

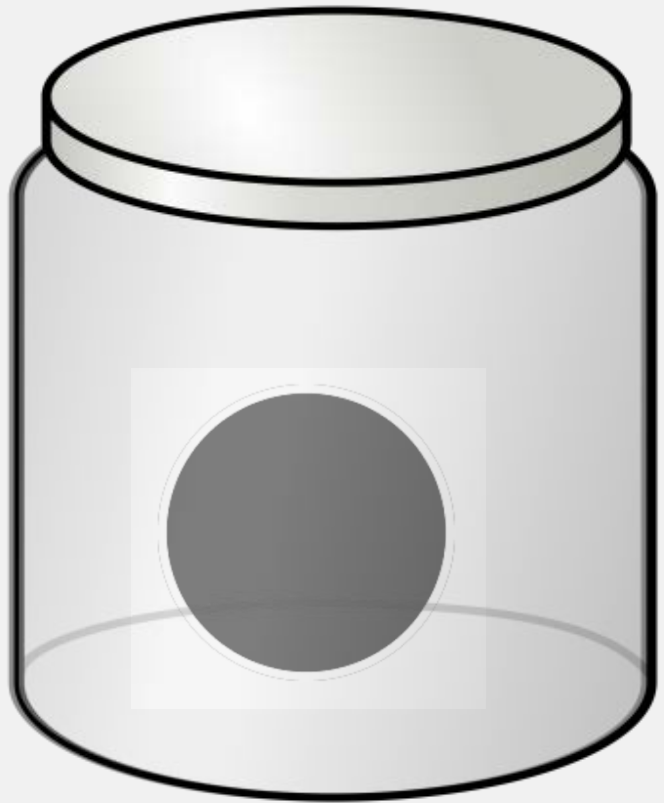
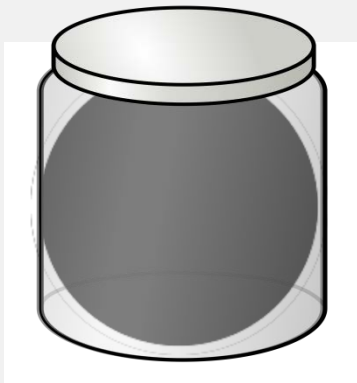
GRIEF: When did it get so
complicated.. And what
practitioners need to know about
it

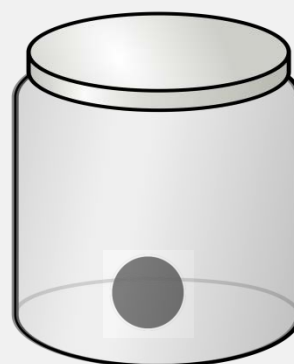
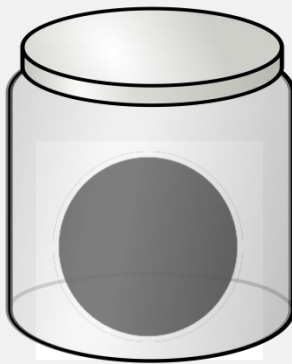
Dr Susan Delaney

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14,800







So if we are hard wired to attach, how
do we manage the death of an
attachment figure?

Excellent question, so glad you asked.....





Resilience/The psychological immune process

We don't "get over grief". BUT we are hard-wired to heal from emotional hurts, just as we heal from physical injury.

