

Tasks of Grief

Worden, 1996

Worden's Four Tasks of Mourning

To accept the reality of the loss.

TASK #1



TASK #2

To process the pain of the grief.

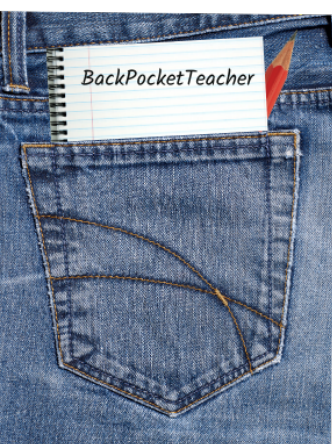
To adjust to a world without the deceased.

TASK #3



TASK #4

To find an enduring connection with the deceased while embarking on a new life.



Continuing Bonds

Klass, Silverman & Nickman, 1996

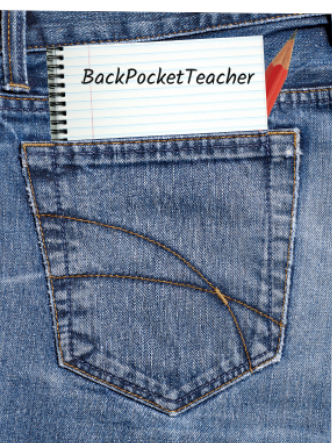
A photograph of two hands, one on the left and one on the right, reaching towards each other. The hands are positioned as if they are about to clasp or are in the process of clapping. The background is a light, neutral color.

Bereaved remain psychologically and emotionally connected to the deceased

Connection develops and changes over time

Relationships continue

These 'connections' provide solace, comfort, support and ease the transition from the past to the future

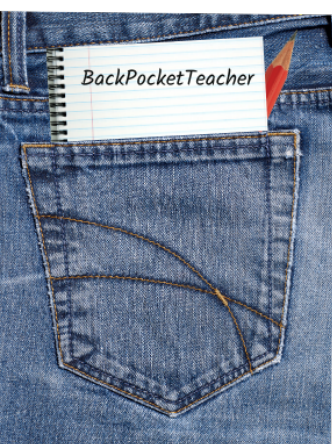


Growing Around Grief

Tonkin, 2006

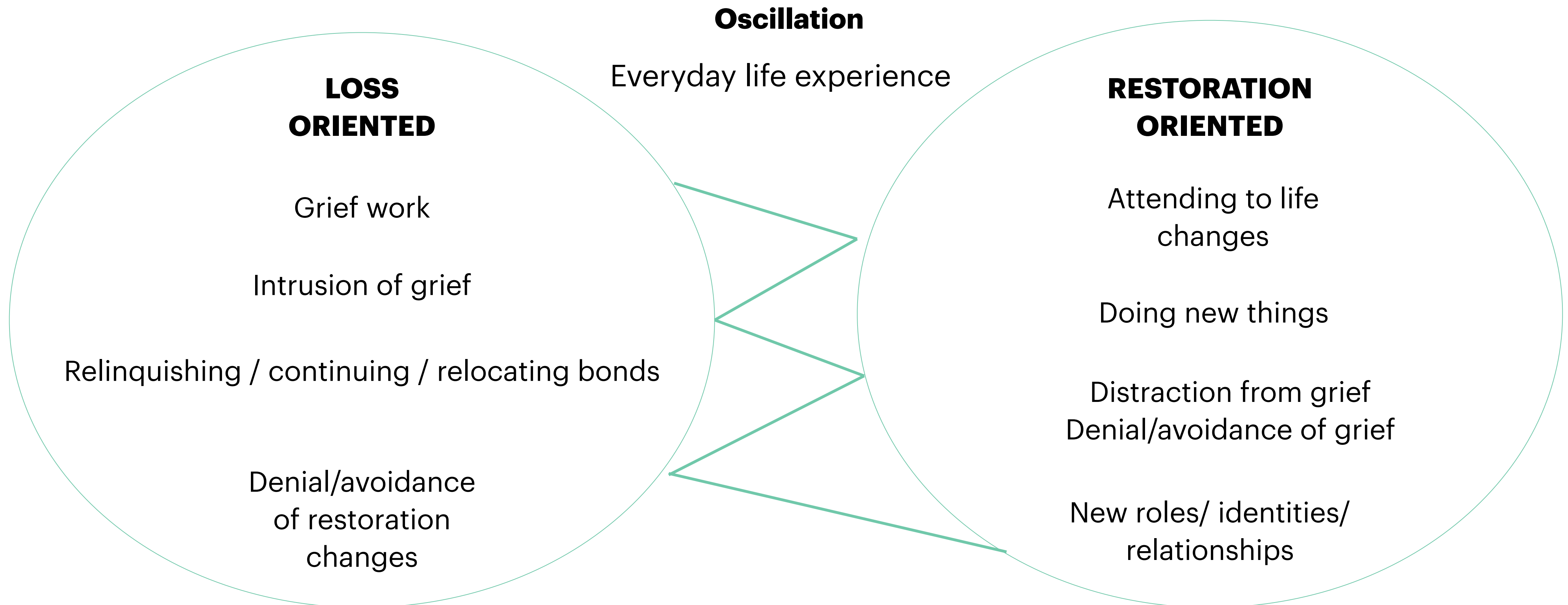


'In some ways the pain of grief itself stayed much the same...but as time went on my world expanded so it felt less suffocating'



Dual Process Model

Strobe & Schut



To face or avoid grief all the time can lead to serious mental health consequences.

