

Grief & Bereavement at the End of Life



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Grief and Bereavement at the End of Life

End of Life Symposium Webinar

Thursday, January 7, 2020

12:15-1:15 PM PST

Presenters:

**Rev. Ieda Grigg, City of Hope Chaplain
Master of Arts, Provisional Certified Chaplain**

**Rev. Dr. Terry Irish, City of Hope Chaplain (Ret.)
Doctor of Ministry, Board Certified Chaplain**



Panelists



Rev. Dr. Terry L. Irish, D. Min., BCC
Chaplain



Rev. Ieda Grigg, MA, PBCC
Chaplain, Division of Spiritual Care Services

Disclosures

We do not have
anything to disclose. 😊

Part I

Grief and Bereavement Anticipatory Grief

Rev. Dr. Terry L. Irish, D. Min. BCC

Grief

The intense emotion felt when one is deprived of a loved one through death. Grieving is a *functional necessity, not a weakness* and is the method by which one heals after a significant loss. It is also the *normal, appropriate emotional response to loss*. It is unique to the individual experiencing it, and there is no general timetable for completing it. Grieving can also be described as the *inward feeling about loss*. (Emphasis by Chaplain Irish)

-- McIntier & Kenton, 2006

Anticipatory Grief

The grief that occurs prior to -- “ *in anticipation of*” -- a death. It is often referred to as “*preparatory grief*.” (One can observe the same dynamics in anticipatory grief as seen in the grieving process after death.)

-- McIntier & Kenton, 2006

What are Patients Concerned About as They Approach the End of Life?

1. Uncontrolled pain
2. Becoming a burden
3. Financial costs
4. Uncertainty about dying
5. Anxiety - surrendering known for unknown
6. “Unfinished business”

Supportive Interventions Near the End of Life

The medical team can encourage loved ones to express one or more of the following to help the patient rest easier during the final hours:

“Five Things” of relationship completion:

1. *Please forgive me.*
2. *I forgive you.*
3. *Thank you.*
4. *I love you.*
5. *Goodbye.*

Five Wishes

1. The person I want to make care decisions for me when I can't
2. The kind of medical treatment I want or don't want
3. How comfortable I want to be
4. How I want people to treat me
5. What I want my loved ones to know

Source: Aging with Dignity P.O. Box 1661 Tallahassee, FL 32302-1661

www.agingwithdignity.org 888.5-WISHES (888.594.7437)

