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SELECTED READINGS ON DREAMS & GRIEF

Blum, David, VIDEO: Appointment With The Wise Old Dog: Dream Images in a Time of Crisis. www.davidblummusiciananddreamer.com 1998.

Edelman, Hope. Motherless Daughters: the Legacy of Loss. New York: Dell Publishing, 1994.

Furth, Gregg M. The Secret World of Drawings: A Jungian Approach to Healing Through Art. Toronto: Inner City Books, 2002.

Grubbs, Geri. Bereavement Dreaming and the Individuating Soul. Berwick, Main: Nicolas-Hayes, Inc. 2004.

Johnson, Robert A. Inner work: Using Dreams and Active Imagination for Personal Growth. San Francisco: Harper and Row, 1986.

Kast, Verena. A Time to Mourn: Growing Through the Grief Process. Einsiedeln, Switzerland: Daimon Verlag, 1988.

Kearney, Michael. A Place of Healing: Working With Nature & Soul at the End of Life. Louisiana: Spring Journal Books, 2009.

Mattoon, Mary Ann. Understanding Dreams. Dallas: Spring Publications, 1984.

Olson, Susan. By Grief Transformed: Dreams and the Mourning Process. New Orleans, Louisiana: Spring Journal Books, 2010.

Rando, Therese. How to Go On Living When Someone You Know Dies. New York: Bantam Books, 1988.

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Wray, T.J. Grief Dreams: How They Help Heal Us After the Death of a Loved One. San Francisco: Jossey-Bass, 2005.

SOME COMMON NORMAL GRIEF REACTIONS

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| <p align="center"><u>FEELINGS</u></p> <p>Sadness Anger Guilt and self-reproach Anxiety Loneliness Fatigue Helplessness Shock Yearning Emancipation Relief Numbness</p> | <p align="center"><u>BEHAVIORS</u></p> <p>Social withdrawal Dreams of deceased Avoiding reminders of deceased Searching and calling out Sighing Restless overactivity Crying Visiting places or carrying objects Treasuring objects</p> |
| <p align="center"><u>PHYSICAL</u></p> <p>Sleep disturbances Appetite disturbances Hollowness in stomach Tightness in chest Tightness in throat Oversensitivity to noise Depersonalization Breathlessness, feeling short of breath Weakness in muscles Lack of energy Dry mouth</p> | <p align="center"><u>THINKING</u></p> <p>Disbelief Confusion Preoccupation Loss of memory Absent-mindedness Sense of deceased's presence</p> |
| <p align="center"><u>SPIRITUAL</u></p> <p>Disconnection Questioning, unbelief Searching for meaning Revisiting faith tradition Re-evaluating one's place in the world Addressing one's own mortality Worship as time of extreme feelings Anger at God</p> | <p align="center"><u>TASKS OF GRIEVING</u></p> <ol style="list-style-type: none"> 1. To accept the reality of the loss. 2. To express grief's pain and emotion. 2. To adjust to an environment where the deceased is missing. 4. To redirect emotional energy to other meaningful outlets in our outer world. <p>Four tasks of mourning were identified by William Worden as one model for viewing the grief process.</p> <p>Looking at the grief process as tasks to be worked through can assist the grieving person with healing.</p> <p align="center">From the ideas of William Worden (Grief Counseling and Grief Therapy)</p> |

Suggested Reading

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| Bozarth-Campbell, Alla | Life is Goodbye, Life is Hello |
| Caine, Lynn | Widow |
| Deits, Bob | Life After Loss: A Practical Guide to Renewing Your Life After Experiencing Major Loss |
| Didion, Joan | A Year of Magical Thinking [for widows] |
| Doka, Kenneth | Living With Grief |
| Eldon, Amy and Eldon, Kathy | Angel Catcher: A Journal of Loss and Remembrance |
| Grollman, Earl A. | Living When a Loved One has Died |
| Kreis, Bernadine and Pattie, Alice | Up From Grief: Patterns of Recovery |
| Kushner, Harold | When Bad things Happen to Good People |
| Rando, Therese | How to Go on Living When Someone You Love Has Died |
| Schiff, Harriet Sarnoff | Beyond Grief |
| Staudacher, Carol | A Time to Grieve: Meditations for Healing After the Death of a Loved One |
| Stearns, Ann Kaiser | Living Through Personal Crisis |
| Temes, Roberta | Living With an Empty Chair |
| Wolfelt, Alan | Understanding Your Grief: Ten Essential Touchstones for finding Hope and Healing Your Grief |

HELPING YOURSELF THROUGH GRIEF

It is normal to react physically and emotionally to a loss. Here are some suggestions to help you take care of yourself and help you through the grieving process.

