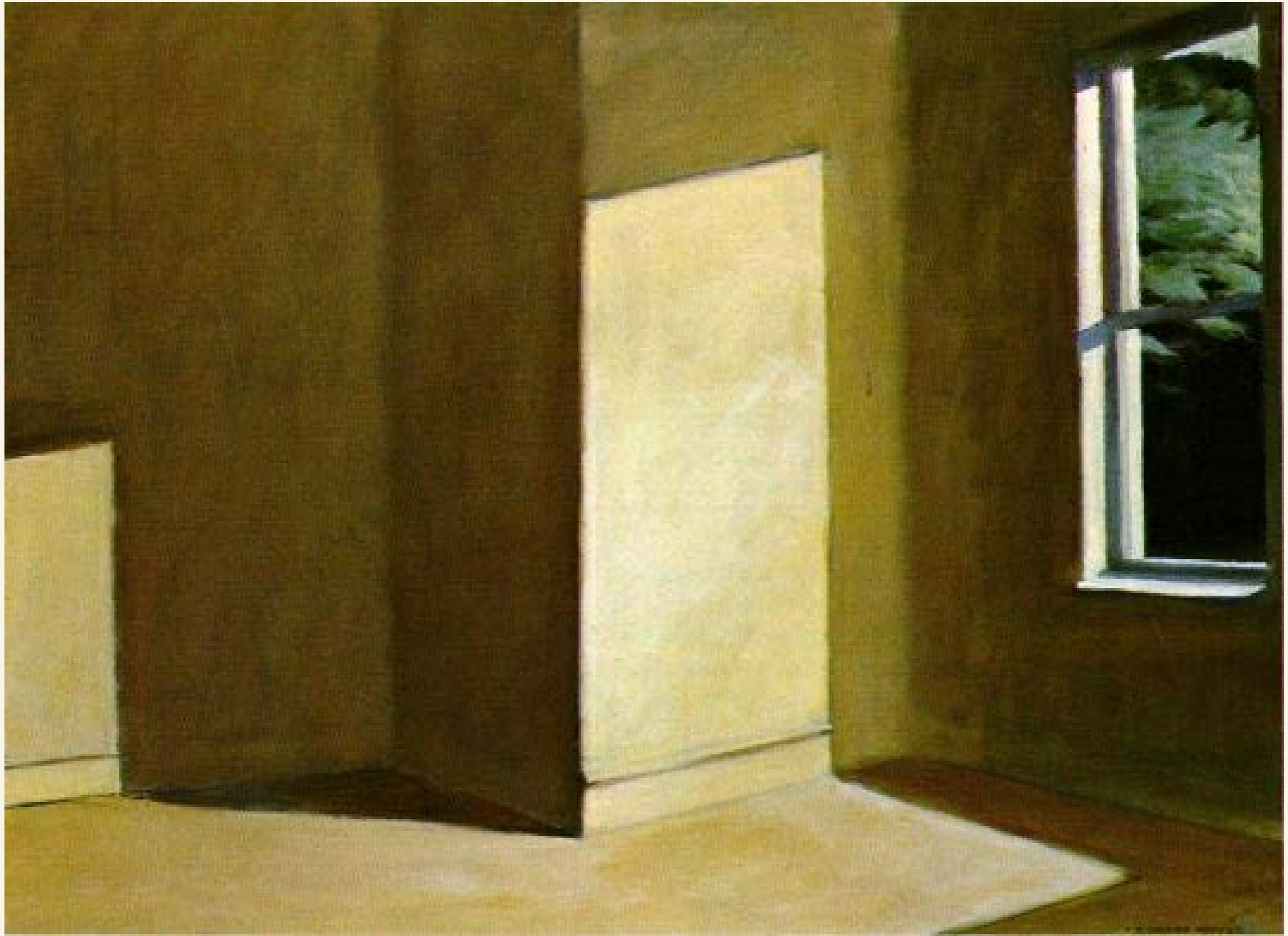


A photograph of a memorial altar. In the foreground, a row of lit candles sits on a dark, reflective surface, their flames casting long, shimmering reflections. To the left, a white rose is placed among the candles. The background is a textured, light-colored wall, possibly stone or plaster, with a rectangular opening or niche on the right side. The overall lighting is warm and soft, creating a somber and contemplative atmosphere.