Beliefs About Miracles at the End of Life

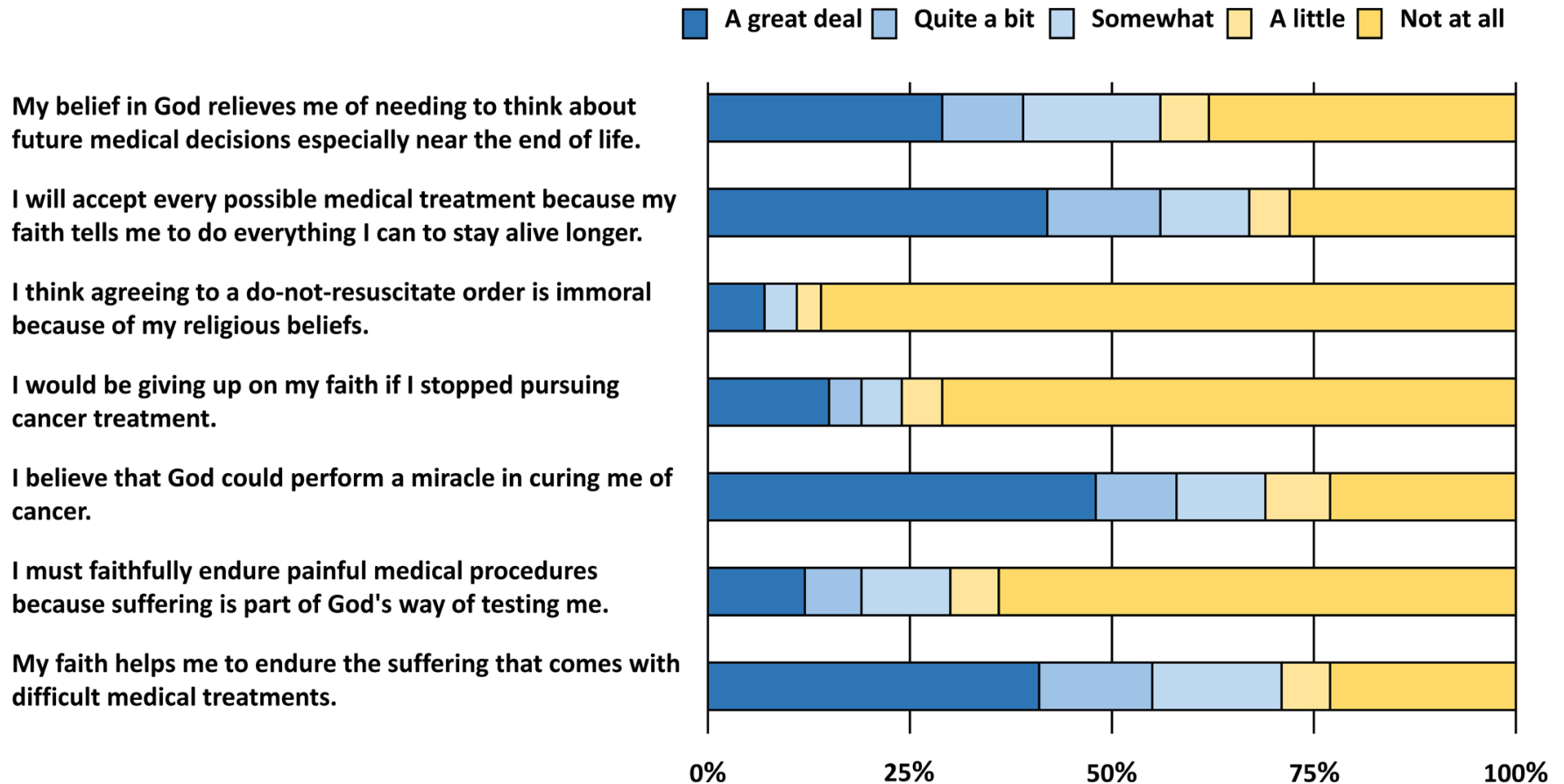


Figure 1:

Distribution of responses to Religious Beliefs in End-of-Life Medical Care scale items (N=275)

Balboni et al. Page 11 Cancer. Author

Final Journey:

What to Expect and
How to Comfort
Your Dying Loved One



Final Journey

**Seven topics are
addressed with the
family of a
dying patient**

Final Journey

Comfort

Airway

Delirium

Restlessness

Emotional Support

Spiritual Support

Self-Care

Part 1: Grief & The Dying Patient

Rev. Ieda Grigg, MA, PBCC

The Clinician's Attitude
Towards Death
Global & American
Socio-Cultural Attitudes
Towards Death

- Death-Accepting?
- Death Defying?
- Death Denying?



*Live in simple faith...
Just as this trusting
cherry flowers, fades
and falls.*
Issa

Grief & The Dying Patient

Support & Intervention

Five Stages of Grief – Elizabeth Kubler Ross

1. **Denial** – *No, it can't be true*
2. **Anger** – *Why, me? Why Now?*
3. **Bargaining** – *Please, God I will do this or that*
4. **Depression** – *Also called preparatory grief*
5. **Acceptance** – *“I can't change it, but here is what I can do.”*

Grief & The Dying Person

A Dying Person Wants:

1. A sense of integrity & completeness
2. Able to make choices
3. Companionship
4. Avoid excessive suffering
5. Permission to leave



Grief & The Dying Person

Five Tasks of the Living:

1. Find meaning in life
2. Heal relationships
3. Find meaning in suffering and ways to transcend it
4. Develop a personal understanding of death
5. Make preparations – put affairs in order



Grief & The Dying Patient

Existential Themes/Considerations of the Dying

- Need for Meaning in the Face of Suffering
- Need for Integrity, Legacy, Generativity
- Concerns for Family and/or Significant others
- Concerns or Fear About Dying or Death
- Making Decisions About Treatment
- Religious/Spiritual Struggles

Part II: Grief and Bereavement
Loss and the Mourning After
Rev. Dr. Terry L. Irish, D. Min. BCC

A Father's Worst Nightmare

- A father and his beloved daughter
- After her death, *"What should I do next?"*

When someone you love dies...

