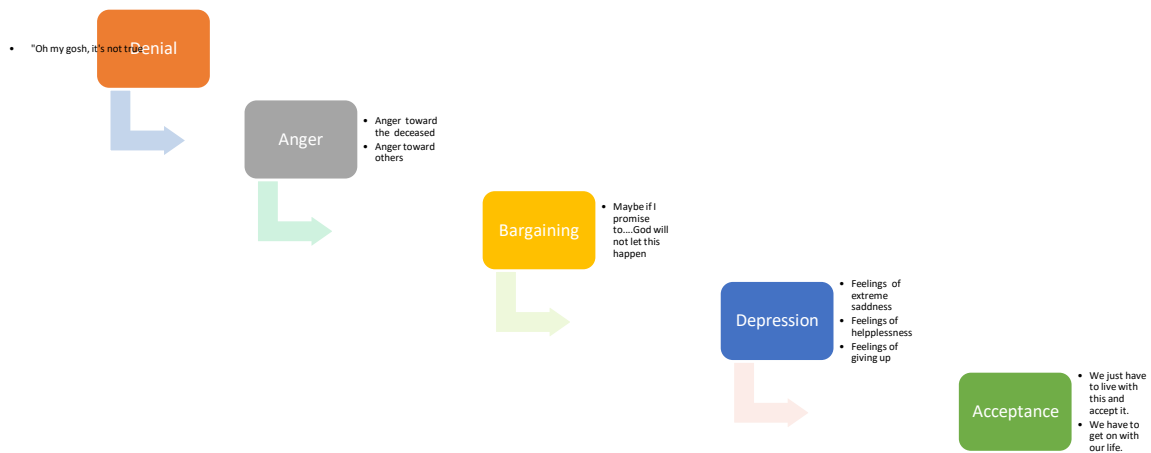


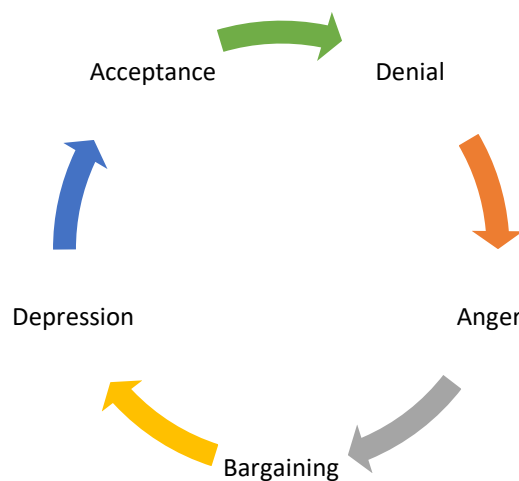
Stages of Grief

In the 1970's a psychologist, Dr. Elizabeth Kubler-Ross described 5 stages of grief that go like this:

Denial (Oh my gosh, it's not true.)



This is the way D. Kublerl – Ross found it with her studies. Actually, it's more like this process:



Problems with this idea:

- There is no proof that grief follows :
 - Different stages
 - Is linear and straight
 - Is time bound

- This way of looking at grief does not take into account:
 - Culture
 - Spiritual Beliefs and Values
 - Family values and experiences
 - Generational Trauma
 - Maturity Levels if the griever (example: a 3 y/o versus an 18 y/o)
 - Addictions used to deal with other life stressors
 - Coping Styles
 - Etc.

Facilitator:

Group Discussion:

- **What comes to your mind when you think about this, and where do you think you're at in the process? Back and forth?**