**Models of grief/loss**

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| **Phases or Stages of Grief Models**   |  |  | | --- | --- | | **Kubler Ross**  Denial  Anger  Bargaining  Depression  Acceptance | **Worden’s Tasks of Mourning** 1. Accept Reality of loss  2. Process Pain of loss | | **Murray Parkes**  Shock  Separation/pain  Despair  Acceptance  Re-organisation | 3. Adjust to world without deceased  4. 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 |