reaction of the remaining spouse will greatly influence children’s reactions
- Value of support groups

The Post-Deployment Phase

- Often a stressful time, as fantasies may exist that everything will improve
- Reunion causes new changes within the system and possibly conflict
- Can be further complicated if soldier is wounded, either physically or psychologically, from combat experience

Loss in the Military

- Soldiers are likely to experience multiple losses
- Loss of friends
- Physical and psychological injury
- Families may experience psychosocial loss
- These losses may be disenfranchised
How Can We Help Ourselves and Others?

Anticipatory Grief

- The acknowledgment and validation of anticipatory grief
- Naming our losses
- Assessing losses
- Finding ways to cope

Questions?
Please note: The information provided on this program is intended for educational purposes only. If you or a loved one needs professional support, please contact TAPS 24/7 at 800-959-TAPS (8277).

About the TAPS Institute for Hope and Healing®

Launched in March 2018 through an alliance with HFA, the TAPS Institute for Hope and Healing® serves as a resource and training center, providing programs for both professionals working in the field of grief and loss and the public.

Upcoming TAPS Institute Programs

August 6  Creating a New Future with Your In-Laws After Loss
Live Webinar: Noon-1:00 p.m. ET
Rachel Kodanaz, Author and Speaker

September 15  Grief and Young Adults in Military-Connected Families
Live Webinar: Noon-1:30 p.m. ET (CEs available)
Heather L. Servaty-Seib, PhD, HSPP, Professor of Counseling and Psychology, Purdue College of Education
Shelly MacDermid Wadsworth, PhD, Professor of Human Development and Family Studies, Purdue University

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