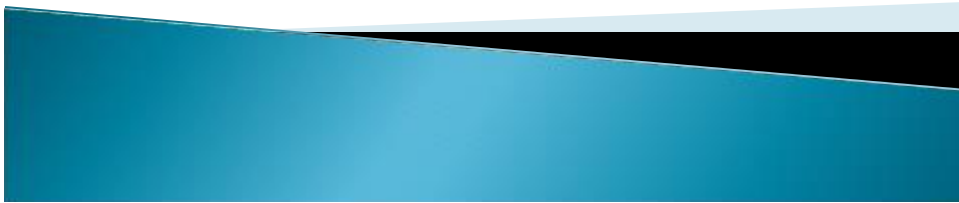


# Grief, Bereavement, and Mourning



- ▶ **Grief (الحزن) (intense sorrow)** is the total response to the emotional experience related to loss. Grief is manifested in thoughts, feelings, and behaviors associated with overwhelming distress or sorrow.



- ▶ **Bereavement (الفجیعة) (deprive through death)** is the subjective response experienced by the surviving loved ones after the death of a person with whom they have shared a significant relationship.



- ▶ **Mourning (الحداد) (express sadness at somebody's death)** is the **behavioral** process through which grief is eventually resolved or altered; it is often influenced by culture, spiritual beliefs, and custom.



- ▶ Grief and mourning are experienced by the person who faces the death of a loved one
- ▶ Also experienced by the person who suffers other kinds of losses
- ▶ Grieving is essential for good mental and physical health
- ▶ It permits the individual to cope with the loss gradually and to accept it as part of reality
- ▶ Grief is a social process; it is best shared and carried out with the assistance of others.

## حكم التعزية

- ▶ فإن تعزية المصاب في مصابه أمر شرعي ثبت عن رسول الله صلى الله عليه وسلم من قوله وفعله.
- روى ابن ماجه بإسناد حسن عن عبد الله بن أبي بكر بن محمد بن عمرو بن حزم عن أبيه عن جده عن النبي صلى الله عليه وسلم أنه قال: "ما من مؤمن يعزي أخاه بمصيبة إلا كساه الله سبحانه من حلل الكرامة يوم القيامة".
- وروى البخاري ومسلم عن أسامة بن زيد رضي الله عنهما قال: أرسلت ابنة النبي صلى الله عليه وسلم إليه إن ابناً لي قبض فأتنا، فأرسل يقرئ السلام ويقول: (إن لله ما أخذ وله ما أعطى، وكل عنده بأجل مسمى، فلتصبر ولتحتسب).

## هل يشرع فتح بيت للعزاء

- ▶ فلا ريب في أن التعزية سنة،
- ▶ وإنما الكلام في الاجتماع لها في سرادق، أو دار - بيت أجر - أو غير مؤجر كما هو الواقع في كثير من بلاد المسلمين، وهذا الاجتماع مكروه، أو خلاف الأولى إلا إن اشتمل على محرم فيكون محرماً.
- ▶ فحكم فتح بيت العزاء - بيت أجر - كما يسميه البعض ينبنى على ما يراد منه.

إسلام ويب  
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مركز  
الفتوى

- ▶ Working through one's grief is important because bereavement may have potentially devastating effects on health



## The symptoms that can accompany grief

- ▶ anxiety,
- ▶ depression
- ▶ weight loss
- ▶ difficulties in swallowing
- ▶ vomiting
- ▶ fatigue
- ▶ headaches
- ▶ Dizziness
- ▶ fainting
- ▶ blurred vision
- ▶ skin rashes
- ▶ excessive sweating
- ▶ menstrual disturbances
- ▶ palpitations
- ▶ chest pain
- ▶ dyspnea

## The bereaved may also experience alterations in

- ▶ Libido
- ▶ concentration
- ▶ patterns of eating
- ▶ sleeping
- ▶ activity
- ▶ communication.



- ▶ a positive resolution of the grieving process can enrich the individual with new **INSIGHTS, VALUES, CHALLENGES, OPENNESS, AND SENSITIVITY**



## Types of Grief Responses

- ▶ **Abbreviated grief** is brief but genuinely felt. This can occur when the lost object is not significantly important to the grieving person or may have been replaced immediately by another, equally esteemed object.
  - ▶ Because many of the normal symptoms of grief will have already been expressed in anticipation, the reaction when the loss actually occurs is sometimes quite abbreviated.
- ▶ **Anticipatory grief** is experienced in advance of the event such as the wife who grieves before her ailing husband dies
  - ▶ A young girl may grieve in advance of an operation that will leave a scar on her body.



