

Restorative Support for Families After Unexpected Death or Disability

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Restorative Retelling

(www.vdbs.org)

1984 – PRESENT

Traumatic Grief after Violent Dying - over 3000 adults

- Free service (grants and donations) – individual and group RR
- Trainings – local, national (OVC), international (UW)
- Intervention Manual (1999) – RR free download www.vdbs.org
- Multi Sites – prisons, major US cities
- Research – affirmative pilot studies (group) over 300 subjects
- Publications – books and refereed articles (“kingdom” of evidence based)
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Demographics and Dynamics of Dying and Death

Natural Death
Inevitable (85 %)

- > age 40

Sudden/Natural Death
CV, SIDS (10 %)

NARRATIVE DYNAMIC

Sudden/Violent Death
Incidental (5 %)
Accident/suicide/homicide
- < age 40

INTERACTIVE

- Rescue
- Reunion
- Respect and Relinquish

Immediate Effects

imagined dying/living
(days or weeks)



INACTIVE

- Reenactment
- Remorse
- Revenge*
- Retribution*
- Recurrence*

* Active/Reciprocal

Separation Distress (SD)
(pining and searching)
Imagined living interaction

Intermediate Effects
- living & dying imagery
(months)

Trauma Distress (TD)
(intrusion and avoidance)
Imagined dying interaction

SPONTANEOUS ACCOMMODATION (Resilience)

80%

“Phantom” imagery recurs when triggered, but not disabling (intense/frequent)

NON-ACCOMMODATION (>6-12 months)

20% mothers and children

Disabled – daily fixation on living/dying “phantom” imagery.

Complicated Grief
(SD/TD)

Traumatic Grief
(TG/SD)

(<20% seek counseling – pastoral> peer led> clinical)

Demographic Risk Factors:

- age, gender, attachment (care seeking/care giving) hx psych disorder & rx

NO PILL FOR GRIEF – prospective, randomized, DB, placebo

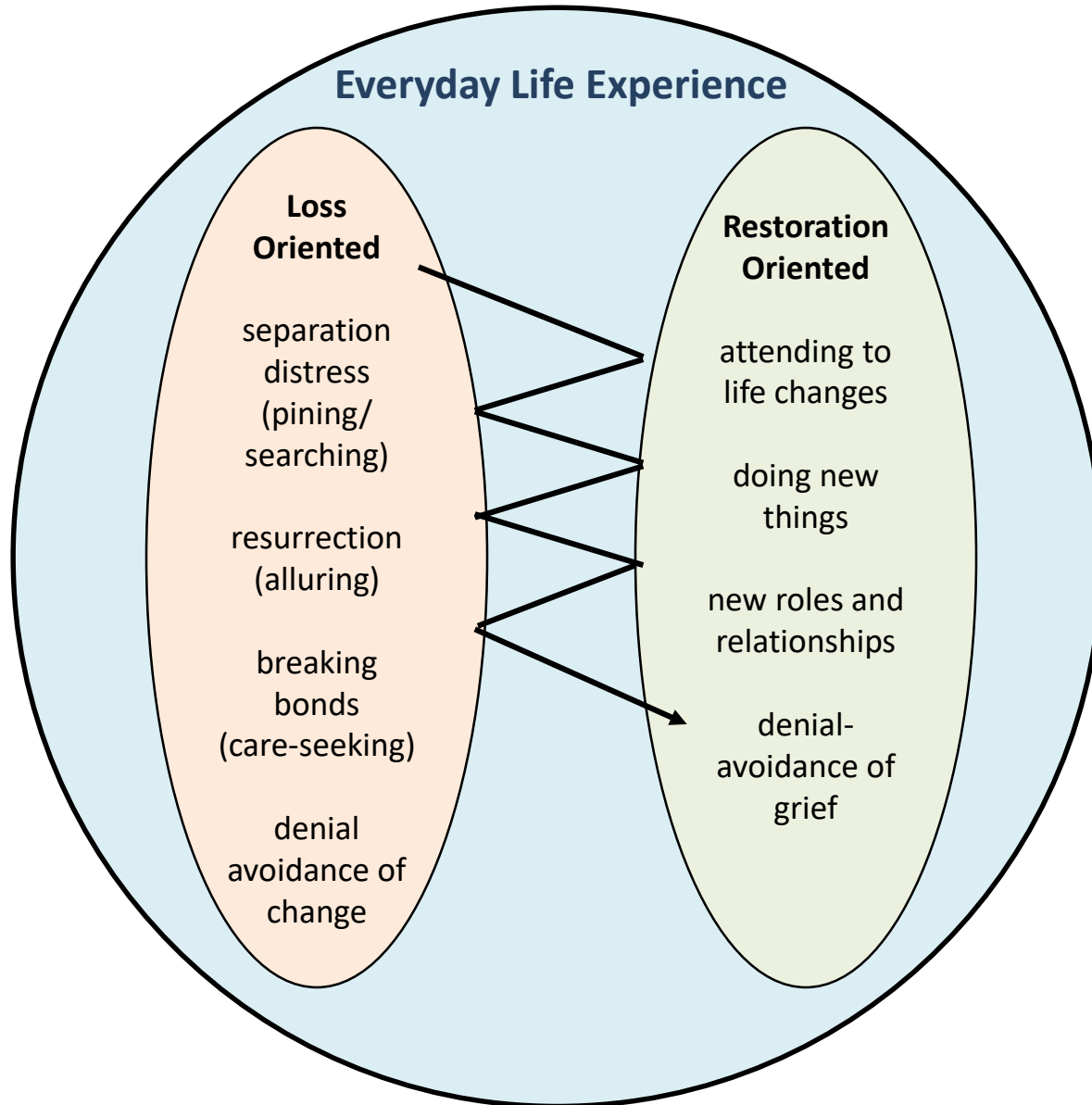
- indications – insomnia/panic attacks (short term hypnotics or benzo’s)