Loss, Grief and the Quest for Meaning

*Robert A. Neimeyer, PhD
University of Memphis*

Room



Edward Hopper: *Sun in an Empty Room*

The Universality of Loss

“Losses are the
shadow of all
possessions--
material and
immaterial.”

--*Carlos Sluzki*

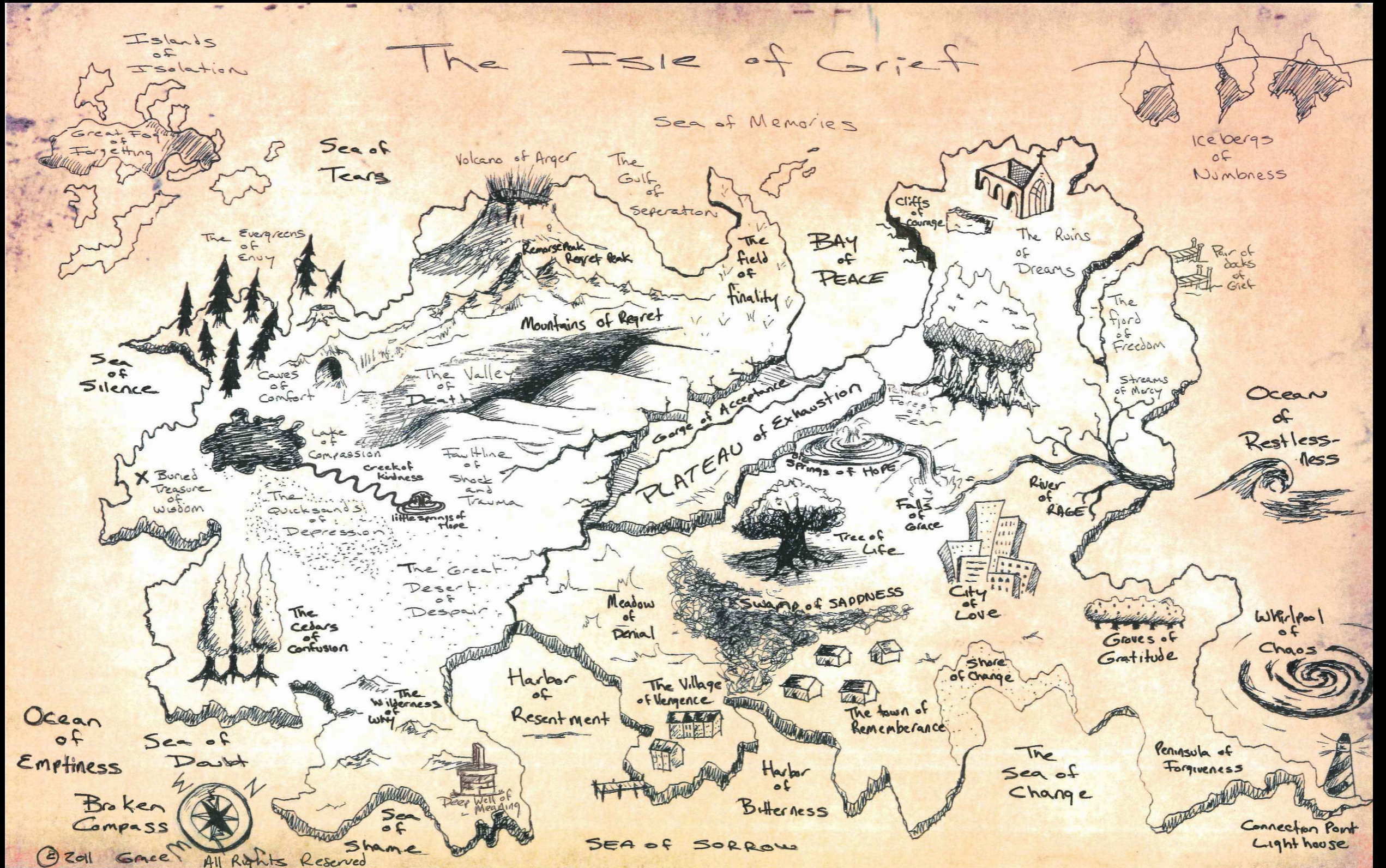


Principles of Self Care

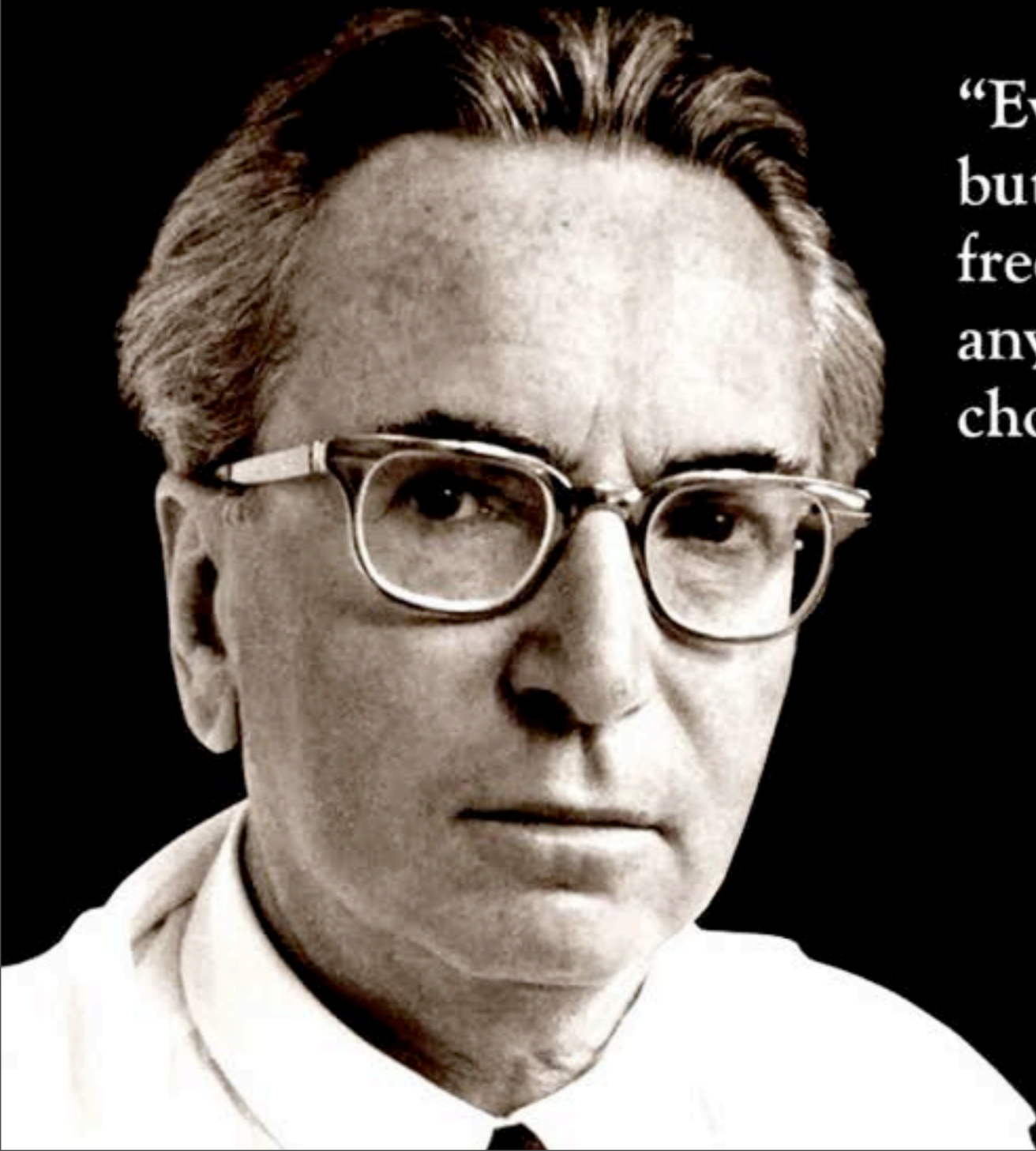
**Acknowledge
the pain of
the loss, and
understand its
function.**



