

# HELPING IN CRISIS AND LOSS



  
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**What is scary about working with someone going through grief and loss?**

## What is loss?

- Loss occurs across a continuum of severity:

← Less severe More severe →

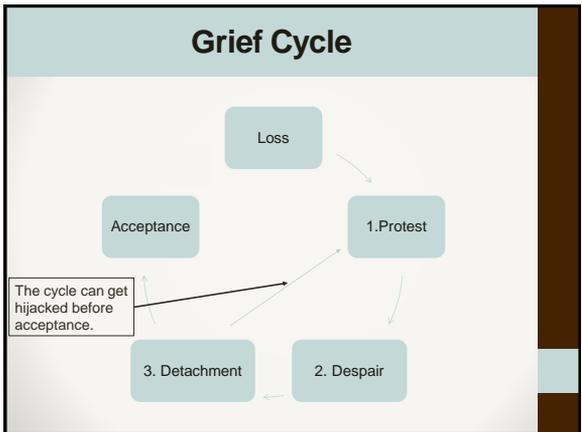
Other variables of loss:

- Realized loss:** loss felt due to that which *did* happen.
- Ambiguous loss:** loss felt due to that which *did not* happen.
- Public loss:** loss which is public in nature
- Private loss:** loss which happens privately



## Phases of the Grief Cycle

- Protest**
  - Shock, confusion, denial, anger at others, anger at self, anger at God, lowered self-esteem.
  - Crying, pain, weakness, nausea, loss of appetite, sleep disturbance, etc.
- Despair**
  - Agony, grief, anguish, depression.
  - Bargaining and "urge to recover" that which was lost, slowed thinking and actions, continuing physical symptoms.
- Detachment**
  - Apathy, indifference, loss of interest, desire to withdraw and "give up".
  - Decreased socialization, no new friendships, bland expression, absent spontaneity.





QUESTIONS?