

KEY INSIGHTS ON: TYPES OF GRIEF

GRIEF

IN THE
ROOM



Disenfranchised grief

This occurs when someone's grief is not fully acknowledged or recognised by others. Examples are: pet bereavement, bereavement by drugs/alcohol or suicide, or when the relationship was secret. They feel unsafe or unable to outwardly grieve, so they grieve alone and in silence; or if they do grieve openly, this is not considered to be socially acceptable.

Anticipatory grief

Anticipatory grief is experienced before an impending loss, such as during terminal illness. It can also occur when a loved one has dementia, or abuses drugs or alcohol. The pre-grieving takes a toll, even before the death occurs.

Ambivalent grief

This can happen when somebody dies who there was a difficult, complicated relationship with, or estrangement from. The grief response may be confusing and chaotic, with opposing beliefs or feelings trying to co-exist ('I hated them; I loved them').



Historic grief

This results from historical losses that have not been adequately expressed, acknowledged, or otherwise resolved. It's also known as delayed grief. It can become activated by present day losses (even if not seeming to be significant ones), creating a deep sense of grief that can feel confusing and complex.

Traumatic grief

This happens in response to a sudden, shocking loss, especially if it involves violence, or was seen as preventable. The trauma may linger and cause deep distress, affecting someone's ability to function.

Prolonged grief disorder

People with prolonged grief disorder, sometimes called complicated grief, are preoccupied by their grief to the point of clinically significant distress and impairment, lasting for a significantly long time after the death.