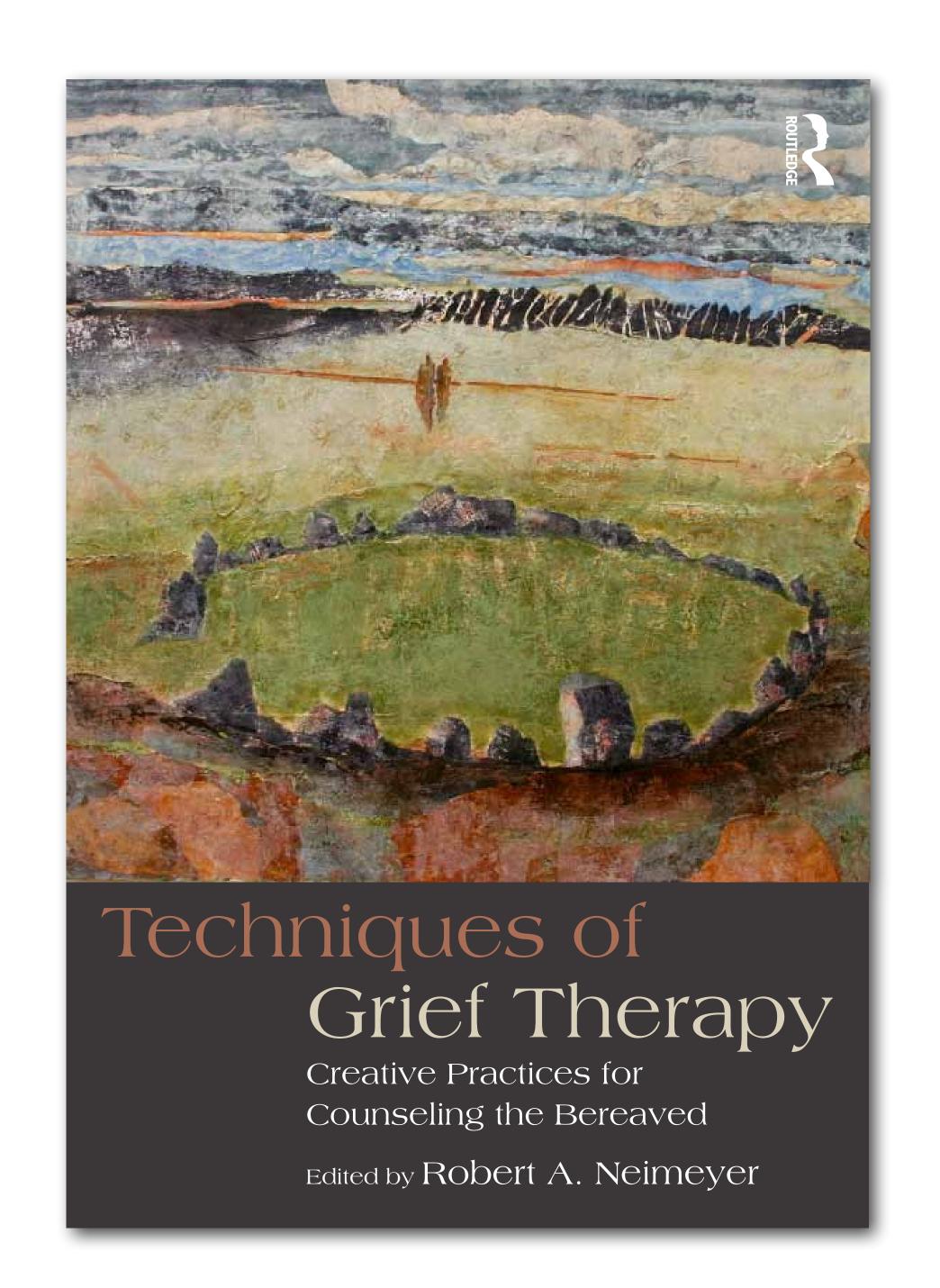
Grief Therapy as Meaning Reconstruction:

