**Models of grief/loss**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Phases or Stages of Grief Models**

|  |  |
| --- | --- |
| **Kubler Ross**Denial Anger Bargaining Depression Acceptance | **Worden’sTasks ofMourning**1. Accept Reality of loss2. Process Pain of loss |
| **Murray Parkes**ShockSeparation/painDespairAcceptanceRe-organisation | 3. Adjust to world without deceased4. Find Enduring Connection (whilst living) |

 | **Dual Processing Model** |
| **Tonkin’s Fried Egg Model** | **Continuing Bonds**Grief isn’t about severing bonds with the deceased (Freud), those bonds always exist and change over time like they did during their lifetime.Bereavement is about nurturing those bonds and connecting with the deceased |