- ▶ Disenfranchised (ممنوع) grief occurs when a person is unable to acknowledge the loss to other persons
- Situations in which this may occur often relate to a socially unacceptable loss that cannot be spoken about

- ▶ Suicide
- ▶ abortion
- ▶ or giving a child up for adoption
- ▶ Homosexuality
- ▶ extramarital relationships

## Unhealthy grief pathologic or complicated grief

- ▶ exists when the strategies to cope with the loss are maladaptive

## factors can contribute to complicated grief

- ▶ A prior traumatic loss
- ▶ Family or cultural barriers to the emotional expression of grief
- ▶ Sudden death
- ▶ Strained relationships between the survivor and the deceased
- ▶ Lack of adequate support for the survivor



## Forms of complicated grief

- ▶ *Unresolved or chronic grief* is extended in length and severity
- ▶ Signs of normal grief
- ▶ difficulty expressing the grief
- ▶ may deny the loss,
- ▶ may grieve beyond the expected time.





## Forms of complicated grief

- ▶ *inhibited grief*  
many of the normal symptoms of grief are suppressed, and other effects, including somatic, are experienced instead
- ▶ *Delayed grief*  
occurs when feelings are purposely or subconsciously suppressed until a much later time

## Forms of complicated grief

- ▶ *exaggerated grief*  
A survivor who appears to be using dangerous activities as a method to lessen the pain of grieving may be experienced

## Complicated grief after a death may be inferred from the following data or observations

- ❑ The client fails to grieve; for example, a husband does not cry at, or absents himself from, his wife's funeral. (delayed)
- ❑ The client avoids visiting the grave and refuses to participate in memorial services, even though these practices are a part of the client's culture. (inhibited)
- ❑ The client becomes recurrently symptomatic on the anniversary of a loss or during holidays. (inhibited)



- ❑ The client develops persistent guilt and lowered self-esteem. (EXGERATED)
- ❑ Even after a prolonged period, the client continues to search for the lost person. Some may consider suicide to effect reunion. (EXAGERATED)
- ❑ A relatively minor events trigger symptoms of grief. (UNRESOLVED)
- ❑ Even after a period of time, the client is unable to discuss the deceased with composure; for example, the client's voice cracks and quivers, and eyes become moist. (CHRONIC UNRESOLVED)
- ❑ After the normal period of grief, the client experiences physical symptoms similar to those of the person who died. (INHIBITED)



## Complicated grief after a death may be inferred from the following data or observations

The client's relationships with friends and relatives worsen following the death.



## Factors contribute to unresolved grief after a death

- Ambivalence (ازدواجية، تناقض) (intense feelings, both positive and negative) toward the lost person
- A perceived need to be brave and in control; fear of losing control in front of others
- Endurance of multiple losses, such as the loss of an entire family, which the bereaved finds too overwhelming to contemplate (يتأمل، يتفكر)
- Extremely high emotional value invested in the dead person; failure to grieve in this instance helps the bereaved avoid the reality of the loss
- Uncertainty about the loss—for example, when a loved one is “missing in an activity”
- Lack of support systems




## Stages of Grieving




## Stages of Grieving

- ▶ Kübler-Ross (1969), who described five stages: denial, anger, bargaining, depression, and acceptance
- ▶ Engel (1964) identified six stages of grieving: shock and disbelief, developing awareness, restitution, resolving the loss, idealization, and outcome
- ▶ Sanders (1998) described five phases of bereavement: shock, awareness, conservation/withdrawal, healing, and renewal

## Denial

- ▶ Refuses to believe that loss is happening.
  - ▶ Is unready to deal with practical problems, such as prosthesis after the loss of a leg.
  - ▶ Verbally support client but do not reinforce denial.
  - ▶ Examine your own behavior to ensure that you do not share in client's denial.
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## Anger

- ▶ Client or family may direct anger at nurse or staff about matters that normally would not bother them.
  - ▶ Help client understand that anger is a normal response to feelings of loss and powerlessness.
  - ▶ Avoid withdrawal or retaliation; do not take anger personally.
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## Anger

- ▶ Deal with needs underlying any angry reaction.
- ▶ Provide structure and continuity to promote feelings of security.
- ▶ Allow clients as much control as possible over their lives.




## Bargaining

- ▶ Seeks to bargain to avoid loss. May express feelings of guilt or fear of punishment for past sins, real or imagined.
- ▶ Listen attentively, and encourage client to talk to relieve guilt and irrational fear.
- ▶ If appropriate, offer spiritual support.



## Depression

- ▶ Grieves over what has happened and what cannot be.
  - ▶ May talk freely (e.g., reviewing past losses such as money or job), or may withdraw.
  - ▶ Allow client to express sadness.
  - ▶ Communicate nonverbally by sitting quietly without expecting conversation.
  - ▶ Convey caring by touch
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## Acceptance

- ▶ Comes to terms with loss.
  - ▶ May have decreased interest in surroundings and support people
  - ▶ May wish to begin making plans (e.g., will, prosthesis, altered living arrangements).
  - ▶ Encourage client to participate as much as possible in the treatment program.
  - ▶ Help family and friends understand client's decreased need to socialize.
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