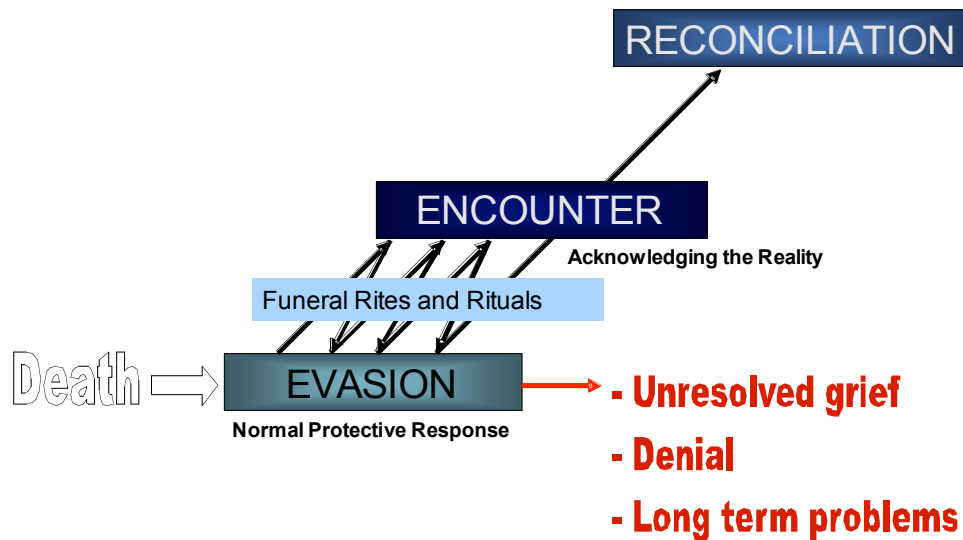


Understanding Grief?

There are several grief models that have been proposed in the literature, but the one that is most useful is the Evasion, Encounter, and Reconciliation Model. Reconciliation is the goal of a healthy grieving process. We cannot make the loss go away, but we can form a new relationship with the person who died; a relationship based upon memories.

Grief Model – Evasion, Encounter, Reconcile

The natural, healthy response to death or loss is to initially Evade the reality of that loss. This Evasion allows us to deal with the loss; otherwise, we would probably crumble under the stress. In order to reach Reconciliation, we have to Encounter the reality of death and let go of the relationship we used to have with the person who died. Typically, people will “dose” themselves with Encountering the reality and bounce back and forth between Evasion and Encounter.



The Role of Funeral Service and People Supporting Grief

The role of funeral service is to provide an opportunity for the family to start a healthy grieving process by providing safe havens to mourn the loss and encounter the death as well as the ability to withdraw, rest, and evade. This process is intensely personal and varies dramatically from individual to individual. The role of the individuals supporting grief is to accompany the family as they begin their journey of grief; to walk beside them and not to push them nor get in their way.