

Traumatic Grief Reactions

- A. First, a person has to be exposed to an event or events that they regard as horrifying. The response involves intrusive, distressing preoccupation with the person who has died (yearning, longing or searching).
- B. In response to the death you may experience the following symptoms:
 - a. Frequent attempts to avoid reminders of what happened.
 - b. Feeling of purposelessness and a sense of futility about the future.
 - c. Subjective sense of numbness, detachment or an absence of an emotional response.
 - d. Feeling stunned, dazed or shocked.
 - e. Difficulty acknowledging the death.
 - f. Feeling that life is empty or meaningless.
 - g. Difficulty imagining a fulfilling life.
 - h. Feeling that part of you has died.
 - i. Shattered world view (e.g. a lost sense of security, trust or control).
 - j. Assumes symptoms of harmful behaviors of, related to, the deceased person.
 - k. Excessive irritability, bitterness, or anger.
- C. The duration of the disturbance or the symptoms is at least two - three months.
- D. The disturbance causes clinically significant impairment in social, occupational, or other important areas of functioning.

CRITERIA FOR TRAUMATIC GRIEF AS PROPOSED BY TRAUMA SPECIALISTS (JACOBS, 1999)