Sketching the Territory



Man's Search for Meaning



“Everything can be taken from a man but one thing: the last of the human freedoms—to choose one’s attitude in any given set of circumstances, to choose one’s own way.”

Viktor E. Frankl

Adaptive Grief

Acute Grief Processes

- Process “event story” of the death, oscillating between waves of painful emotion and ‘time outs’ of defensive exclusion
- Access “back story” of the relationship that provides attachment security

Integrated Grief

- Finality of death acknowledged
- Bittersweet emotions accessible & changing
- Mental representation of deceased revised
- Coherent narrative of loss formulated
 - Life goals redefined

Waves of Grief



A sunset over a body of water with mountains in the background. The sky is filled with orange and yellow clouds, and the water reflects the light. In the distance, there are silhouettes of mountains and a small structure on a pier.

The integration of loss...

Like the warming of a room, or the coming of daylight, when you first notice the changes they have already been going on for some time.

--C.S. Lewis

Principles of Self Care



Embrace a continuing bond with your loved one, rather than seek a final goodbye.

Two-Track Model

A photograph of two men standing outdoors in front of a stone wall. The man on the left is wearing a light green hat with a brown band, sunglasses, and a green jacket. The man on the right is wearing a brown hat with a brown band, sunglasses, and a blue shirt. Both men have beards and are smiling. The background consists of a rough stone wall and a wooden structure on the left.

