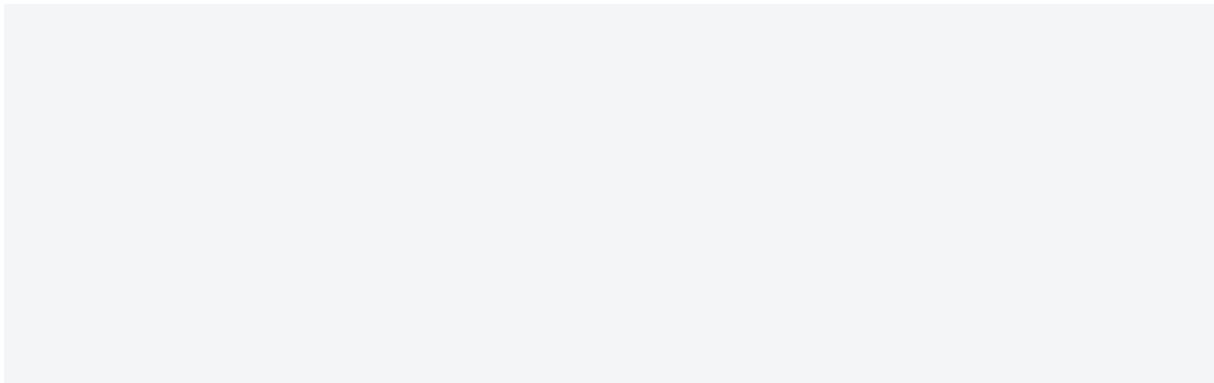


Understanding the Mediators of Mourning

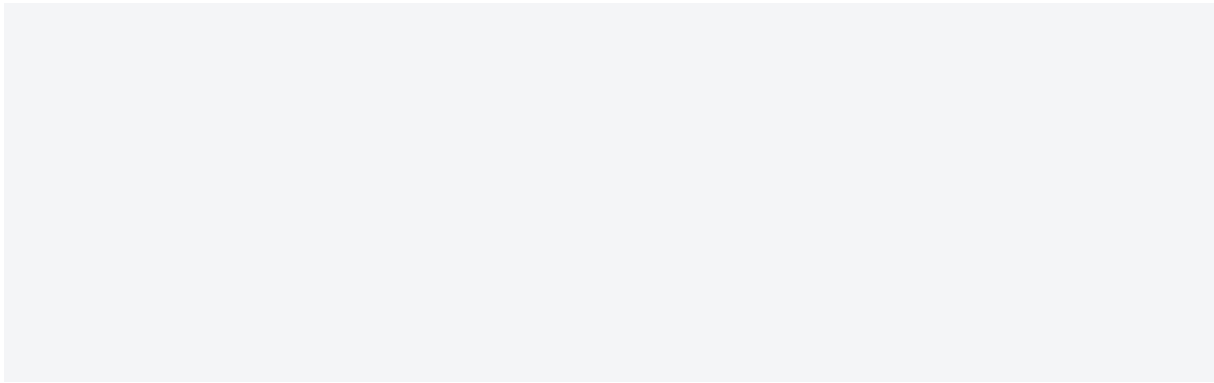
Spend time building a picture of the mourning process and its mediators with your client.

Use the following questions as prompts to understand the impact of the situation and the potential effect of the loss (modified from Worden, 2018):

