

LOSS AND ITS CONSEQUENCES

SURVIVAL STRATEGIES

1. Specific evolutionary templates
2. Closely associated with the midbrain
3. Subsume instincts and drives
4. Connections with cerebrum
5. Small number with infinite combinations

ADAPTATION TO LOSS

BIOLOGICAL

Hippocampus and septum

Parasympathetic

Hypothalamic-pituitary-adrenal axis (HPA)

↑ cortisone secretion

↓ immune system activity

PSYCHOLOGICAL

Shock / Conservation-withdrawal syndrome / disaster syndrome

Acceptance that it has occurred

Sadness, Grief

Wrenching, wounding of heart

Weeping, sobbing

New meanings

Hope for future

“It was an excruciating pain, a severe crushing agony, as if my heart was rent in two. It was like a blow to the heart, a severe wound, bruising, my heart was bleeding, leaving a pain.”

SOCIAL (MOURNING)

Yielding, surrendering

Social support, comfort, sympathy

Ceremonies

Turning to new loves

USES OF GRIEF

A. SHOCK

- 1. Less likely to be attacked**
- 2. Stimulate predators to release grip**
- 3. Scooping**
- 4. Refinding**

B. SADNESS, GRIEF

- 1. Evoke support without need to collapse**
- 2. Healing of psychological wounds**
- 3. Adaptation**

Ovid - "It is a relief to weep; grief is satisfied.."

Tears soothe the inner pain of sorrow and grief allows through crossing the river of tears both renunciation and renewal of love.

INSUFFICIENT ADAPTATION TO LOSS

BIOLOGICAL

Parasympathetic. Cortisone. Immune system effects accentuated.

PSYCHOLOGICAL

Overwhelmed

Depressive mood

Heaviness in chest, heart

Compressed hurt which could be released by tears

Hopelessness, despair

“..a set of skyscrapers in the chest, but instead of concrete they were made of solid tears.” Crying moved the skyscrapers.

TRAUMATIC LOSS

Damage, collapsed

Deep loss of desire to live

Giving In, Succumbing

“Something tore loose within me as I sank to the floor. The small childish sobs did not come, instead my chest felt crushed..”

ILLNESSES

BIOLOGICAL

Infections

Cancers

Autoimmune diseases

PSYCHOLOGICAL

DEPRESSED MOODS OF UNDERSTANDABLE ORIGIN

Adjustment Disorder with Depressed Mood

Dysthymia

Neurotic Depression

MALADAPTIVE GRIEFS

Chronic Mourning - dependent, yearning.

Conflicted or Distorted Mourning - anger, guilt.

Delayed, Inhibited, Absent Mourning - dissociated aspects intrude.

DEPRESSION

Depressed Mood

Irritability, anger

Diminished interest, apathy

Weight loss

Agitation, retardation

Loss of energy, fatigue

Worthlessness

Guilt

Inability to concentrate

Suicidal ideation

Withdrawal

SOCIAL

Delinquency, shop lifting

Accidents

Suicidal behavior

Promiscuity, pregnancy, marriages

Drugs