We build a narrative that we can integrate into our lives



*Before diagnosis and intervention comes
recognition*

Complicated grief

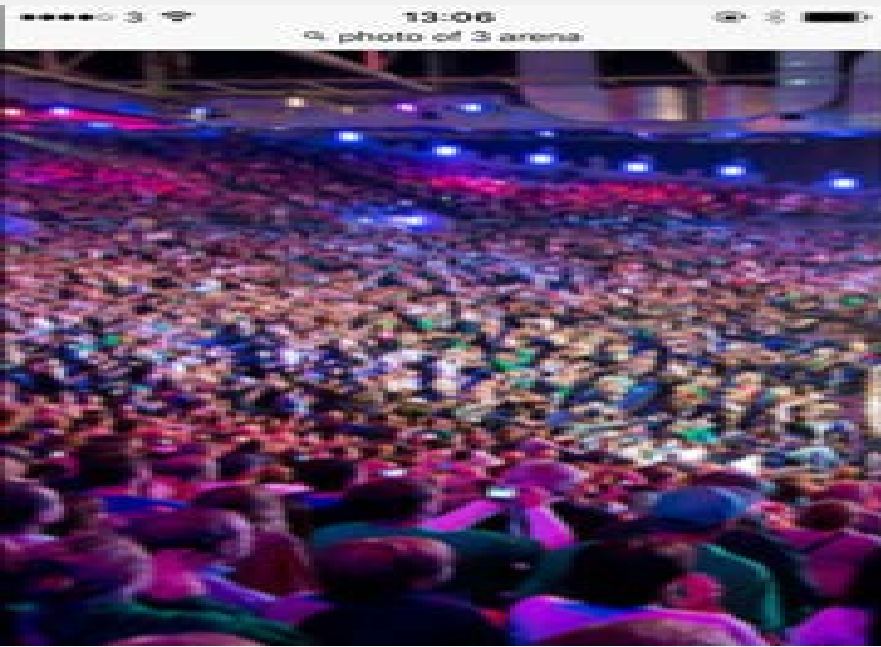
Traumatic
Grief

Prolonged grief

Persistent Complex
Bereavement Disorder

Disordered Grief

Complicated grief is a thing



Fully seated
3 arena

(Approx 9,500)

Number of people
in Ireland who
may develop CG
each year =
Number of people
who:

- Have a stroke
- Are diagnosed with skin cancer or
- Die of heart disease.....

$$28,000 \times 5 \div 7 = 9,800$$

ICD-11 Guidelines

- The grief response has persisted for an abnormally long time exceeding expected social, cultural and religious norms.
- The disturbance causes significant impairment in personal, family, social, educational, occupational or other areas. If functioning is maintained ONLY through significant additional effort, or is much less than previous functioning level, that is also considered impairment

ICD-11 Guidelines

A persistent and pervasive grief response characterized by longing or persistent preoccupation with the deceased accompanied by intense emotional pain, blame difficulty accepting the death, feeling like one has lost part of oneself, inability to experience positive mood, emotional numbness, difficulty engaging with social and other activities

GRIEF AND DEPRESSION ARE NOT THE SAME THING

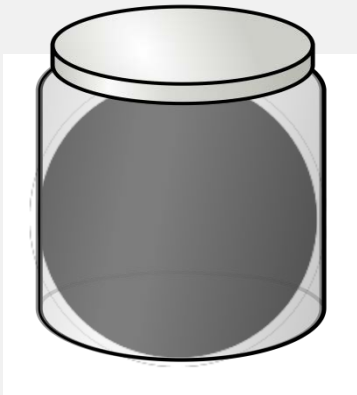
MDD

- Pervasive loss of interest or pleasure
- Pervasive dysphoric mood across situations
- Preoccupation with low self esteem; general sense of guilt or shame

CG

- Loss of interest or pleasure related to **missing loved one**
- Pangs of emotion triggered by **reminders of loss**
- Preoccupation with the deceased; **guilt and self blame focused on death**

Symptoms	Normative grief first 6 months	Normative grief after 6 months	Complicated grief after 6 months
Yearning	√√√	√	√√√
Sadness	√√√	√	√√√
Anxiety/anger/guilt	√√	√	√√√
Difficulty engaging in life	√	–	√√√
Heightened reactivity	√√	√	√√√
Intrusive thoughts	√√	√	√√√
Changes in sense of self	√	–	√√
Rumination	√	–	√√√
Avoidance	√	–	√√√
Difficulty regulating emotions	√	–	√√√
Sleep disturbance	√√	√	√
Somatic symptoms	√√	–	√√







Complicated Grief treatment: What is happening internationally?

Australia: Bryant et al

Germany: Rosner et al

Netherlands: Boelen et al

Sweden: Wagner et al



Prof Holly Prigerson

http://endoflife.weill.cornell.edu/research/assessments_and_tools



CENTER FOR Complicated Grief

COLUMBIA
UNIVERSITY 
SCHOOL OF SOCIAL WORK

www.complicatedgrief.org



Irish Vision

A centre of excellence where:

- Professionals are trained, supervised & mentored in using the Shear CGT model
- CG/CGT research is conducted
- Increased capacity to recognise, diagnose & treat CG throughout Ireland
- People with complicated grief can receive specialised, evidence-based treatment delivered by experienced practitioners
- International ties are maintained through collaboration & information sharing

