



Acute Training Solutions

Loss & Bereavement - Types of grief

Type	Description
Absent	Person has not acknowledged the reality of the loss.
Delayed	Person puts off embarking on the grief wheel, but is then later overwhelmed with grief.
Inhibited	There are some signs that the person is grieving but these are less than you would expect given the nature of the loss.
Unbalanced	The person is clearly grieving but when you meet them you are struck by the expression of one particular emotion.
Chronic	The person appears to have been stuck for a long time in one particular part of the grief wheel.
Disenfranchised	A sorrow that is not socially or publicly recognised; the reality of your loss is not validated. It may be restricted by the "bereavement rules" that your culture places on you.
Anticipatory	Is the experiencing of grief and loss before the actual death of a loved one has occurred. Many people begin to grieve the impending loss of a loved one once they hear the news that death is coming.
Abbreviated	A short-lived but a genuine form of grief.