

- **Loss** → Absence of someone/something that holds meaning & can be tangible
- **Grief** → emotional response to loss.
- **Anticipatory grief** → occurs before an expected death or loss.
- **mourning** → outward social expressions of loss
 - **tasks of grief & mourning**
 - first → accept reality of the loss
 - second → experience the pain of grief
 - third → Adjust to environment w/out the deceased.
 - fourth → emotionally relocate the deceased & move on
 - **Behaviourment** → grief & mourning, the feelings & outward behavior

- physical
 - emotional
 - cognitive
 - behavioral
- } **Reactions to loss**

- **Dysfunctional grieving** → person is unable to process the grief through to resolution.
- **Complicated grief** → person's grief does not improve over time
 - chronic grief
 - delayed grief
 - exaggerated grief
 - masked grief

} **types of complicated grief**
- **Disenfranchised grief** → any loss that is not validated.

◦ **Grief theories**

◦ **Kubler-Ross five stages of grief**

- Denial
- Anger
- bargaining
- depression
- acceptance

◦ **Bowlby's model of grief**

- shock & numbness
- searching & yearning
- Disorganization & disrepair
- reorganization

◦ **Sheldon's stages of grief**

- initial shock
- pangs of grief
- Despair
- Adjustment

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Stages of grief

- Sudden death
- Traumatic death
- Series of losses
- Catastrophic event
- Miscarriage or stillborn

} types of complicated loss