

Grief As Self-Discovery

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Part 1. What is Grief?

Grief is a loss that requires us to rethink our identity in some way.

Grief and the Preconscious

Preconscious: source of instinctual expectation for care, safety, and acknowledgement.

State

Components of Grief¹

- Belief that loss has happened.²
- Change in disposition.
- Experience of anguish.³
- Acknowledgment of former and prolonged connection.

Action

Tasks of Grieving¹

- Acknowledging the reality of loss.
- Working through emotional turmoil.
- Adjusting to the environment where the loss is apparent.
- Loosening ties to felt loss.

Part 2. What does Grief do for us?

Grieving is a motion for processing - moving from potential to actual emotional progress.

(an Aristotelian perspective)

*“Out of suffering have emerged the strongest of souls.”
(Khalil Gibran)*

1. Based on *How We Grieve* by Thomas Attig, Ph.D.

2. Detailed in “Taking to Heart: What Choice Do We Have?” by Jennifer Church, Ph.D.: [*The Monist*, vol. 85. no. 3, pp 361-380].

3. Described in “Pain and Beauty,” a keynote lecture by Frank M. Staemmler, Ph.D. [Italian Gestalt Therapy Conference, Dec. 2011].