NO FINANCIAL OR NON-FINANCIAL DISCLAIMERS

DIAGNOSIS: GRIEVING

CHAPLAINS
WE ARE AROUND AND CAN LIKELY HELP

- FRED B. JORDAN, MD, FCAP
- ORDAINED INTERFAITH CHAPLAIN
1. DEFINE GRIEF, BEREAVEMENT, AND MOURNING

2. IDENTIFY TASKS and CENTRAL NEEDS of the Patient

3. COMPANIONSHIP and OTHER INTERVENTIONS; BE PRESENT TO ANOTHER'S PAIN; WALK WITH THEM; NOT ABOUT TAKING AWAY THAT PAIN.

OBJECTIVES

GRIEF DEFINED

THE NORMAL, NECESSARY, AND INDIVIDUAL PROCESS BY WHICH ONE MOVES FROM THE STRESS OF LOSS TO ADJUSTMENT.

COMMON DENOMINATORS

DYSREGULATION

INDIVIDUALISM

ANTICIPATORY/DISENFRANCHISED

NO TIME TABLE FOR REDEFINITION OF SELF
COMPONENTS OF THE PROCESS

- PHYSICAL
- EMOTIONAL
- SPIRITUAL
- (“COMPLICATED”)  

BEREAVEMENT: THE EXPERIENCE OF LOSS

PEOPLE
JOBS
HOPE
THE INTANGIBLE
PETS

MOURNING

- CULTURALLY INFLUENCED PATTERNS OF EXPRESSION AND RITUAL WHICH ARE USED TO COMMUNICATE TO OTHERS THAT ONE HAS BEEN BEREAVED.
MODES OF DEATH (GLASER and STRAUS)

- LINGERING
- EXPECTED & QUICK
- UNEXPECTED & QUICK
  - FAMILY, HOSPITAL STAFF, POLICE, FIRE, PARAMEDICS

GOALS OF INTERVENTION AND HEALING

- DETACHMENT FROM THE LOSS
- WORK THROUGH THE PAIN
- EMOTIONALLY RELOCATE THE DECEASED
- FIND ATTACHMENT IN NEW WAYS
- FIND WAYS TO CONTINUE THE BOND
- DEVELOPMENT OF A NEW SELF IDENTITY

SOME “CURRENT” MODELS

- FREUD - DETACHMENT
- KUBLER-ROSS – STAGES [DENIAL, ANGER, BARGAINING, SADNESS [DEPRESSION] ACCEPTANCE]
- RANDO - REINVESTMENT
- KLASS - DECEASED AS A MORAL GUIDE
- DANA - POLYVAGAL RESPONSE
SOME “CURRENT “MODELS” cont.

- WOLFELT: COMPANIONING
- NEIMEYER: REDEFINING YOURSELF
  - WHO WAS I?
  - WHO AM I NOW?
  - WHO CAN I BE?

HOUBEN, LIGIA M.
TRANSFORMING GRIEF AND LOSS WORKBOOK;
PESI PUBLISHING AND MEDIA
3839 WHITE AVENUE
EAU CLAIR, WI 54703; 2017
ISBN9781683730026

FROM LIGIA: SOME PRINCIPLES OF INTERVENTION IN LOSS (through out the workbook)

- ACCEPTANCE
- LIVE YOUR GRIEF IN THE PRESENT
  - Express your feelings
    - Share
    - Self care
  - SPIRITUALITY
  - REBUILD YOUR WORLD
WHY CHAPLAINS

- AVAILABLE
- TIME
- EXPERIENCE
- BOUNDARIES
- RESOURCES

THANK YOU

PEACE AND GOOD HEALTH TO YOU AND YOURS

CONTENT QUESTION 1

- The Mode of Death most likely to affect health care and emergency personnel is:

  - A. Lingering
  - B. Expected and Quick
  - C. Unexpected and Quick
  - D. In Hospice Care
  - (my answer, C)
TYPES OF LOSS OFTEN ASSOCIATED WITH GRIEF INCLUDE:

A. JOB
B. INDEPENDENCE
C. HOPE
D. ALL OF THE ABOVE

**my answer (D)**

THE AVERAGE LENGTH OF TIME TO REBUILD ONES WORLD IS PREDICTABLE.

(my answer: false)