*Simon Shimshon Rubín,
Haifa, Israel*

Two-Track Model of Bereavement

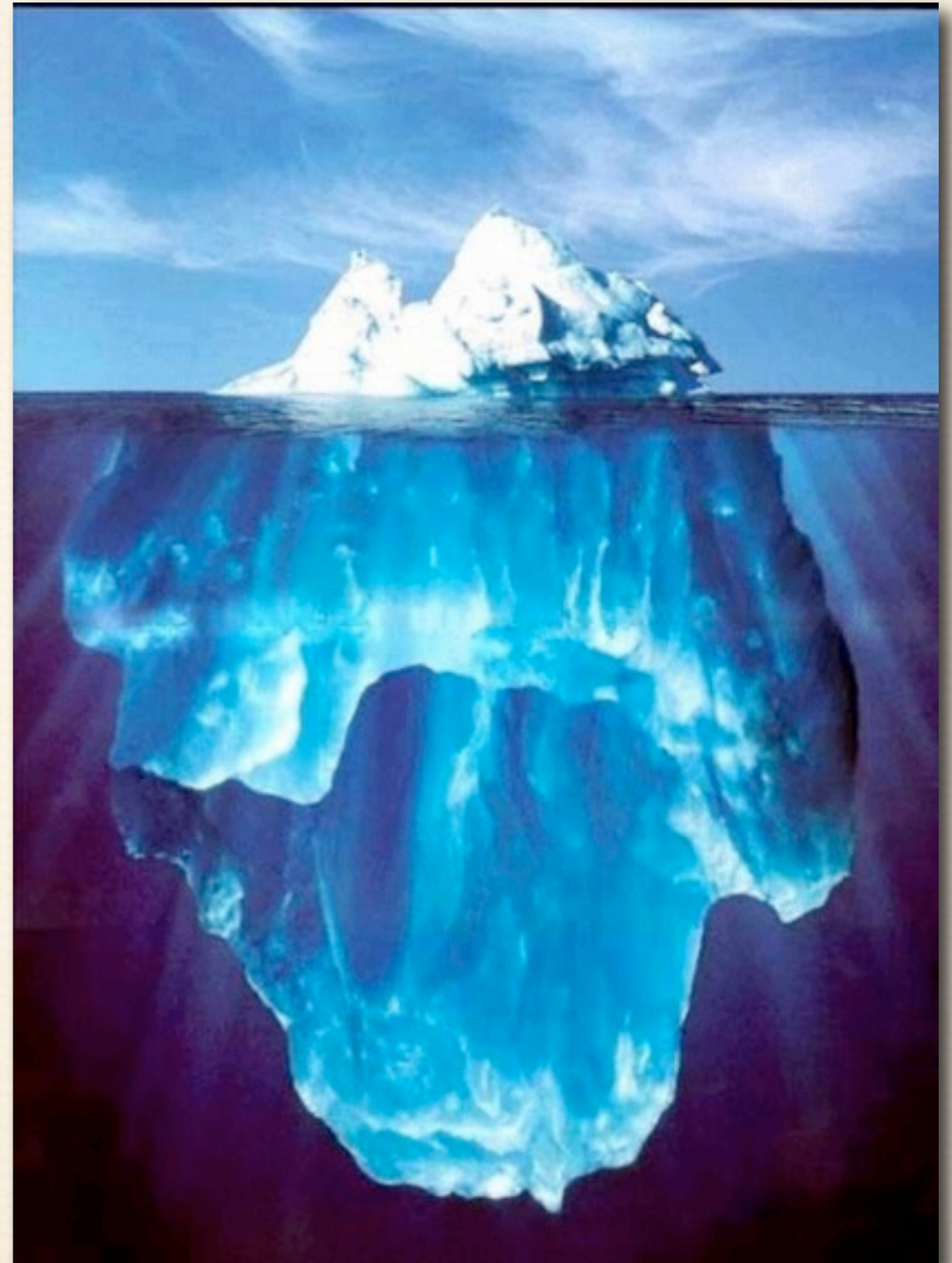
(Rubin, *Death Studies*)

Track 1: Biopsychosocial Functioning

- ❖ Anxiety
- ❖ Depression
- ❖ Somatic concerns
- ❖ Relations with others
- ❖ Self-esteem
- ❖ Work

Track 2: Relationship to Deceased

- ❖ Imagery and memory
- ❖ Affect re deceased
- ❖ Preoccupation
- ❖ Idealization
- ❖ Impact on self
- ❖ Loss process
- ❖ Memorialization



MARY'S MOURNING: *POSITIVE EMOTION*



Session 1

Principles of Self Care

Recognize
that grief is
processed
between us,
and not only
within us.







All In the Family

Nadeau, *Families Making Sense of Death*

- Interviewed 48 members of 10 families about death of one of their members
 - Meaning-making processes included stories, dreams, comparison, and “coincidancing”
- *Grounded theory categories of meanings*
 - *What death was not*
 - *No sense to be made*
 - *Death was unfair*
 - *Philosophical meaning*
 - *Religion and afterlife*
 - *Nature of the death*
 - *Attitude of deceased*
 - *Lessons learned*

“Coincidancing”







Open to the
growth that
may come
with grief.



