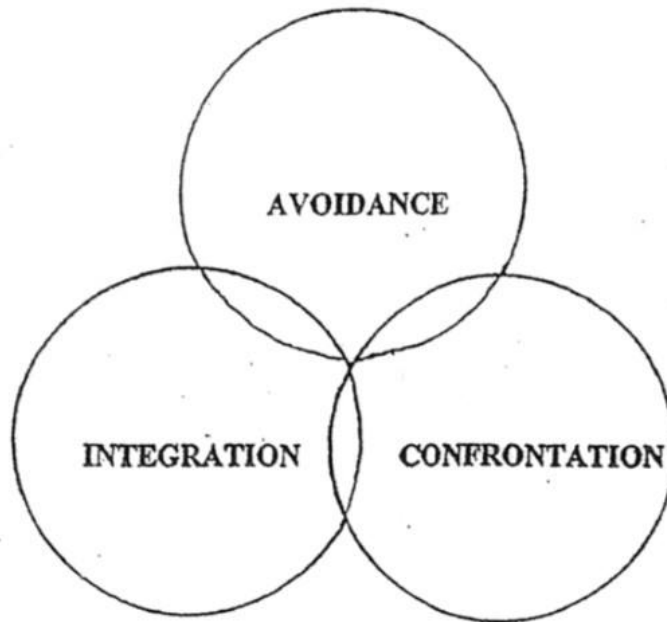


CYCLE OF GRIEF - A CIRCULAR PROCESS (by L. Hamilton & D. Masecar)



RESPONSES OF EACH CYCLE:

- (1) Avoidance – shock, desire to avoid awareness of the loss
– overwhelmed, confused, dazed and numb
– feel in a fog, nightmare, or looking through thick glasses
– feelings of disbelief and a need to know "why?"
- (2) Confrontation – anger, guilt, depression, despair and surges of acute grief
– need to review circumstances of the loss and tell the story
- (3) Integration – periods or waves of intensity and pain become further apart and emotional/social reentry begins sometime including guilt at the attempt to recreate a life without that lost person

TASKS OF EACH CYCLE

- (1) Avoidance – recognize and acknowledge the loss, including the circumstances under which the loss occurred.
- (2) Confrontation – experience the pain
– begin to adjust to the loss
- (3) Integration – begin the process of renewing one's place in the world
– reinvest energy in relationships and pursuits

By Thesese A. Rando
From "Treatment of Complicated Mourning"

Table 2.3 The Six "R" Processes of Mourning in Relation to the Three Phases of Grief and Mourning

AVOIDANCE PHASE

- 1. Recognize the loss**
 - Acknowledge the death
 - Understand the death

CONFRONTATION PHASE

- 2. React to the separation**
 - Experience the pain
 - Feel, identify, accept, and give some form of expression to all the psychological reactions to the loss
 - Identify and mourn secondary losses
- 3. Recollect and reexperience the deceased and the relationship**
 - Review and remember realistically
 - Revive and reexperience the feelings
- 4. Relinquish the old attachments to the deceased and the old assumptive world**

ACCOMMODATION PHASE

- 5. Readjust to move adaptively into the new world without forgetting the old**
 - Revise the assumptive world
 - Develop a new relationship with the deceased
 - Adopt new ways of being in the world
 - Form a new identity

6. Reinvest

THERESA RANDO'S SIX "R" PROCESSES EXPLANATIONS/INFO

2. React to the separation

- experience the pain – important not to avoid this even though we might be afraid of being overwhelmed, lose control (ie start crying and be afraid you won't be able to stop), or our culture and up-bringing tells us not to show this pain.
- feel, identify, accept & give some form of expression to all the psychological reactions to the loss – this can mean that mourners avoid (decides some feelings are unacceptable) and suppress feelings or give only partial expression to feelings so they might come out in somatic ways (physical illness) or psychosocial symptoms (ie avoid people, use of substances, etc.) Some feelings that might be especially difficult are guilt in the relationship (things done or not done), dependency on the deceased (to admit might show you weren't independent), fear of being overwhelmed by the painful effects and conflictual or hostile feelings toward the deceased.
- identify & mourn secondary losses – this means roles we filled (ie wife/husband, mother/father, child, etc.), the reinforcement and validation we received from the deceased, the dreams and plans we had together, the financial or task security, the assumptions about the future, etc.

3. Recollect & reexperience the deceased & the relationship

- review & remember realistically – this means remembering the person from positive, negative and neutral perspectives. So we remember the ups and downs in the relationship, the things the person did that gave us pleasure but also those things that frustrated us or caused some conflict. In other words we remember the person as a human being with strengths and foibles.

4. Relinquish the old attachments to the deceased & the old assumptive world

- this means we believe things about the world and our relationship and with this death these assumptions/beliefs no longer fit in the same way (ie we may have assumed we would retire and travel together but now he/she is dead, we may have assumed our child would graduate, work, marry, have children, etc. but now he/she is dead; we may have assumed if we lived a good life our loved one wouldn't be murdered or commit suicide)

5. Readjust to move adaptively into the new world without forgetting the old

- develop a new relationship with the deceased – this does not mean "putting the past behind" you but remembering your loved one and having a symbolic relationship (ie have pictures of your loved one around, write letters or journal with things you'd like to tell the person, remember stories and incidents about that loved one and share these with others, mark in a ritualistic way significant dates related to that person—birthday, wedding anniversary, death anniversary). Always in this symbolic relationship it needs to be clear that the person is dead and that the mourner is moving forward with their life while remembering the relationship of the past.