

# Bereavement and Mindfulness

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we must be  
willing to let go  
of the life we  
have planned,  
so as to have  
the life that is  
waiting for us

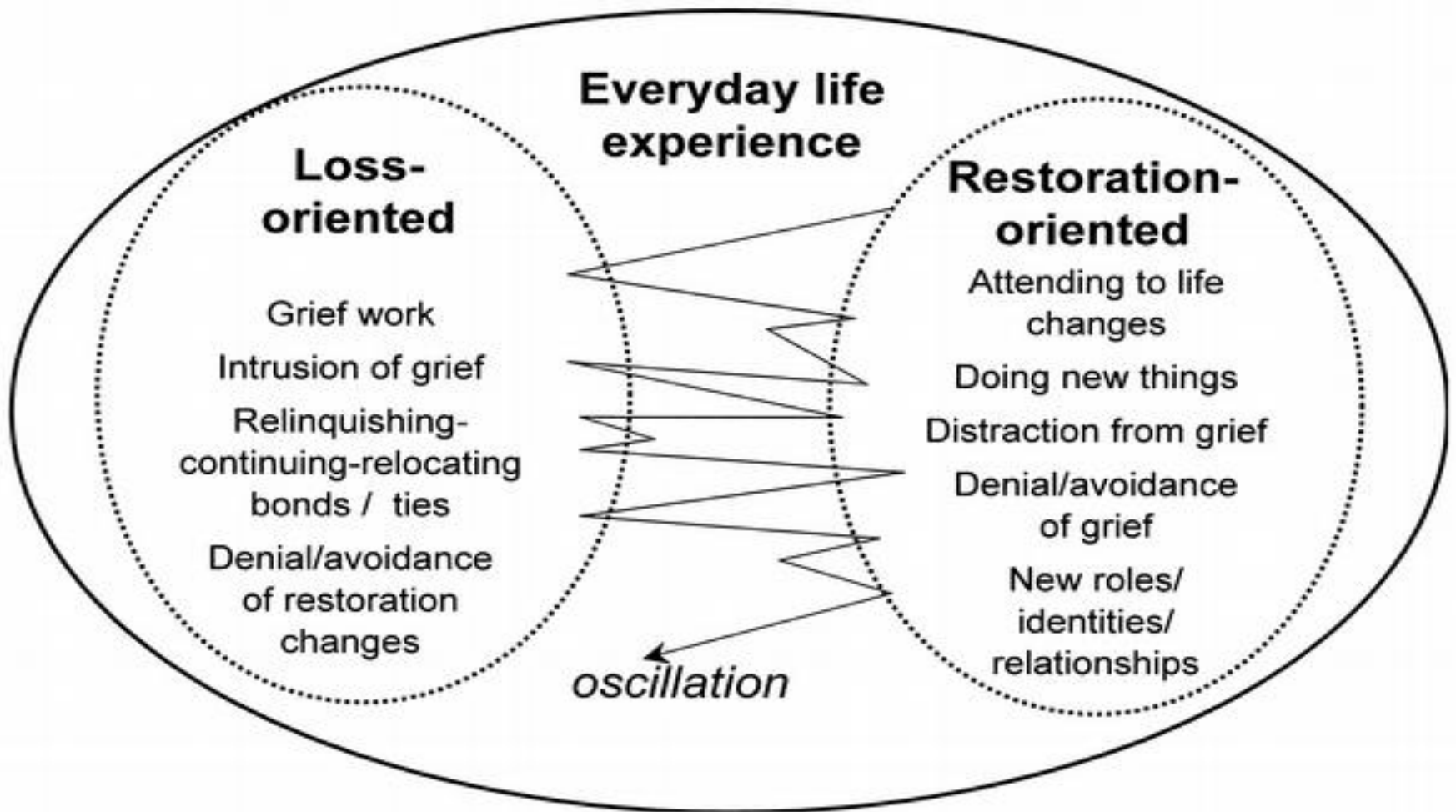
-joseph campbell

# Life is a series of Losses

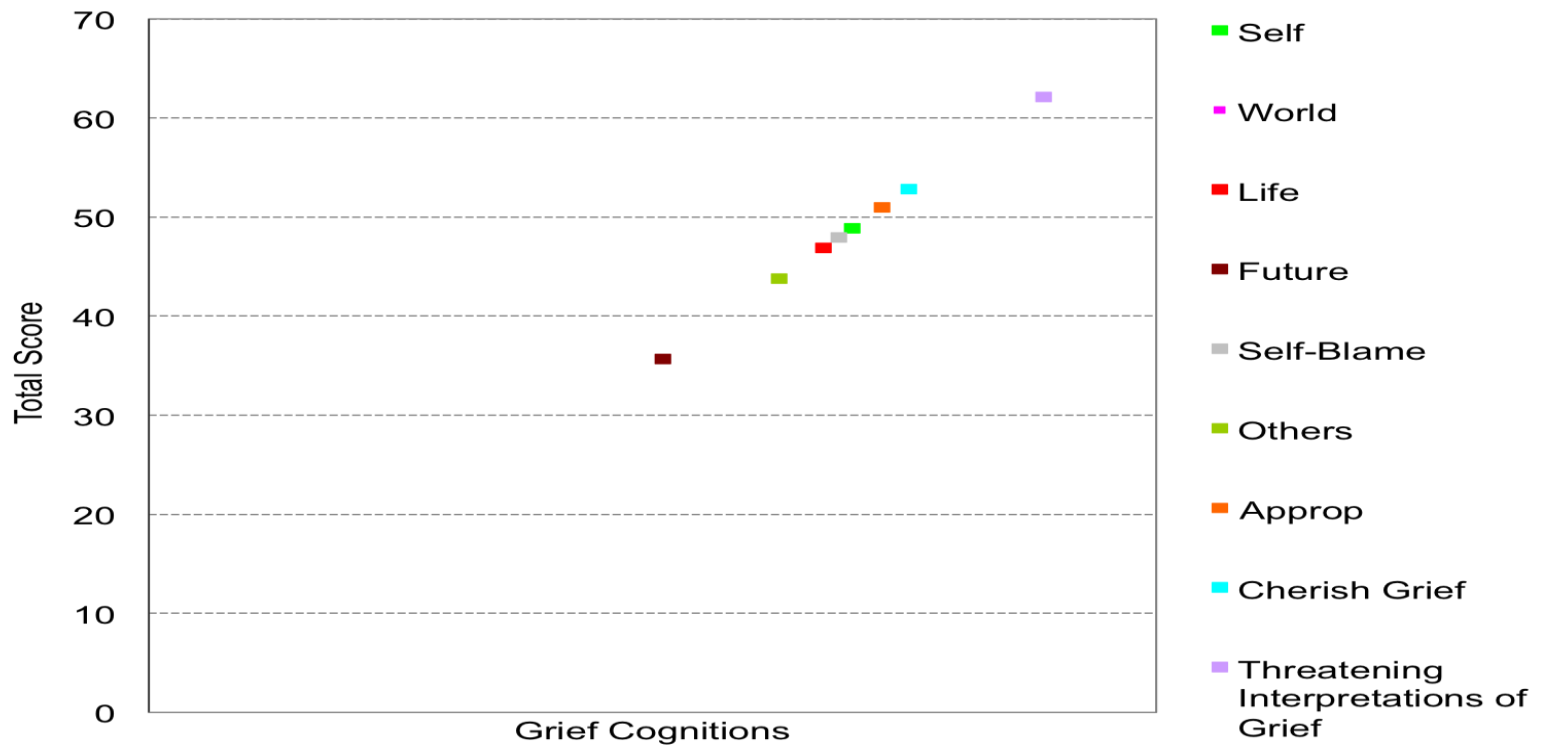
- Giving up a satisfaction in order to reach a new position.
- We can be biologically impelled to change
- We can be socially impelled to change
- We can be invited/seduced to change
- We can be forced to change
- “ Loss is the absence of something were are attached to . Grief is the rope burns left behind, when that which is held is pulled beyond our grasp”

<b>Level / Stage</b>	<b>Maslow Hierarchy of Needs</b>	<b>Kohlberg Moral Stages</b>	<b>Kegan Stages of Self</b>	<b>Levels of Awareness (Findlay)</b>
1	Physiological (basic physical needs)	Obedience & Punishment (obedience to authority)	Impulsive	Physiological
2	Safety/Security	Individualism & Exchange (scratch each other's backs)	Imperial (needs, wishes, interests)	Security
3	Love/Belonging	Interpersonal Relationships	Interpersonal	Membership
4	Esteem	Maintaining Social Order*	Institutional	Independence
5	Self Actualization	Social Contract & Individual Rights	Inter-individual	Interdependence
6	Spontaneity	Universal Principles		Transcendence

# Bereavement



## Total scores across subscales



# Mindfulness

- “ To help **process** the grief in whatever way it manifests, before it affects consciousness from a place well below the level of awareness.”
- “ It is the **kind investigation** into the acceptance of our powerlessness that can offer hope... it begins to unearth the heart that has room for it all ”
- The **resources** of the heart, forgiveness, courage, and trust.

