

TAKE-HOME NOTES:

Bereavement

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Extensive research has provided firm evidence upon which we can base our understanding of bereavement and its psychiatric consequences. In this module we considered: the nature and neurophysiology of grief, the influence of bereavement on physical and mental health, study findings on the course of grief and the factors that determine good and bad outcomes, the major theoretical models that explain these findings and the interventions that have made it possible to prevent some psychiatric problems and treat others.

The nature of grief

- The principle features of grief following the bereavement by death of a loved person are best construed by means of the **dual process model** (Stroebe & Schut, 2002a). These comprise the **loss process** and the **restoration process**.
- There is a wide variation in the expression of grief.
- During the first few weeks of bereavement, neurophysiological changes are apparent and impairment of the immune response has been found in several studies.

The influence of bereavement on health

- Bereavement has been associated with cancers, cardio-vascular disease, hyperthyroidism and psychosomatic disorders.
- Several studies have shown an increased mortality rate, particularly during the first six months after the loss of a spouse or child.
- Bereavement can also precipitate a wide variety of non-specific psychiatric disorders, including anxiety, depression, post-traumatic stress disorder and complicated grief disorders. There is an increased risk of suicide and para-suicide.

Bereavement risk assessment

- Demographic factors, notably age, gender and culture, play an important part in determining the reaction to bereavement.
- The stronger the attachment, the greater the grief.
- Although all bereavements are traumatic, some are more traumatic than others. A large proportion of adult patients who seek psychiatric help after a bereavement have suffered sudden, unexpected deaths or multiple losses.
- Factors contributing to personal vulnerability can include: childhood attachment problems, dependent or interdependent relationships, ambivalent relationships, emotional inhibition, insecurity, previous mental illness or suicidal threats.
- Bereaved people who see their families as unsupportive have more problems after bereavement but are also more likely than others to benefit from bereavement support.
- The term 'disenfranchised grief' was coined by Doka (1989) to highlight the fact that there are certain bereaved people whose needs are easily overlooked, hidden or underestimated. They include: children, people with learning difficulties, people in stigmatised or illicit relationships and people with difficulties in expressing feelings.

Theoretical models and theories

- The three theoretical models of bereavement are: the psychoanalytic model, attachment theory, constructivism and psychosocial transition theory.

Prevention and treatment

- Types of help available for prevention include: bereavement support volunteers, mutual help groups and help lines.
- Therapies available include: individual psychotherapies, family therapies, group psychotherapy and other therapies such as Internet-based services.

Further reading

Parkes CM & Prigerson H (2010, 4th edition) *Bereavement: Studies of grief in adult life*. hb. Routledge/Taylor & Francis, London and International Universities Press, NY ppb Pelican, Harmondsworth & Taylor & Francis, NY.

Parkes CM (2006) *Love and Loss: The roots of grief and its complications*. Routledge, London & NY.

Parkes CM & Markus A (eds.) (1998) *Coping with Loss: Helping patients and their families*. BMJ Books, London.

Stroebe MS, Hansson RO, Stroebe W & Schut H (eds.) (2002) *Handbook of Bereavement Research: Consequences, Coping and Care*. American Psychological Association, Washington, DC.

Worden JW (1982, 3rd edition 2003) *Grief Counselling and Grief Therapy*. Brunner-Routledge, London and New York.

Worden JW (2002) *Children and Grief: When a Parent Dies*. Guilford, London.

Journals on bereavement

[Bereavement Care: Cruse Bereavement Care UK](#)

[Omega: Journal of Death and Dying](#)

[Death Studies](#)

[Mortality](#)

[Illness, Crisis and Loss](#)

[Grief Matters: The Australian Journal of Grief and Bereavement](#)

Useful organisations

[Child Bereavement Trust](#)

[Cruse Bereavement Care](#)

[Cruse Bereavement Care - Scotland](#)

[Lesbian and Gay Bereavement Project: Helpline](#)

[Pet Bereavement Support](#)

[Hope Again](#)

[Stillbirths and Neo-Natal Deaths Society](#)

[Support after Murder and Manslaughter \(SAMM\)](#)

[Survivors of Bereavement by Suicide \(SOBS\)](#)

[Winston's Wish](#)

See more ideas about take home folders, teaching, beginning of school. I created these nice notes to send home with students that can be used to celebrate any success - spelling test score, helping out a friend, having good behavior, etc.! There are 7 different themes and 28 different notes in all! Themes are: super kids, groovy peace kids, frogs, bees, cheer Math Strategies Math Resources. Great note-taking apps should be suitable for lots of different purposes and people, not just a small subset of a small subset. Even with these criteria in place, we still looked at close to 40 different apps. Here are our favorites. The best note-taking apps. Evernote for the ultimate digital notebook. Microsoft OneNote for a free note-taking app. Apple Notes for Apple users. Google Keep for Google power users. Notion for collaboration. This score is based on. Take Me Home, Country Roads. by John Denver. Other versions of this composition. Solo Piano. 7 votes. Take Me Home Country Roads. Solo Cello. 4 votes. User manual | Take Home Notes #32 10-19-16 copy. Honor Flight DFW Trip #32. November 4-5. "Your guardian will park the car at the Parking Spot 2." When we come home we will exit via the Love Landing. Curb Side. Check-In. README.md. Take Home - Notes. This application is created as part of a take-home assignment for a company. Spec document can be found here. Running the application.