



## Grief and Loss

### Definitions

**to bereave:** to rob or deprive, ruthlessly or by force

**bereavement:** the state of deprivation and desolation resulting from the loss, usually by death, of a significant person

**grief:** the state of emotional suffering in response to loss or separation

**mourning:** the outward expression of grief – heavily influenced by culture

### Types of Loss

1. Material loss:
2. Intra-psychoic loss:
3. Functional loss:
4. Role loss:
5. Systemic loss:
6. Relationship loss: