

WORKING WITH LOSS AND GRIEF

John R. Jordan, Ph.D.

Description

Loss and grief are universal human experiences. Yet mourning can sometimes become complicated and unresolved, leading to lasting psychological injury. This workshop will describe the normal processes of mourning, the diversity of responses to the loss of a loved one, and the risk factors for complications in the mourning process. We will also focus on the kinds of social support that facilitate healing during bereavement, and explore various interventions that human service professionals can offer to assist with integration of the loss.

Presentation Outline

- I. INTRODUCTION
- II. THE PATTERNS OF NORMAL GRIEF
 - A. Definitions
 - B. Common signs of grief response
 - C. Duration
 - D. Cultural variations
 - E. Gender Variations
- III. THE PROCESS OF MOURNING
 - A. Mourning as an intrapsychic process
 - B. The Grief Spiral
 - C. The Dual Process Model
 - D. Mourning as an interpersonal process – What the mourner needs from others
- IV. COMPLICATED MOURNING
 - A. Variations in complicated mourning
 - B. Risk Factors

V. FACILITATING SKILLS

- A. Listening – Bearing Witness
- B. “Dosing”
- C. Identification of Complicated Grief Responses
- D. Self-care: Individual and Organizational

VI. DISCUSSION & CONCLUSION

Educational Goals

At the end of this presentation, participants will be able to:

1. Identify the range of responses to loss
2. Describe two models for understanding the grieving process
3. List signs of and risk factors for complicated grief responses
4. Understand several facilitating responses that can be helpful for grieving people