Dynamics of Grief
Barbara Karnes, RN
PO Box 822139
Vancouver, WA 98682

TABLE IN FRONT OF A WINDOW

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