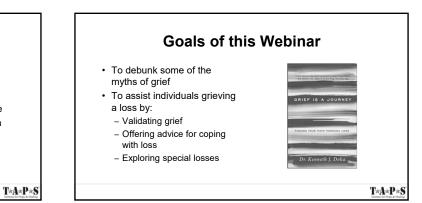
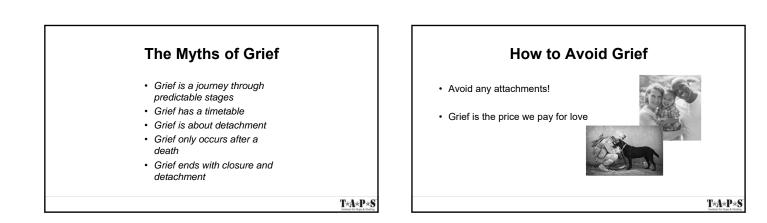
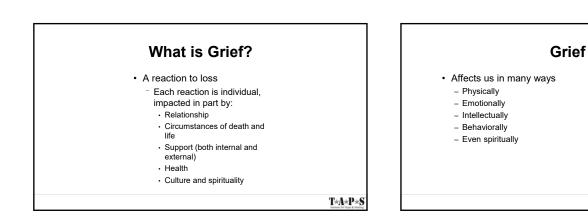
Grief Is a Journey Finding Your Path through Loss

Kenneth J. Doka, PhD Professor of Gerontology, The College of New Rochelle Senior Consultant, The Hospice Foundation of America TAPS Advisory Board









Styles of Grief

· Grieving styles help find a path through grief Instrumental vs. Intuitive

- Styles on a continuum

- · Coping with grief and grieving
 - styles as a family Complementary or symmetrical?

T*A*P*S

Isolating or interacting? Conflicting or respectful?

How we grieve is not a measure of love

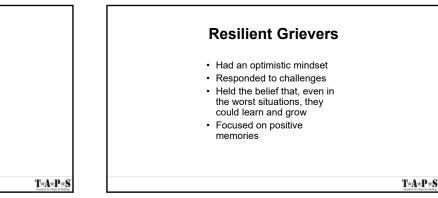
Grief as a Roller Coaster

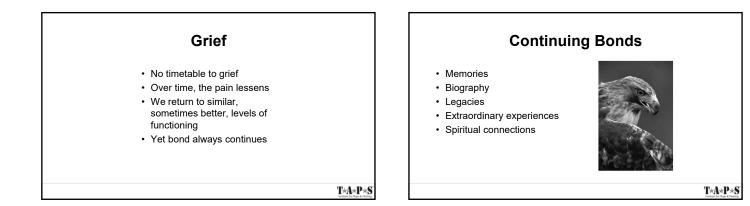
- · Dual Process Model
- · Ups and downs, good days and bad days
- · Some predictable, some not · Not universal stages but personal pathways (including resilience)

T*A*P*S

Resilience as a Pattern

- · "Am I doing too well?"
- Some people have a comparatively limited reaction to loss, due to:
 - Fewer losses or other stress
 - Death was not sudden
 - Intrinsic spirituality
 - Good psychological health
- Patterns of resilience can teach us something

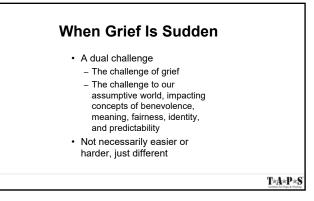


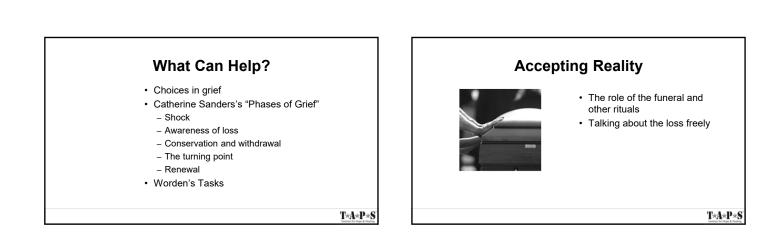


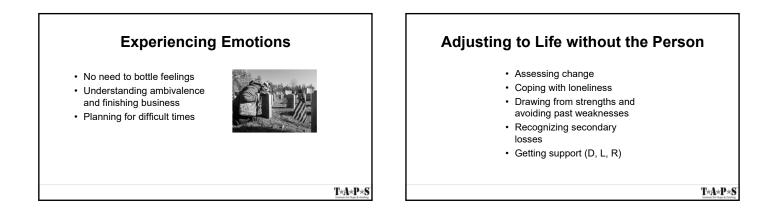
Continuing Bonds

- The lessening of grief is not the end of memory or attachment
- As the pain ebbs, positive memories become more common
- Surges of grief may still occur

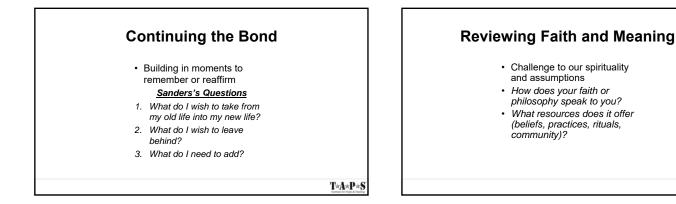
T*A*P*S

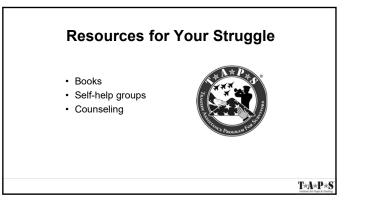


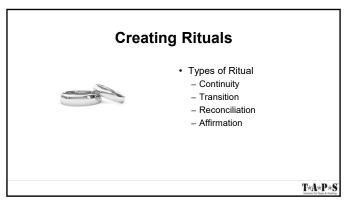




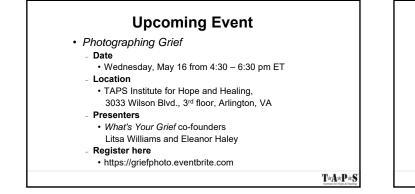
T*A*P*S













- Order from Amazon
 - https://www.amazon.com/Grief-Journey-Finding-Your-Through/dp/1476771510
- Order from Barnes & Noble
 - https://www.barnesandnoble.com/w/grief-is-a-journey-drkenneth-j-doka/1120912726

T*A*P*S

CE Info

If you would like to receive CEs for this program, please go to educate.hospicefoundation.org

CE Code: GJNY

T*A*P*S