A guide to bereavement



City of
Hope™

Bereavement

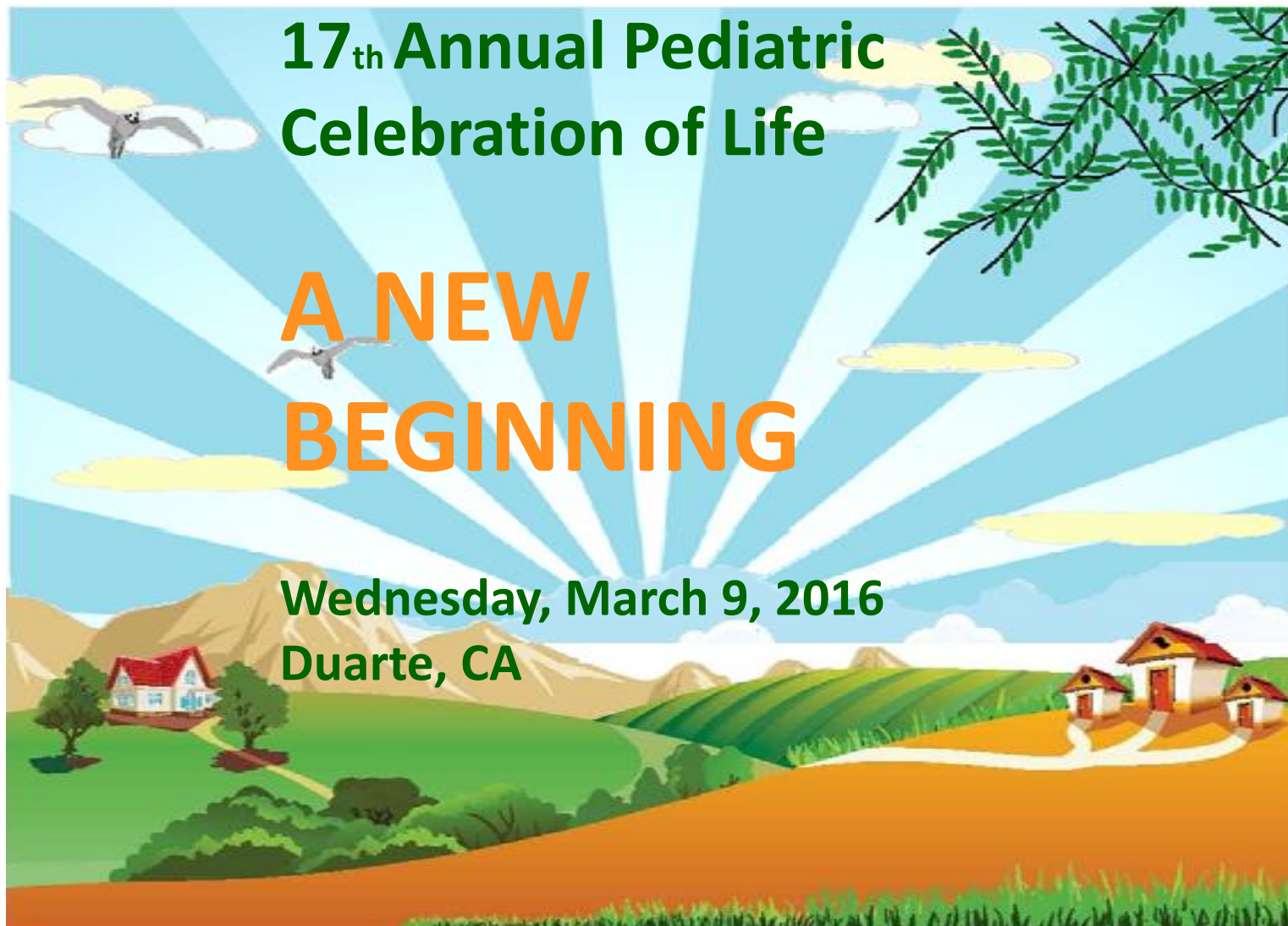
Bereavement describes the event of loss -- of death -- itself. It is derived from the Old English word, *bereafian*, meaning "*to be robbed.*"

“Celebration of Life”

**17th Annual Pediatric
Celebration of Life**

**A NEW
BEGINNING**

**Wednesday, March 9, 2016
Duarte, CA**



“Evening of Remembrance”



Bereavement Support Groups

- Follow Dr. Alan D. Wolfelt's Bereavement Support Group Curriculum of 12 sessions
- Provide support groups for grieving spouses, parents, adults, children/youth grieving death of parent

1. Companioning is about being present to another person's pain; it is not about taking away the pain.

Pilot Group #1 – Peds' Parents Only



Group #4



Understand the Six Needs of Mourning

1. Accept the reality of the death.
2. Let yourself feel the pain of the loss.
3. Remember the person who died.
4. Develop a new self-identity.
5. Search for meaning.
6. Let others help you – now and always.

