

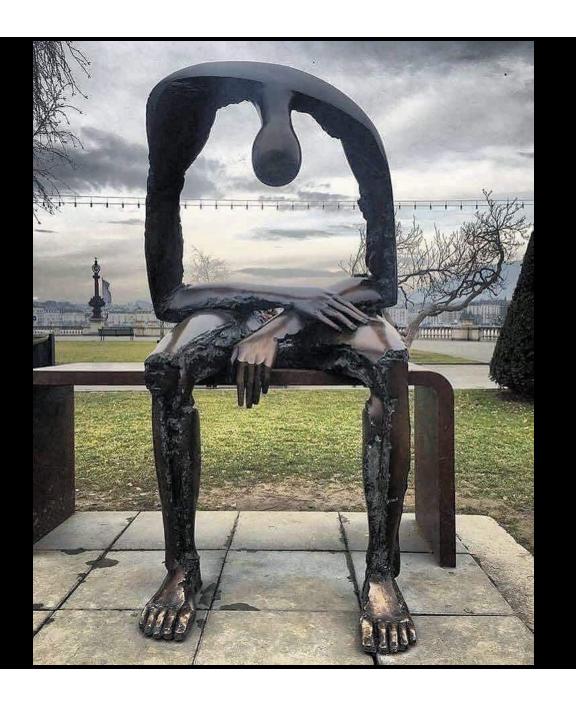


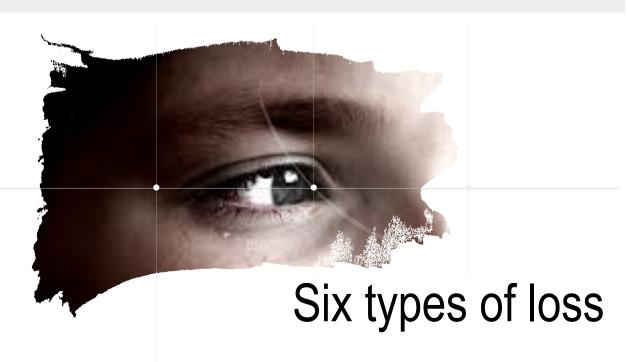
# LOVE YOUR NEIGHBOUR

An Introduction to Pastoral & Spiritual Care



Grief Care: what and how.





Kenneth R. Mitchell and Herbert Anderson,

All Our Losses, All Our Griefs, 1983.



### **Material Loss**

Material loss is the loss of a physical object or familiar surroundings to which one has an important attachment.

Probably one of the first losses we experience.

They can be replaceable.

**Relational Loss** 

Relational Loss is the ending of opportunities to relate oneself to, talk with, share experiences with, make love to, touch, settle issues with, fight with, and otherwise be in the emotional and /or physical presence of a particular other human beings.

A major loss we will all experience.





Functional Loss

Powerful grief can be evoked when we lose some of our physical or neurological functions

Loss of autonomy.

# Systemic Loss

Systemic Loss is a loss where the environment in which we live, work or interact changes.

Functions performed by others cease to happen.

The way of doing things changes.





### Role Loss

The loss of a specific social role or of one's accustomed place in a social (work) network.

The pain of this loss is directly related to a person's sense of identity associated with the role.

Eg. Retirement.

Intra-psychic Loss

is the experience of losing an emotionally important image of oneself, losing the possibility of what might have been.

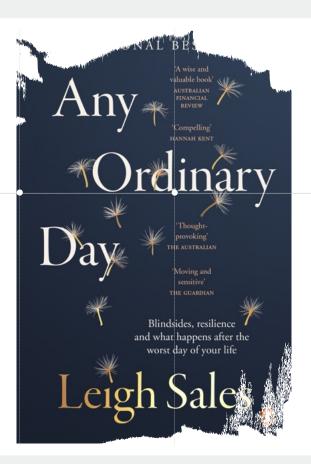
The dying of a dream.

What makes it Intra-psychic is that what we lose exists entirely within the self.



Somehow, although my intellect didn't understand it, my subconscious knew that I had entirely lost my sense of security in the world, and, to a degree, my sense of self. Here was I, this supposedly competent, independent person, not only unable to look after myself, but unable to care for my own children. My dream shattered me because it made me feel that the person I considered myself to be self-sufficient, in control - was not, in fact, who I had turned out to be.

Although I knew it was irrational, I felt ashamed and weak. It was terrifying.



**Collective Loss** 

"It could have been me."



#### What is Grief?

- A multifaceted response to any loss a common human experience.
- A multi-faceted reality involving the whole person body, mind, soul.
- Demands answers and tries to make sense of the change.
- Grief is also dynamic. It changes from day to day and evolves.
- Grief doesn't have a timeline, and life grows around grief.
- Grief is a personal experience shared by others as collective grief.
- Grief has a weight depending on the loss experienced.



