

Grief and Loss

Symptoms may include:

Experiences of deep and intense grief resulting from the following:

- the loss of significant relationship due to death
- physical separation
- divorce
- emotional abandonment
- isolation
- confusion
- fear

Show signs of mood swings, depression, grief through impulsivity, acting-out, intense pain, deep sorrow, or compulsive behavior.

Goals in therapy are to identify and communicate feelings of profound grief and loss.

Gradually accept the loss of the significant relationship.

Assist in moving through the stages of grief, and in gaining a sense of self-control over inappropriate or self-defeating expressions of loss.

Develop feelings of optimism toward the future and begin to invest in new relationships.