When
 have
 - want
 - them best
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 9

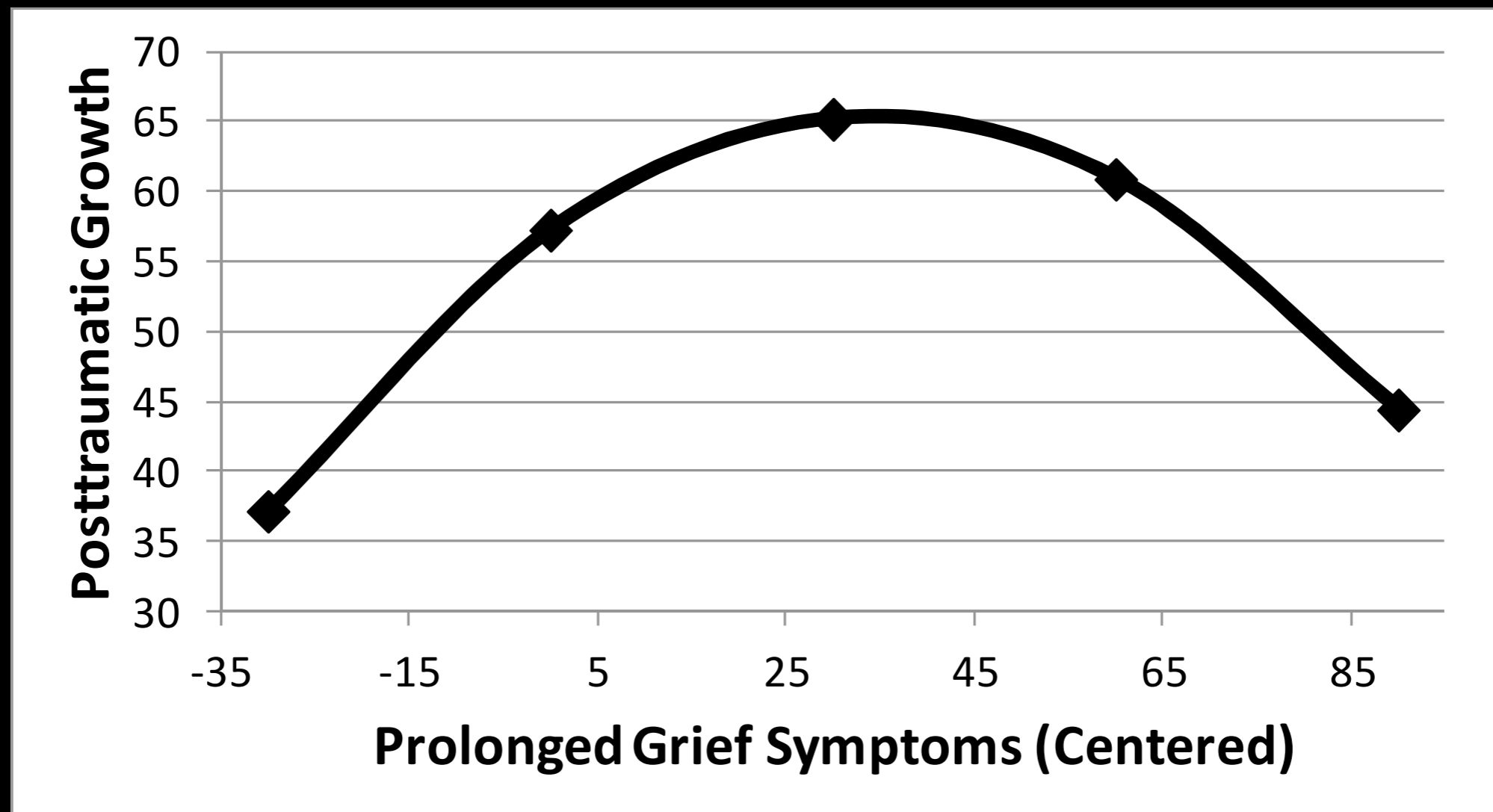
In Loving Memory Of
 Mrs. [Name]

1911

Complicated Grief Symptoms & Posttraumatic Growth

Currier, Holland & Neimeyer, *Traumatology*

- 617 ethnically diverse adults in first two years of loss
- Controlled for cause of death, nature of relationship and other background factors



Post-traumatic Growth



The Life Imprint

- *Mannerisms and gestures*
- *Interests and vocation*
- *Ways of speaking and relating*
- *Personality and values*

José María Subirachs, *Introversión*