#### Grief is...

Grief is the voice of what is gone. Not only the people we lose, but dreams unmade, dignity frayed, pictures with emptied frames.

Grief is a story gasping to be told. I'm telling you this because nobody else told me: there is no such thing as closure. There is no final stitch, no last loop. We do not move on.

We move with.

J. S. Park

#### Factors in Grief

- Compounding losses a single loss will precipitate other losses.
- Gender gender roles.
- Culture -ethnicity, cultural expectations and narratives.
- Beliefs religious, non-religious worldviews.
- Family of origin how we were brought up to deal with loss.
- Personality private or public.
- Age and life stages.
- Circumstances sudden, chronic, missing, war.
- Relationship close, distant, intimate.
- Support social, government and private services.
- Children grieve too.

#### Dimensions of Grief

- Common grief what is commonly experienced.
- Chronic or complicated grief ongoing, chronic, traumatic loss.
- Grief born of injustice grief that did not need to happen.
- Anticipatory grief letting go, moving on, disengaging.
- Collective grief it could have been me.

## **Expressions of Grief**

- **Emotional**. Feelings of shock, sadness, relief, guilt and anxiety.
- **Physical** reactions include loss of appetite or comfort eating, tiredness, headaches, and other aches and pains.
- **Psychological** reactions can be complex. They might include difficulties with concentration, a flood of overwhelming thoughts, or a tendency to either obsessively think about the event or avoid thinking about it altogether.
- **Behavioural**. Including crying, irritability, an increase in risky behaviours such as driving fast or drinking heavily, and withdrawal from friends and family.
- **Spiritual**. Such as questioning the meaning of life or finding comfort in their faith/losing faith.

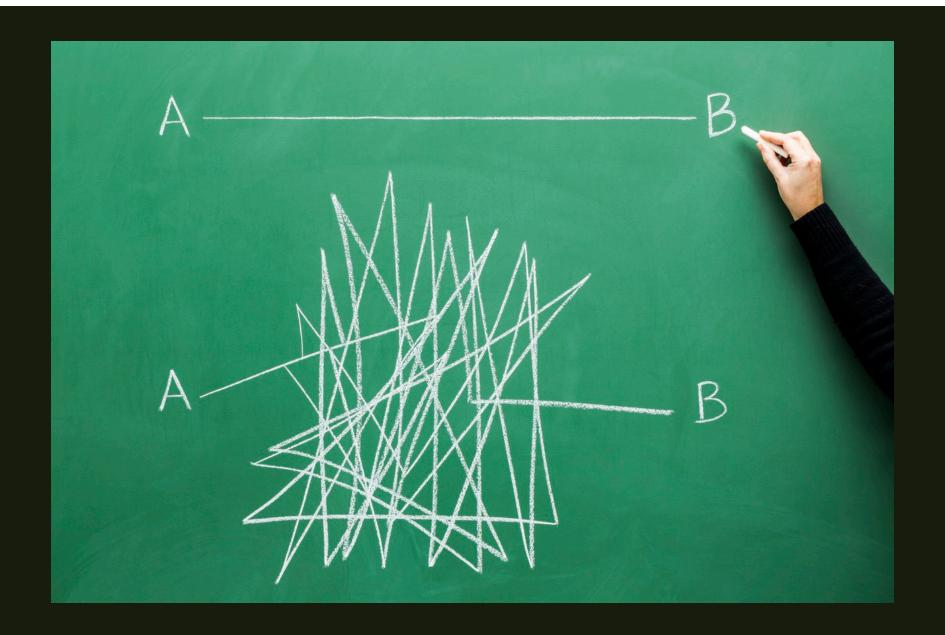
# Warning signs

- Intense anger or episodes of rage.
- An inability to focus on anything but death of a loved one.
- Focusing intensely on reminders of the deceased or an excessive avoidance of such reminders eg. Avoiding to visit the gravesite.
- Intense and persisiten feelings of sadness, pain, detachment, sorrow, hopelessness, emptiness, low self-esteem, bitterness or longing for the deceased's presence.
- Refusing to accept the reality of the death.
- Self-harming behaviour, including an over-reliance on alcohol or drugs.
- Suicidal thoughts and actions.

# How would you describe grief to someone grieving?



# How do people cope with grief?





#### Elizabeth Kubler Ross

Denial

Anger

Bargaining

Depression

Acceptance



#### Elizabeth Kubler Ross

"The reality is that you will grieve forever. You will not 'get over' the loss of a loved one; you will learn to live with it. You will heal and you will rebuild yourself around the loss you have suffered. You will be whole again but you will never be the same. Nor should you be the same, nor would you want to."

# 4 Tasks of mourning

- \* To accept the reality of the loss
- \* Experience the pain of grief
- \* Adjust to the new reality
- \* Reinvest in the new reality

J.W. Worden



