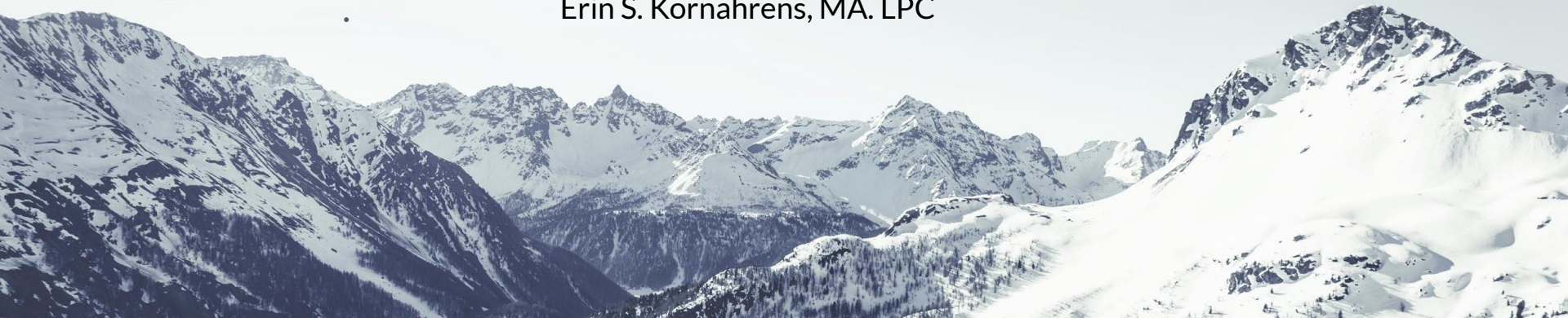


Can Trauma Exist Without a Grief Response and Can Grief Exist Without a Trauma Response?: Discussing the impact of Traumatic Grief.

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Objectives

- 1) Define the following terms: grief, trauma, trauma response, and traumatic grief.
- 2) Be able to give examples of traumatic grief.
- 3) Application: Learn coping skills to help symptoms of traumatic grief



Grief

“Grief is the anguish experienced after significant loss, usually the death of a beloved person.” APA

“Grief is whatever you think and feel inside about the death. Any thoughts, emotions, physical symptoms, and even unexpected behaviors you are experiencing because of the death are part of your grief.”
Dr. Alan Wolfelt



Trauma

1

“Any event that has such intensity, brutality, or magnitude of horror that it would overwhelm any human being’s capacity to cope.”

Wolfelt 2014

2

“Trauma occurs when suffering overwhelms normal human coping.”

Diane Langberg 2017

3

“Trauma is an emotional response to a terrible event like an accident, crime, or natural disaster.”

American Psychological Association 2023

4

“When something changes without prior knowledge and causes a mental, emotional, and potentially physically reaction and a perception of control is lost.”



Trauma Response

- Trauma is an emotional response to a terrible event like an accident, rape, or natural disaster.
- Immediately after the event, shock and denial are typical.
- Longer term reactions include unpredictable emotions, flashbacks, strained relationships, and even physical symptoms like headaches or nausea.



Traumatic Grief



According to Roeske, people experiencing traumatic grief may also feel angry and that what's happened is unfair. They may also feel like they have unfinished business or something they need to work on. The symptoms are more intense, pervasive, and persistent than regular grief. Jan 25, 2022




Is often referred to as **Complicated Grief**

Symptoms

PTSD

Grief



Thoughts or perception about the event/loss	+	+
Images of the event/loss	+	+
Dreams about the event/loss 	+	+
Illusions or hallucinations	+	+
Dissociative flashbacks	+	Sometimes
Psychological or physical reactions to cue	+	+
An inability to remember significant aspects of the event	+	Sometimes
Avoiding thoughts, feelings, conversations, places or people	+	+
Persistent and negative beliefs about self, others, world	+	Sometimes
Persistent, distorted thoughts about the cause or consequences of the event/loss	+	Sometimes
Persistent negativity	+	Sometimes
Markedly diminished interest or participation in significant activities	+	+



