



### "I'm Losing Him Before He's Gone" Coping with Anticipatory Grief

Kenneth J. Doka, PhD  
Senior Bereavement Consultant, Hospice Foundation of America

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Presented by Boeing



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#### Grief

- Grief is a reaction to loss; not just death but all losses
- Affects us in many ways
  - Physically
  - Emotionally
  - How we think
  - Behave
  - Even spiritually



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### Grief is a very individual reaction

Each person grieves differently



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**The Grief Process**  
A Roller Coaster of Reactions



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**Grief is not a time-bound  
process that ends in  
detachment**

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**Beyond detachment**  
Continuing Bonds  
(Klass, Silverman & Nickman)

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### Types of Connections

- Memories
- Biography
- Legacies and liabilities
- Spiritual
- Extraordinary experiences




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### Anticipatory Grief

- Lindemann's suggestion
- Development of the concept in the 1970's and 1980's




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### Criticism of Anticipatory Grief



- The misdirection of anticipatory grief
- The mixed record of research
- The "hydrostatic" model of anticipatory grief

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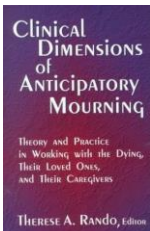
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### Anticipatory Grief and Mourning

- Rando – “Anticipatory grief is a misnomer but useful nonetheless”
- Rando’s reformulation of *anticipatory mourning*
- A parallel process experienced by patient, family, and caregivers
- Gerber – *Anticipatory Bereavement*



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### Losses in the Illness Experience

- What are the losses in the illness experience?
  - Tangible losses
  - Intangible losses



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### Loss and Caregiving



- Loss of independence
- Loss of assumptive world
- Loss of friends
- Financial and lifestyle losses



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### Caregiver Burden

- Objective
  - Sleep disturbances
  - Incontinence
  - Dementia
  - Non-ambulatory
- Subjective based on past relationship




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### Caregiving and Older Spouses

The Caregiver Health Effects Study showed that, over four years, caregivers faced significantly higher health risks than the controls

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### Deployment as a Loss



- The nature of *anticipatory grief*
- A sense of loss may begin with deployment
- Grief reactions may exist throughout the deployment in military personnel and their families

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### Deployment



- The reaction of the remaining spouse will greatly influence children's reactions
- Value of support groups

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### The Post-Deployment Phase



- Often a stressful time, as fantasies may exist that everything will improve
- Reunion causes new changes within the system and possibly conflict
- Can be further complicated if soldier is wounded, either physically or psychologically, from combat experience

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### Loss in the Military



- Soldiers are likely to experience multiple losses
- Loss of friends
- Physical and psychological injury
- Families may experience *psychosocial loss*
- These losses may be disenfranchised

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## How Can We Help Ourselves and Others?

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## Anticipatory Grief



- The acknowledgment and validation of anticipatory grief
- Naming our losses
- Assessing losses
- Finding ways to cope

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## Questions?

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Please note: The information provided on this program is intended for educational purposes only.

If you or a loved one needs professional support, please contact TAPS 24/7 at 800-959-TAPS (8277).



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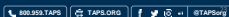
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### About the TAPS Institute for Hope and Healing®

Launched in March 2018 through an alliance with HFA, the TAPS Institute for Hope and Healing® serves as a resource and training center, providing programs for both professionals working in the field of grief and loss and the public.



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### Upcoming TAPS Institute Programs

August 6 **Creating a New Future with Your In-Laws After Loss**  
*Live Webinar, Noon-1:00 p.m. ET*  
Rachel Kodanaz, Author and Speaker

September 15 **Grief and Young Adults in Military-Connected Families**  
*Live Webinar, Noon-1:30 p.m. ET (CEs available)*  
Heather L. Servaty-Seib, PhD, HSPP, Professor of Counseling and Psychology, Perdue College of Education  
Shelly MacDermid Wadsworth, PhD, Professor of Human Development and Family Studies, Perdue University

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