

Module 2 Unit 3

**Stages of Transition
and
Tasks of Grief**



- This session is about exploring the grieving process rather than looking at a specific loss
- Look after yourselves

If you need support, what will you do?



Transitions and Life Changes

List all the developmental changes you can think of, that human beings go through:-

- From birth to 16 years;
- From 17 to 45 years;
- From 46 to death.

List the traumatic changes that might come upon people at any time irrespective of age.



- We deal with change throughout our lives
- Developmental changes – weaning, puberty
- Traumatic changes – incidental / bereavement
- Each loss is unique to each individual

Life is full of change
CHANGE = LOSS + GAIN



How do we experience change?

- Some changes are thought to be only positive, e.g. marriage, birth of a baby, retirement. They may also bring loss.
- Some changes are thought to be only loss, e.g. bereavement, redundancy. There may also be gains for someone experiencing such a change.



Loss requires adjustment before life can be good enough again.
If the loss is a great one, e.g. the loss of someone or something to which we are really attached and gives life meaning for us, readjustment is usually both painful and long-term.



"Emotionally healthy" human beings are psychologically flexible. We go through many changes in the course of our lives; when we are faced with another loss, we go naturally into a process of readjustment. This is seen most clearly in the grief process.



Tasks of Grief

William Worden's 4 Tasks of Grief

1. To accept the reality of the loss
2. To work through the pain of the grief
3. To adjust to an environment in which the deceased is missing
4. To find a way to maintain a connection to the person who has died, while embarking on your own life.



Dual Process Model – Stroebe and Schut

- This model describes feelings and activities following a bereavement as being divided into Loss and Restoration
- Both kinds of activities are very important for 'recovering' from a bereavement
- When we are bereaved we may move back and forth between the two from the beginning of our loss



Dual Process Model – Stroebe and Schut (cont.)

Loss activities would include:

- grief work
- intrusion of grief
- denial or avoidance of restoration activities

Restoration activities would include:

- attending to the changes arising from the death
- doing new things
- new roles and identity





Feelings and Behaviours

- Suicidal feelings
- Despair
- Sexual frustration
- What people might do to reduce to stress of change
 - Misuse drugs
 - Misuse alcohol
 - Over-eat
 - Over-work
 - Move home
 - Replace sexual partner quickly
 - Try to step into the deceased person's shoes to live life for him / her



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