

TYPES OF GRIEF

Grief is not an illness or disorder. Grief is a normal reaction to loss, and a process of adjustment to the new normal of life in the aftermath of the loss experienced.

Many people are able to process their grief experience and safely recover over the course of time, and with the right amount of attention given to the grieving process.

Where someone gets 'stuck' or triggers something else in either their loss history (previous grief experiences) or a mental illness such as depression, there could be complications to consider.



Grief

Spans a broad range of reactions to loss, from the more demonstrative and expressive to the more closed and reserved, depending on individual beliefs, differences, personality and practical needs.



Complicated Grief

Characterized by long-lasting and severe emotional reactions, often as a result of acute or traumatic forms of loss such as suicide, or when the grief adds to an existing mental health condition.



Anticipatory Grief

Grief before the loss occurs eg when a loved one is dying from a terminal illness or the anticipation of the death of an elderly relative. Also more abstract situations such as fear of contracting Covid-19,



Cumulative Grief

Typically results from multiple losses in a short period. Can also be experienced when a loss adds to delayed feelings and symptoms of grief over a much earlier loss not addressed at the time.



Secondary Grief

When you experience additional losses—of financial security, social network, quality of life, significant change of routine etc.—incurred as the result of the primary loss.



Disenfranchised Grief

Can occur when society does not acknowledge the loss in the same way eg the death of someone you loved in an illicit relationship, an abortion. or suicide, or death of someone who committed a crime.