CG/CGT training & service provision

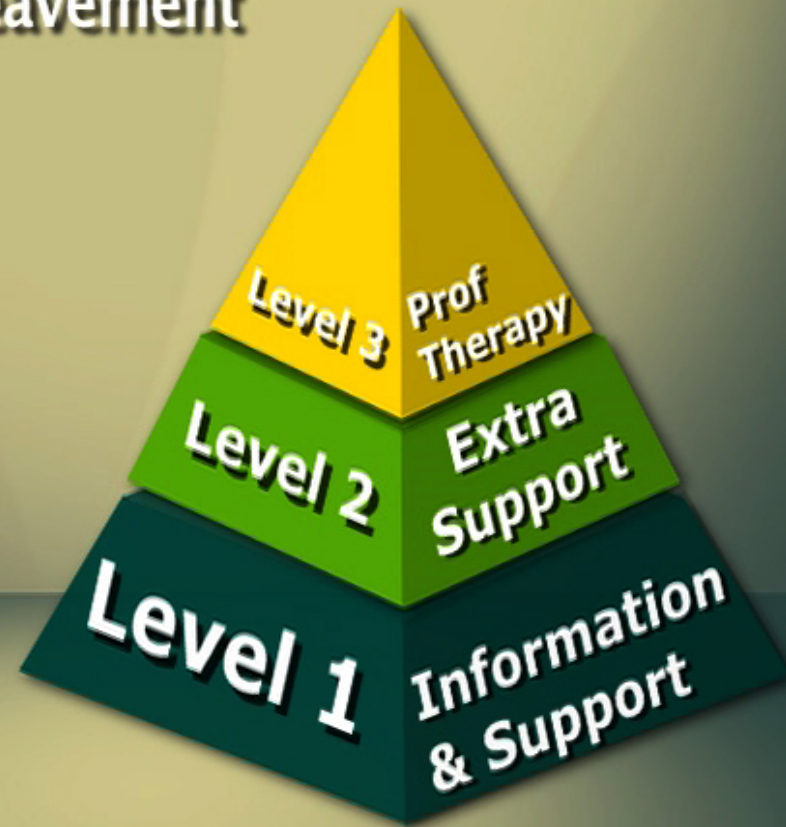
CGT on-line group of practitioners in Ireland, England, US and Canada

400 practitioners have received one day training in CG.

190 practitioners trained in using the CGT protocol

Publicly available list of **30** CGT practitioners in Ireland

Pyramid Of Bereavement Care



Where to from here?

- Increased awareness of CG and the existence of evidence-based treatment, targeting GPs and voluntary bereavement groups
- Encourage movement up AND down the bereavement pyramid
- Core practitioner competencies at each level of the pyramid
- Accessible list of practitioners who can recognise, diagnose and treat CG
- Extraction and sharing of transferable aspects of CGT for general bereavement counselling

Complicated Grief

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White, C. (2013). *Living with complicated grief*. Sheldon Press. London

TEDX <https://www.youtube.com/watch?v=4GDTbtePHUU>

Acknowledgements

The “Balls and Jars” concept has been used by Jerusha McCormick and Barbara Monroe and was informed by the work of Tonkin:

Tonkin, L .(1996): Growing around grief—another way of looking at grief and recovery, *Bereavement Care*, 15:1

Complicated grief concepts and treatment were informed by the work of Prof Kathy Shear, Center for Complicated grief, Columbia University, NY. www.complicatedgrief.org

Image Credits

Slide 1. 'grief loss despair woe sorrow; by JohnHain via Pixabay. Available at <https://pixabay.com/en/grief-loss-despair-woe-sorrow-927083/>

Slide 2 & 3 'Balls in jars' Clip Art

Slide 4 'Train at 125th Street Station Harlem/Morningside Heights' by Daniel Schwen via Wikimedia commons. Available at https://en.m.wikipedia.org/wiki/File:Subway_train_125th.jpg

Slide 5 'My injured arm' by ka2n via Flickr. Available at <https://www.flickr.com/photos/ka2n/837861714>

Slide 6 'Broken Heart ' by Suzanne Schroeter via Flickr . Available at <https://www.flickr.com/photos/shezamm/8590540421>

Slide 7 Clip Art

Slide 8 ' VirginPendolinoDerailment' by Adambro via Wikimedia commons. Available at <https://commons.wikimedia.org/wiki/File:VirginPendolinoDerailment.jpg>

Slide 9 'Cellulitis following an abrasion. Note the red streaking up the arm from involvement of the lymphatic system' by James Heilman MD via Wikimedia commons. Available at <https://commons.wikimedia.org/wiki/File:CellulitisJmh649.JPG>