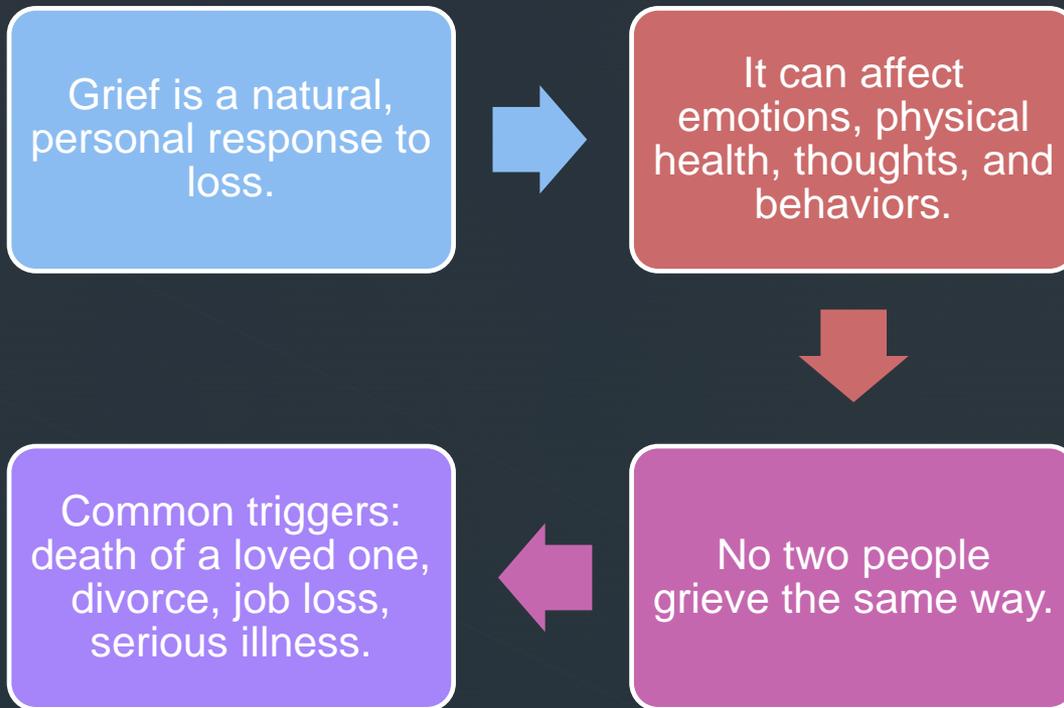


Dena Register, PhD, MT-BC  
Florida Gulf Coast University

## Understanding Bereavement:

## Helping Adults Cope with Grief and Loss

# Understanding Grief



# Integrating Loss & Grief



## Types of Grief

Anticipatory Grief:  
Grieving before  
the actual loss.

Disenfranchised  
Grief: Grief not  
openly  
acknowledged.

Complicated  
Grief: Persistent,  
intense grief that  
disrupts daily life.

Collective Grief:  
Shared loss within  
communities or  
cultures.

# The Grieving Process



Grief isn't linear — stages may come and go.



Common phases: Shock, denial, anger, bargaining, depression, acceptance.

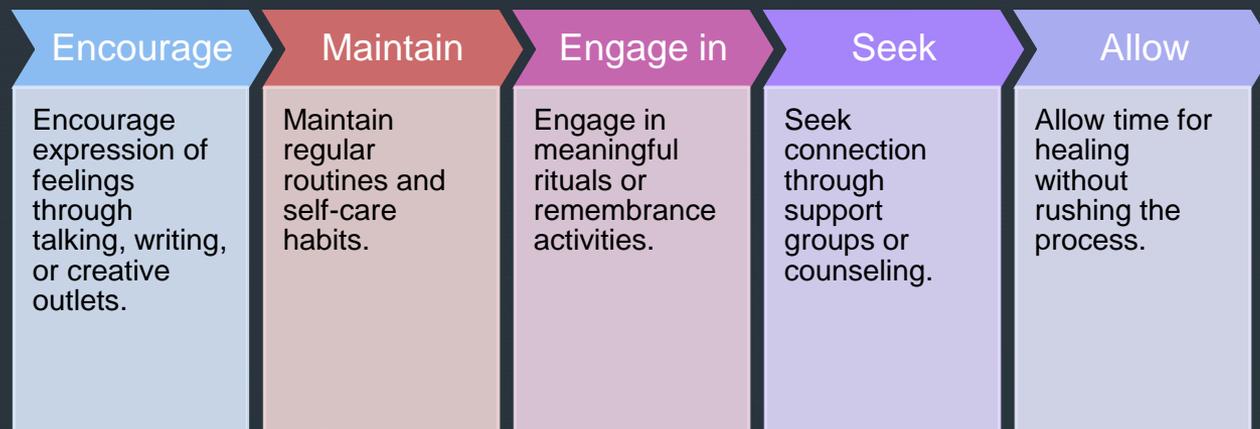


Emotional, physical, cognitive, and spiritual reactions.



Healing happens over time with support.

# Effective Coping Strategies



# Supporting Grieving Adults

Offer	Offer consistent presence and active listening.
Avoid	Avoid clichés or minimizing statements.
Respect	Respect individual grieving styles and cultural practices.
Encourage	Encourage professional help when grief is prolonged or overwhelming.

## Recognizing When Help is Needed

- Persistent depression, anxiety, or hopelessness.
- Withdrawal from daily activities or relationships.
- Substance misuse or reckless behaviors.
- Thoughts of self-harm or suicide.
- Referral to mental health professionals is essential.



# Key Takeaways

- Grief is a deeply personal, varied experience.
  - Compassionate support helps reduce isolation and fosters healing.
  - Coping takes time — there's no “right way” to grieve.
  - Recognizing signs of complicated grief allows for timely intervention.
- 