- Have a check-up with your family physician.
- Get physical exercise to help you relax
- Beware of alcohol, a depressant, which may interrupt sleep patterns, or caffeine, which may lead to nervousness.
- Check frequently that you have a balance in your life: rest, recreation, prayer/meditation and work.
- Be patient with yourself. Allow yourself the time to grieve at your own pace.
- Reach out to others. It is important to find friends you can talk to, especially someone who has been there. Don't expect your family to meet all your needs.
- Talk about your loved one as much as you need to, even if you repeat yourself.
- People grieve in different ways. Don't measure your progress against others.
- Crying is therapeutic. Allow yourself to cry if you need to.
- Confront guilt by realizing you did the best you could.
- Realize that conflicts with spouses, children, friends, or at work may arise to complicate the grieving process.
- Join a support group and share your feelings with others who are working their way through their own grief.
- Read & learn as much as possible about grief & develop new coping skills.

“UNRESOLVED GRIEF: COMPLICATED GRIEF”

The latest Diagnostic and Statistical Manual of the American Psychiatric Association refers to A “short circuited” grief as complicated grief. It is also referred to as “abnormal grief”, “pathological grief” and “unresolved grief”. The terms, which are interchangeable, represent a complex of symptoms.

Therese Rando (1984) lists seven forms of unresolved grief. She derives her list from the analysis of Averill (1968), Parkes and Weiss (1983) and Raphael (1983).

Absent grief:

Feelings of mourning totally absent.

Inhibited grief:

A lasting inhibition of many manifestations of normal grief. Other symptoms such as somatic complaints are in their place.

Delayed grief:

May be delayed many years. Often these losses are precipitate by lack of support, time to grieve (i.e., students during exams, mothers with dependent children) or multiple losses too great to integrate (Concentration camp victims and veterans). A full grief reaction may occur years later initiated by a new loss or other triggering event.

Conflicted grief:

Ambivalent relationship with the deceased is often an antecedent. There is frequently a distortion of the elements of normal grief, an exaggeration of one aspect and suppression of another as in anger and guilt.

Chronic grief:

Chronic grief is characterized by a continuous expression of the intense grief usually associated with early stages of loss. This unresolved loss is usually attributed to high degrees of insecurity of the bereaved, who was highly dependent on the deceased. The intense mourning is a way to continue to keep the person “alive”.

Unanticipated grief:

Only recently discussed, this form of grief occurs after a sudden, extremely disruptive loss. Mourners are unable to grasp the full implications of the loss and may be so overwhelmed that functioning is significantly impaired. Symptomology of grief is extended in duration.

Abbreviated grief:

Though often mistaken for unresolved grief, Rando suggests it is, rather, a short-lived but normal form. It occurs following long periods of anticipatory grief or when there was insufficient attachment to the lost person. It may also occur because of an immediate replacement, (i.e. remarriage).

Page 2 - Unresolved grief: Complicated grief

Symptoms of Complicated Grief:

The following diagnostic criteria for complicated grief were proposed by Vamik Volkan (1981). (He calls it pathological grief.)

1. The utilization of linking objects. (An object of extreme attachment that represents the deceased and keeps him/her alive in mourner's reality.)
2. Introjection. The internal representation of the deceased.
3. A searching or longing for the lost person coupled with a dread of return.
4. Use of present tense when speaking of the dead person.
5. Seeming to recognize the dead person when seeing someone else at a distance.
6. Mourner makes daily reference to death, tombs or graveyards in ritualistic way.
7. Listener perceives mourner daily relates to the deceased and continues to watch over him/her.
8. Visits to grave made with ritual beyond cultural norm or the very existence of grave denied.
9. "Frozen dream" manifestations. Dreams repeated for years with two themes prevalent:
1) No affect felt or expressed and 2) life and death struggle with dead person still living but in constant struggle.
10. Hallucinations. Specific and isolated occurrences without person breaking with reality.