

Dimensions of Grief ⁽¹⁾

- EVASION
- ENCOUNTER
- RECONCILIATION

The Four Tasks of Mourning ⁽³⁾

- TASK I: To Accept the Reality of the Loss
- TASK II: To Work Through To the Pain of Grief
- TASK III: To Adjust to an Environment in Which the Deceased is Missing
- TASK IV: To Emotionally Relocate the Deceased and Move on With Life



(1) *Dimensions of Grief* from Death and Grief: A Guide for Clergy by Dr. Alan D. Wolfelt, Accelerated Development Inc., 1988. Reproduced with the permission of, and written by Dr. Alan Wolfelt, Director, Center for Loss and Life Transition, 3735 Broken Bow Rd, Fort Collins, CO 80526, Companion Press (970) 226-6050.

(3) *The Four Tasks of Mourning* from Grief Counseling and Grief Therapy, Dr. J. William Worden. Springer Publishing Company, Inc., New York 10012, 2nd Edition, Copyright ©1991, pp 10-18. Used by permission. [The 4th edition was published in 2008 and some of the Task wording was revised]

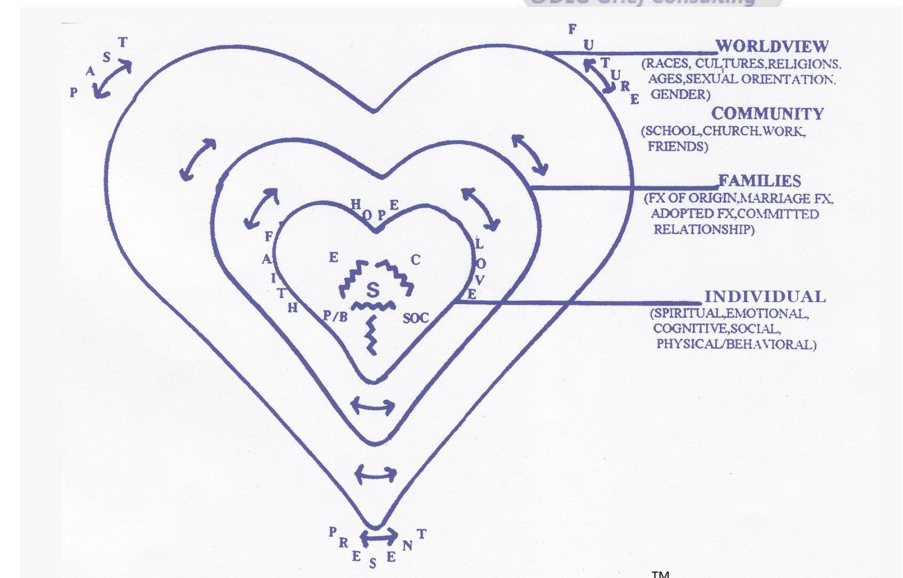
••• *Deb's Model and Personal Perspective on Parental Grief and 'Healing'* •••

I 'see' my transformational experience as going deep within my 'heart of hearts' working from the 'inside light out'

My journey involved [and continues to involve] an Interaction of multiple Processes [Intrapsychically, Interpersonally and Intergenerationally] and multiple Dimensions and Tasks **weaving together and evolving over time** ~ anchored and supported by my **faith, hope, and love** and guided and blessed by **healing grace** ~ that led to a deeper 'reconciled Integration' of who I am as a unique Individual spiritual being and gave clearer focus to my **meaning and purpose in life**

'HOLISTIC INTERGENERATIONAL GRIEF MODEL ~ HEALING of a FRACTURED HEART'™

Individuality · Intrapsychic · Interpersonal · Intergenerational · Interactional · Integration
[Six 'eyes' of grief ©DLG]



This **PROCESS** entails actively moving toward 'wholistic healing' of one's 'fractured heart' over time by constructively working through the **Dimensions, Processes and Tasks of Grief** within the context of **Integrating Self, Family, Community, and World Connections**

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