Feelings of detachment or estrangement from others; self-isolating behavior	+	+
Persistent inability to experience positive emotions	+	+
Difficulty sleeping	+	+
Irritability or anger outburst, explosive emotions	+	+
Difficulty concentrating, disorganization, confusion	+	+
Hyper-vigilance	+	+
Exaggerated startle response, anxiety, panic, fear	+	+

- Accidents
- Suicide
- Breakups
- Loss of job
- Significant financial change
- Loss of any relationship
- Health issues
- Loss of pet
- Miscarriage
- Infertility
- Divorce
- Infidelity
- Betrayal
- COVID
- Moving
- Incarceration
- Loss of independence
- Sexual dysfunction
- Death
- Loss of community
- Control of body
- Ability to sleep
- Changes in relationship
- Economy changes
- Change in routine
- Loss of comfort

Identify which of these you have experienced.
Note based on the previous chart if you experienced symptoms of PTSD and/or grief.

In the trauma, did you experience grief?
Was the grief traumatic?

“A wound that goes unacknowledged and unwept is a wound that cannot heal.” John Eldredge

Catch up Mourning: Going backward and giving attention to any grief you have carried from past losses in your life, including- and especially- any traumatic events. The purpose of going back and doing grief work is anchored in eventually freeing you to go forward with newfound meaning and purpose in your life, living, and loving. *Wolfelt 2014*

1

Acknowledging
grief

2

Overcoming resistance
to do the work

3

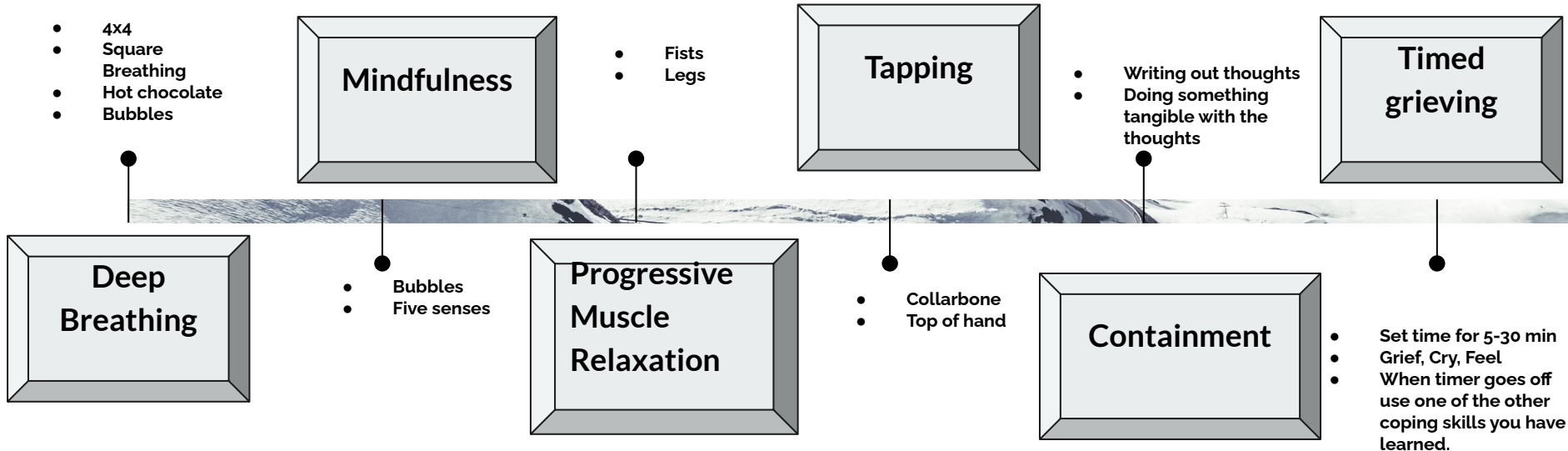
Actively mourning
carried grief

4

Integrating carried
grief



Coping Skills





Questions.

