Dynamics of Grief
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GRIEF PHYSICALLY HURTS

VARIETY OF FEELINGS WRAPPED INTO ONE CALLED GRIEF

I'm lonely
  Self imposed

The result of others discomfort

I'm sad

I'm angry

I'm so depressed.

I'm frightened - I could die too.

I have no control over my life.

SELF CENTERED
  Judeo-Christian belief

OK, just recognize

WOUND
  Physical pain

  Numbness

  Scar

  Never be the same
TIME LINE
Numb
Crash -6 weeks, 3-6 months
   Everyone returns to normal activities
Crying--decision to stop
Ten years later

MEN DIFFERENT THAN WOMEN
Expressing emotions
Wife best friend and confidant
Mortality rate increases
Remarry
   Love more than one person
   Love for dead not diminished because love another

VISITATION AND FUNERAL ARE FOR THE LIVING
Letter
Open caskets
Collage of pictures -recognize death, celebrate life
Flowers
Cremation
   Private viewing
   A place

CHILDREN
Visitation
No funerals
Explain what is happening
   Crying/laughing
   Body - touch - coffin
   This is what its like to be dead
Teenager
   Child/adult
Explain as you would a child
Can leave whenever you want

LEARN HOW TO LIVE WITH GRIEF

Doesn't heal

Don't recover

Time fills in the space between the pain

No words, no pills

Life will never be the same

366th day - second year harder