

THEORIES AND MODELS OF GRIEF: A timeline

Year	Theory/ model	Main features
1917	Freud	<ul style="list-style-type: none"> ▪ One of the first to address grief and mourning in a scholarly manner ▪ Observed that we can mourn for things, values and statuses, not only death ▪ Based on his clinical work with people who were clinically depressed ▪ Primary paradigm for 'grief work', confronting grief, by reviewing thoughts and memories of the deceased. ▪ Defined the purpose of mourning as detaching from the deceased, so that grief can be 'overcome'.
1944	Lindemann	<ul style="list-style-type: none"> ▪ Identified parameters for 'normal' and 'pathological' grief ▪ Based on clinical work with traumatic bereavement (as a result of disaster) ▪ Suggested five major symptoms of grief; Somatic disturbance, Preoccupation with images of the deceased, Guilt, Hostility/anger, Difficulty carrying out every day routines ▪ Highlighted that grief has physical as well as psychological impact ▪ 'Grief work' required to become emotionally detached from the deceased and adapt to new environment without the deceased ▪ Three tasks of grief; <ol style="list-style-type: none"> 1. Emancipation from bondage to the deceased 2. Readjustment to a new environment in which the deceased is missing 3. Formation of new relationships
1961	Bowlby	<ul style="list-style-type: none"> ▪ Grief as an instinctive, universal response to separation from attachment figure ▪ Working through grief necessary for rearranging representations of the deceased person and the self, and limiting the future impact of grief (e.g. personality, psychiatric illness) ▪ Three phases/ adaptive processes of mourning (1961); <ol style="list-style-type: none"> 1. Urge to recover lost object 2. Disorganisation 3. Reorganisation
1969	Kubler-Ross	<ul style="list-style-type: none"> ▪ Suggested five stages of grief; <ol style="list-style-type: none"> 1. Denial 2. Anger 3. Bargaining 4. Depression 5. Acceptance. ▪ Based on work with dying patients- not designed as model of bereavement ▪ Widely adopted as the major model of grief due to its simplicity and succinctness.
1970	Bowlby & Parkes	<ul style="list-style-type: none"> ▪ Grief is a predictable sequence of reactions ▪ Grief as a psychosocial transitional state necessitating a readjustment of assumptions ▪ Requires confrontation with reality ▪ Four phases; <ol style="list-style-type: none"> 1. Shock or Numbness 2. Yearning and Pining 3. Disorganisation and despair 4. Reorganisation
1982	Worden	<ul style="list-style-type: none"> ▪ Grief as process, not a state ▪ Four tasks; <ol style="list-style-type: none"> 1. To accept the reality of the loss 2. To work through the pain of grief 3. To adjust to life without the deceased 4. To withdraw emotionally from or relocate the deceased and move on. ▪ The 4th stage was changed in 2009 to 'Finding an enduring connection to the deceased while embarking on a new life'
1999	Stroebe & Schut	<ul style="list-style-type: none"> ▪ First to state there are no defined stages of grief ▪ A more flexible approach to the interpretation and management of grief. ▪ Grief as dynamic – two major cognitive processes <ul style="list-style-type: none"> - Loss-oriented (related directly to the death) - Restoration-oriented (associated with secondary losses) ▪ Both necessary for future adjustment. ▪ Oscillation- moving back and forth between these

(Beckett, 2017; Bowlby, 1961; Buglass, 2010; Hall, 2014; Mallon, 2008; Stroebe & Schut, 1999; Walter & Judith, 2015)