A Trauma-informed Approach (Part 2)

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Adaptive Grieving

Acute Grief Processes

- Process the "event story" of the death and its implications for our ongoing life
- Access the "back story" of relationship to restore attachment security and resolve unfinished business

Integrated Grief

- -Finality of death acknowledged
- -Bittersweet emotions accessible & changing
- -Mental representation of deceased revised
- -Coherent narrative of loss formulated -Life goals redefined

on holiday in Paris and Thought it'd be a good idea to try and directly to see any e wand ide time, I was telling him about the time you and t The countryside torgetting that Pavis is one of the largest and most confusing cities in in in the rand about below de Iriamphe is ten lanes of thave-a-lowder-harn-thands Getting into that tiny ldue hatchback-the manual with the driver's seat on neither of us could read? Still one of the furniest that you they should in with a street director recken we'd still be driving around asking for direction to Lyon their should be at war aly Maybe it was all it fantastic wine we don't know what made me think of the to what live been doing hore. Remember along the way while we were there of ever happened to fit Lea? Yeah, I know wi Said we were going to start a muce to be girdun before one of us ripper probably thinking. With us, the charten Probabiled we bought in Beginne cork out of the top after a bod away safely though. One day! my the guestian, were going to crack that make a toost to the happy of of the three of the law Boot. There - that was my ettor aread for the next time your sa nova want to talk about it the not save he wants to think about for a big, fancy reception is and hing season can't be too for away he's binkered down in the law thos, replacing the hooks and the Shere went fishing occomple of and prossing his fishing - I'd actually ylanned to ding out on a loat. Not my Seaside-stomach and a sew have later with three of the sadder of the locals what they and he couldn't even in kind of weired and and not just the ingree you some o gight aw local take was good. I'd promis ine trup, let al you bring ne? back through custo worth living out two plastic carte mentioned you were Thinking of gotting Do in your las Hower's seen and phot with which could be either acroad or a bad thing. just the way you are Court imagine what The Athent all these curs. actually the bicen so kind of stanting to to the real thing can they regard a thought in me - hav about we take some to Somewhere down the coast of and could come down on the place with the vent party and and join a HOWE 15 cooking bracen arding the wed end up play time off work. I know it is any morning for nearly writing so often really a grant wink about whe obviously never away for the real when when we are many for the plan when a us a farial reason date for the same about in a lang distance relativings Thing, b when agon forde aid that absence makes to could back to thought we igne weres in noting hed ones for solons mounted from keep everyone here tall is thought thought in that way - all the times to have the 50 whomever the bl tackle together. I demont is I alterady know. dering its turns

Directed Journaling

Integrating
the Loss



Narrative Techniques

Event narratives

Personal journals

Correspondence with others

- Biographies & eulogies
- Musical memoirs
- Loss characterizations
- Memory books
- Poetry
- Reflective reading





Ignore grammatical structure or spelling

Journal a minimum of 20 min./day

Construct conditions of safety

Construct conditions of safety

Explore emotional salience

Plan post-writing

transition

(Neimeyer, van Dyke & Pennebaker, Narrative Medicine)