-- Wolfelt, 2003

Part II: Grief and Bereavement

Loss and Mourning After

Rev. Ieda Grigg, MA, PBCC

Support and Intervention

Assisting the grieving family
in the mourning after.

- ***Being Present*** - “Don’t just do something, sit there.” (and listen with your heart)
- ***Let them tell their Story*** – Stories are really about relationships and relationships are the heart of life. Stories during funeral/memorial services... individually.

Being Present in Grief

“The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not knowing...not curing, not healing and face with us the reality of our powerlessness – that is a friend who cares.”

-- Henri Nouwen

Group #6



Loss and Mourning After

Support & Intervention

Assisting the grieving family in the morning after

- ***Provide Practical Help*** – If they have a to do list see what you can do to help (meals, shopping, phone calls...)
- ***Information About Resources*** – That will normalize to them what grief is like. (grief support groups, literature...)

Loss and Mourning After

“The Four Task of Mourning”

- **Task 1.** Accept the reality of the loss
- **Task 2.** Experience the pain of grief
- **Task 3.** Adjust to an environment in which the deceased is missing
- **Task 4.** Find an enduring connection with the deceased while embarking on a new life.

-- William Worden, 2009

Grief in a Time of COVID



"The Lingering Complicated Grief"

- ***A multifaceted grief experience*** – when millions have lost their jobs, their way of life and above all the loss of loved ones...
- ***A paramount loss*** - we lost the very way in which we grieve.
- ***Lingering complicated grief*** – With no time for closure *nor goodbyes*...

Response to Grief in a Time of COVID

The Collective Grief

- In our shared humanity we grieve with those who grieve today.
- We stretch out our hands to help in any way we can.
- We show up where we feel we can help.
- Then we stop and ponder – not only our mortality but our lives, and ask ourselves:



Comfort for the Grieving

**“To live in hearts we leave
behind is not to die.”**

-- Thomas Campbell *

* From *“Hallowed Ground”*

Comfort for the Grieving

**“The most beautiful people
we have known are those who have
known defeat, known suffering,
known struggle, known loss,
and have found their
way out of the depths.**

Beautiful people do not just happen....”

-- Elizabeth Kubler-Ross

Resources

For more information about...

“FIVE WISHES”

“FINAL JOURNEY”

*“WHEN SOMEONE YOU LOVE DIES...
A GUIDE TO BEREAVEMENT”*

Contact the Sheri & Les Biller Patient &
Family Resource Center – 626.218.2273

HOPE Model

A simple way to open conversation

- What do you hope for in the time that is left?
- Does organized religion or cultural-specific practices play a role in your life?
- What personal beliefs or practices are helpful to you at a time such as this?
- How do your beliefs and values shape any end-of-life decisions that might arise?

“UNDERSTAND THE SIX NEEDS OF MOURNING”

1. Accept the reality of the death.

- Where do you see yourself in accepting the reality of this death?
- Do you think time is playing a part in where you are with this need? If so, how?
- What can you do to continue to work on this need?

2. Let yourself feel the pain of the loss.

- Where do you see yourself in allowing yourself to feel the pain of the loss?
- Do you think that time is playing a part in where you are with this need? If so, how?
- With whom have you shared your feelings of hurt?

3. Remember the person who died.

- Where do you see yourself in the process of remembering the person who died?
- What do you miss the very most about the person who died?
- What do you want others to always remember about the person who died?

4. Develop a new self-identity.

- Where do you see yourself in developing a new self-identity?
- What roles did the person who died play in your life?
- Which, if any, positive changes in your self-identity have you noticed since the death?

5. Search for meaning.

- Where do you see yourself in your search for meaning?
- Do you have any “Why” or “How” questions right now? If so, what are they?
- Are you wrestling with your faith right now? Explain.

6. Let others help you – now and always.

- Where do you see yourself in letting others help you – now and always?
- Whom do you turn to for help?
- Are you getting support from others who have experienced the death of someone loved? Please explain.

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Q&A



Healthcare Professional Resources

**For additional educational opportunities, please
visit us at:**

www.cityofhope.org/cme

End of Life Symposium

Upcoming Webinars

To register: www.cityofhope.org/cme

- **February 4, 2021:**
How Medical Aid in Dying Really Works
in Authorized States
- **March 4, 2021:**
Cinema at the End of Life
- **April 1, 2021:**
Palliative/Hospice Care Emergencies
- **May 6, 2021:**
Aid in Dying Medications & the Clinical
Competencies of Prescribing



Thank you for joining us!

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