

Coping With Grief

A BEREAVEMENT NEWSLETTER from INTEGRATED PALLIATIVE & HOSPICE

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Bereavement Support Services

Integrated Palliative & Hospice services are provided to the loved ones of our patients for 13 months after the patient's passing. It includes this newsletter, which are mailed to you. (If you wish to be removed from the mailing list, please call us.)

In addition, Integrated Palliative & Hospice has bereavement counselors to aid you as well as a library of books and brochures. Plus, we have a regular calendar of workshops, seminars, support groups and other events throughout the year.

Call our office at any time at 847-549-0588 to get more information. Plus, we can put you in touch with a bereavement counselor or provide other referrals.

You do not need to grieve alone.

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Contact Integrated Palliative & Hospice

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Resolving Grief & What That Really Means

IN THIS SERIES we've discussed various theories to help explain the nature of grieving. They all have one thing in common. They end with the idea that healthy grief resolves and lifts, at least to a large degree.

Through Your 1st Year
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PART FOUR OF FIVE

The last of the Four Phases of Grief presented by John Bowlby and Colin Parkes is "Reorganization & Recovery."

Elisabeth Kübler-Ross has "Acceptance" as the last of her Five Stages. Theresa Rando's fifth and sixth R's of her "Six R's of Mourning" are "Readjust to a new world" and "Reinvest emotional energy."

But psychologist Christina Hibbert notes that resolution isn't simple. "Many people mistakenly believe that 'acceptance' means we are 'cured.' But this isn't the case at all. The loss will forever be a part of us, though we will feel it more some times than others."

Still, people may suggest that you "move on" or "leave your loved one behind." That can be upsetting. In 1995,

Dennis Klass, Phyllis Silverman & Steven Nickman's landmark book, *Continuing Bonds*, argued that, in resolving grief, you aren't "letting go." You're finding a healthy,

new relationship with your loved one.

Indeed, William Worden's Four Tasks of Mourning presents this view. Task 4 is "To find an enduring connection with the deceased while embarking on a new life. Acceptance of the loss does not mean a relationship with the deceased has ended, [but] finding one's



unique way of continuing a connection."

Worden sees it not as "closure" but as a realistic readjustment to life. You move forward while fitting your loved one into your new life. In other words, you

learn how to continue the bonds to your lost loved one.

In 1996, philosopher Thomas Attig added his insight. He offered a broad way of viewing bereavement. It's captured in the title of his book — *How We Grieve: Relearning the World*. Loss can disrupt your whole world. As he presents it, grief is a way, often difficult, for making sense of it again.

Are you finding you still face the challenges of your grief? Perhaps, then, you wish to explore how

one or more of these ideas might light your way. Investigate the books and analysts we've discussed. Or call Integrated Palliative & Hospice to discuss them. ■

HOW PEOPLE HEAL

Columbia University professor Katherine Shear looked at how people who lose a loved one process their grief. She found that, 7-10 months after the loss, where you are now, most people have adjusted well. About 85% of all survivors process their grief fairly quickly. Still, that leaves 15% with what's called "complicated grief." If you feel you're in that 15%, call your doctor or Integrated Palliative & Hospice for help.