Previous hx of treated response MDD, AD

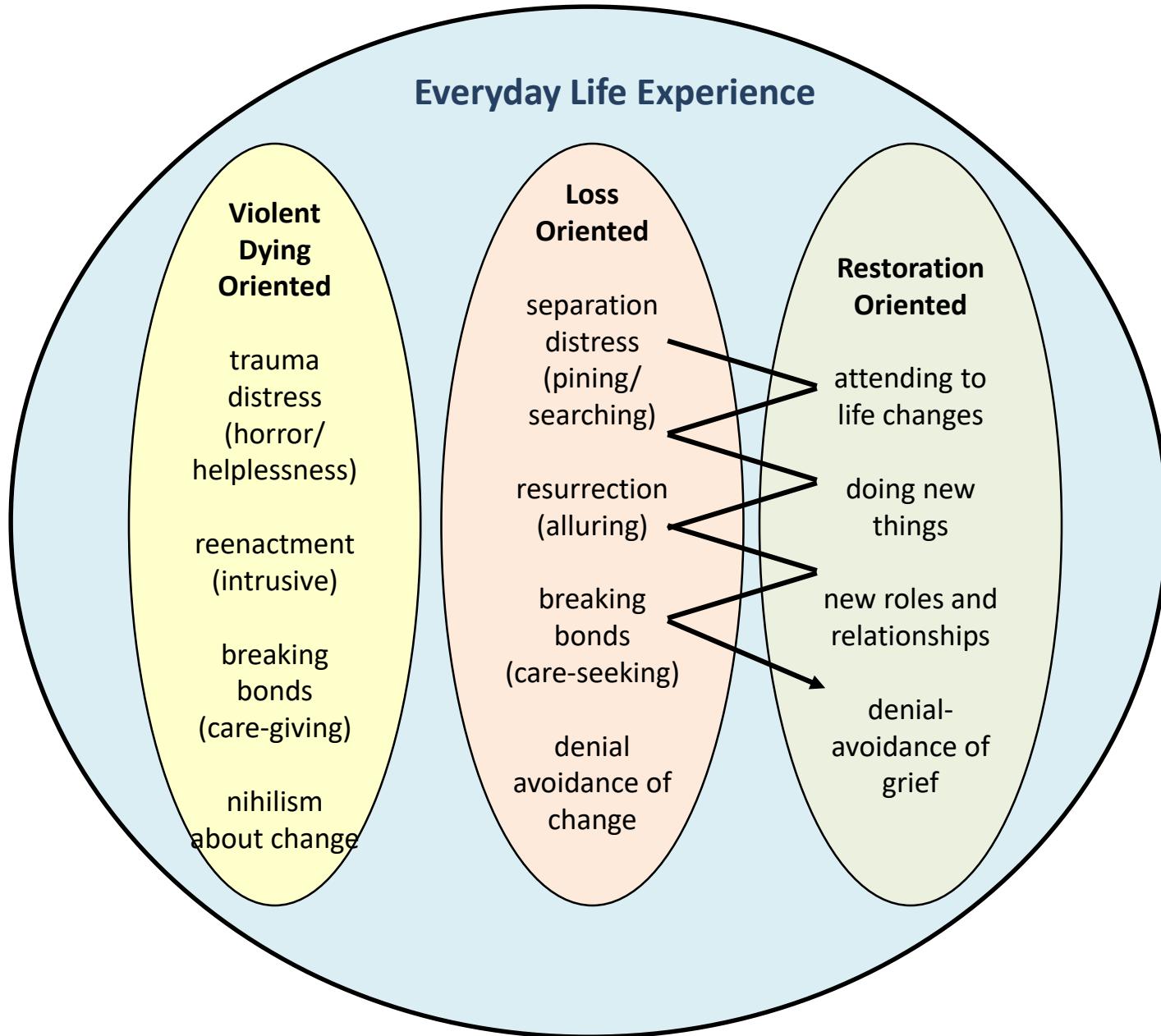
Case Identification & Treatment– individual/group rx (? Response 70%)

The Dual Process Model

(Stroebe)



The Dual Process Model of Traumatic Grief







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