Guidelines for Sense-Making

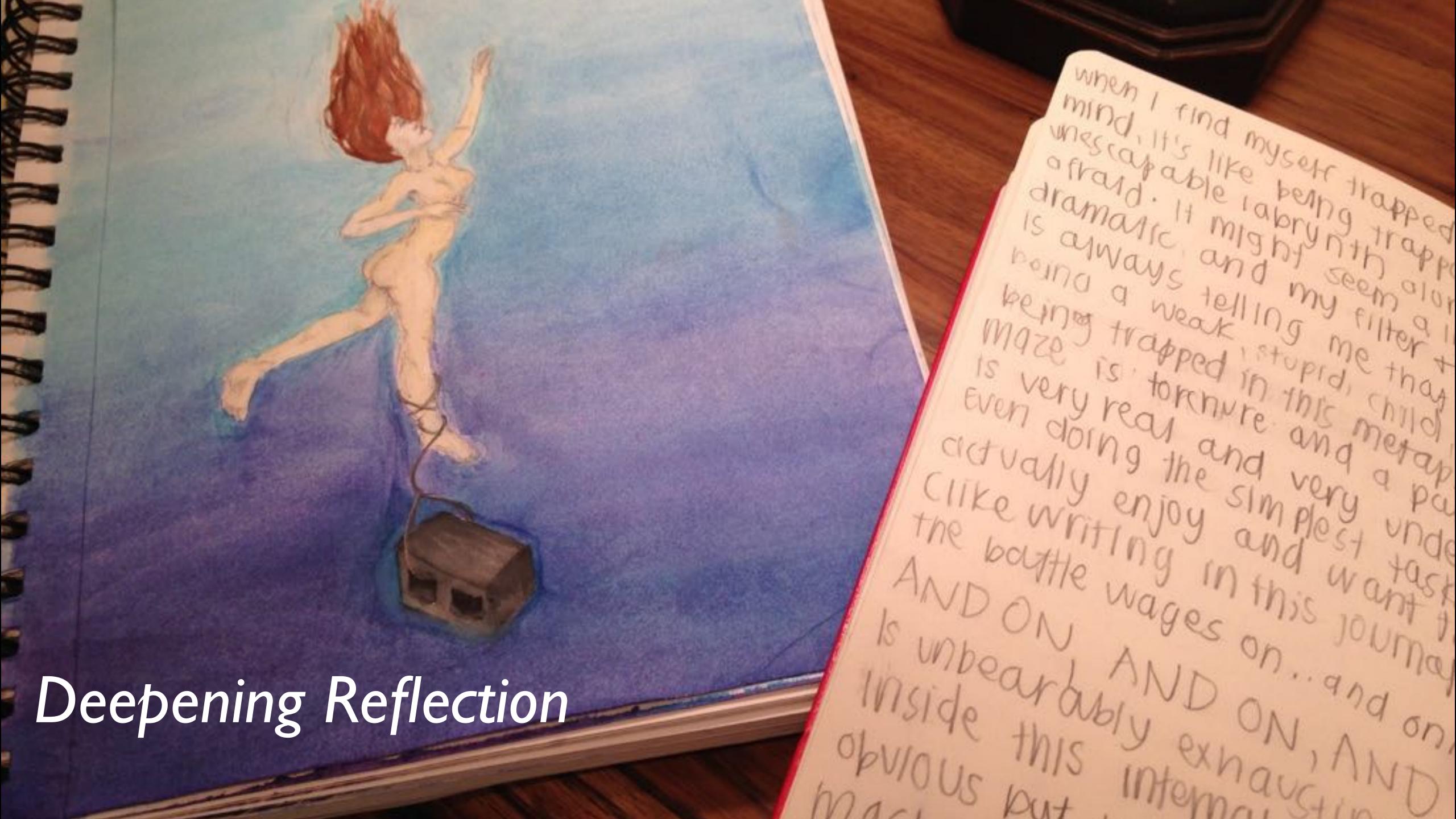
Lichtenthal & Neimeyer

- How did you make sense of loss at the time? Now?
- What spiritual or philosophical beliefs contributed to your coping? How did they change, in turn?
- Are there ways this loss has affected your direction in life?

Guidelines for Benefit-Finding Lichtenthal & Neimeyer



- · Have you found any unsought gifts in grief? If so, what?
- How has this experience affected your sense of priorities?
- What qualities in you contribute to your resilience?
- Has this transition deepened your gratitude for anything you've been given? It so, how might you express it?





A Narrative Intervention

Lichtenthal & Cruess, Death Studies

- Assigned 68 bereaved adults to journal 3 times, 20 minutes per time, about loss, focusing on:
 - Emotional disclosure (ED)
 - Benefit-finding (BF)
 Sense-making (SM)

 - Room (control condition)

