

# A psychological perspective ,,, study plan 7

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## Grief and Bereavement: A Response to Objective Situation of Grief and Bereavement: A Response to Objective Situation

Grief and bereavement in psychological context is more likely to affect individuals as there are a number of factors which are involved. This paper aims to respond the concept of grief and bereavement studied in the course. This response has been backed up by theoretical research conducted by Guerin & Guerin (2009). Also, models and theoretical referencing will be noted in order to respond to the objective situations of grief and bereavement.

The concept of bereavement is easy to note as a situation in which an individual is marked to undergo a loss of someone close (family member) or a friend while grief has been defined as the emotional dogma through which the person goes through. A number of models have been designed to evaluate these objective situations. The most commonly applicable model is Kubler-Ross model. As per the model, an individual goes through a number of psychological states during grief and bereavement. These are notably depression, anxiety, anger, denial etc (Guerin & Guerin, 2009).

Many psychologists have made it evident that with the objective situation of bereavement can become severe because there are certain factors that are associated with a loss of someone significant. There are certain aspects that should be underlined as a focus on evaluation of a person going through grief. Undergoing grief is a normal situation as a loss of a loved one is noted. The problematic concern becomes evident when a person is not observed in grief (Guerin & Guerin, 2009).

### References

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Guerin, P., & Guerin, B. (2009). Lifespan: Middle and Later Years. In P. Barkway, Psychology for Health Professionals (pp. 42-60). New York: Elsevier Australia.