# Fallow places





# Containers



# Goal

- Observing the loss
- Observing the Self



“ When grief shattered my heart after Aaron’s death that brought with it an expansion, the beginning of my experience of a Self larger than my broken Ego. “ Greenspan.

# Intention

- “ What is my best intention with regard to the grief fear and despair in my life “
- “ What would I want to learn or gain from this suffering”

# Attending to

- Sitting
- Breathing
- Being mindful of emotions as body sensations and experiencing them fully.
- In the mind
- In the heart /emotion
- In the body

# Affirmation

- Cultivating mercy in oneself.
- Developing a positive attitude towards dark emotions.
- How do you actually feel in your body
- Images
- What kind of stories is your mind spinning about these emotions.

# Surrendering

- Letting be
- Staying with
- Coming to and from
- Noticing
- Being open to ones own vulnerability
- “ This is my edge now”
- Speaking your truth about that edge

# Stories /Context

- Self and philosophy of suffering
- Put your personal story into a broad social or historical context.
- Unite with others who are suffering a similar experience.

# Non – Action

- Listen with your heart to your emotions
- What are they pushing you to do
- Non action builds tolerance of emotion
- Use the energy of the emotion with the intention to transform.





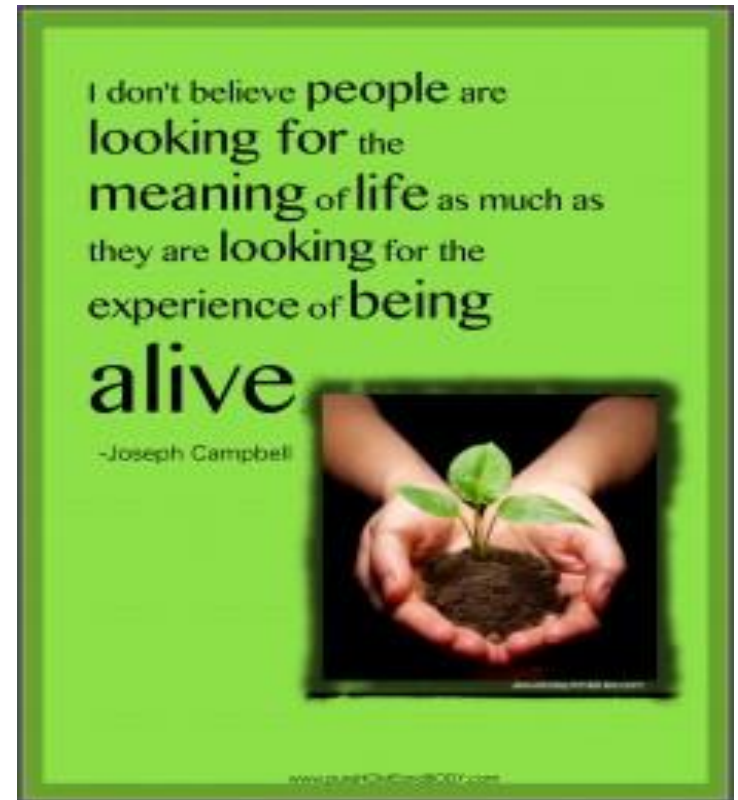






# Going deeper than meaning

- Too fast a struggle for meaning
- Stories we tell ourselves
- Experience



# References

- **Levine, S.**, *Who Dies? An investigation of conscious living and conscious dying*, Anchor Books, 1982.
- Worden, W.J.**, *Grief Counselling and Grief Therapy*, Tavistock publications Ltd, 1983.
- Greenspan, M.** *Healing through the Dark Emotions The Wisdom of Grief, Fear, and Despair* Shambhala  
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