

GRIEF STAGES

Grief models

Over the years, researchers have created various grief models in an effort to help clinicians and practitioners better understand what cognitive, social and emotional challenges their clients commonly experience. Although each model has its own parameters based on theories, it's important to remember that theories are concepts only, and grief remains as unique as a fingerprint. Below are some of those models and the prongs of their theory.

DUAL PROCESS

DR. MARGARET STROEBE & DR. HENK SCHUT

- Loss orientation
- Restoration orientation

FOUR TASKS OF MOURNING

DR. J. WILLIAM WORDEN

- To accept the reality of the loss
- To work through the pain of grief
- To adjust to life without the deceased
- To maintain a connection to the deceased while moving on with life

SIX R PROCESSES OF MOURNING

DR. THERESE RANDO

- Recognize
- React
- Recollect
- Relinquish
- Readjust
- Reinvest

A NOTE ABOUT THE 5 STAGES OF GRIEF

Death and dying pioneer Dr. Elisabeth Kübler-Ross wrote the 5-stage model for terminally ill patients who were dying, not for their surviving family. It's not clear exactly when the model was applied to those in mourning, yet the concept stuck.

Because many mourners still believe their grief will follow a 5-stage process, they become confused as to why it isn't happening in such a simple, linear path, leaving some to believe they're "failing" grief. Most of us will experience grief in many different stages, some of which even occur at the same time. It's important to remember that we all experience grief in our own way.

GRIEF JOURNEY