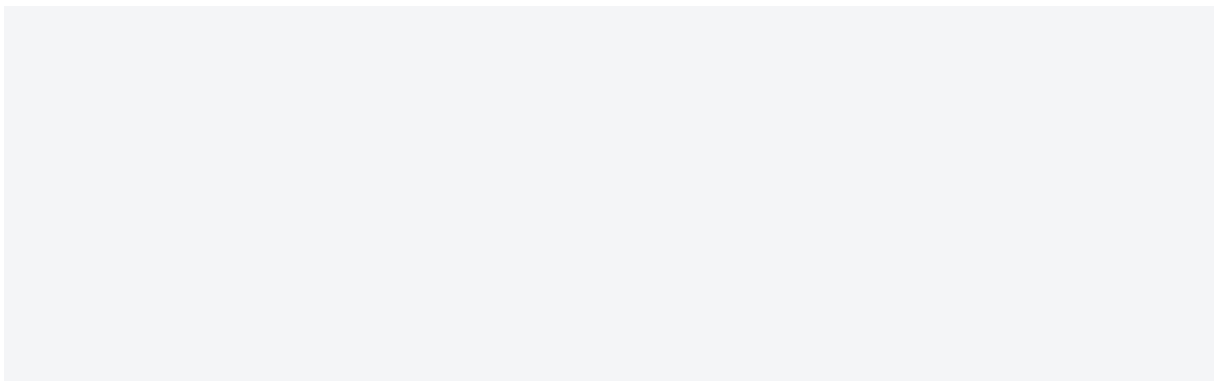
Who was the person who died? What was their relationship to the client?



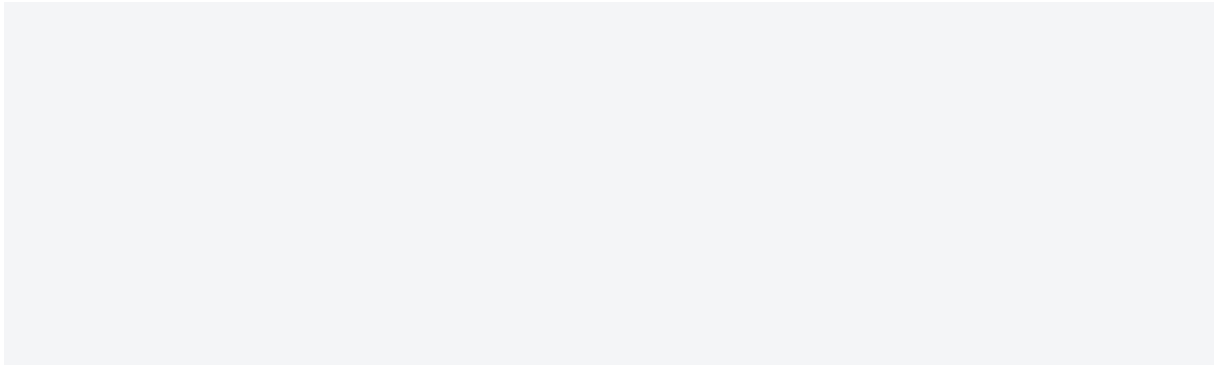
What was the nature of the attachment? (such as the strength and security of the relationship)



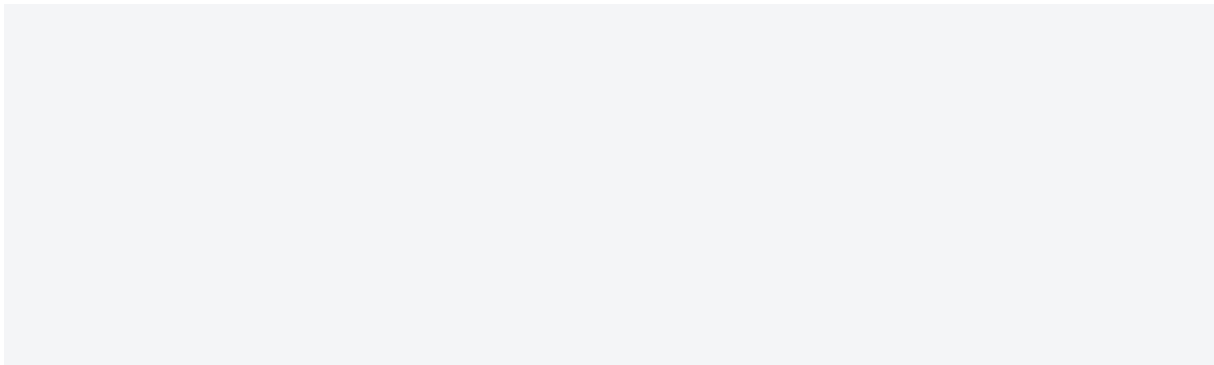
How did the person die? (such as, was it sudden or expected?)



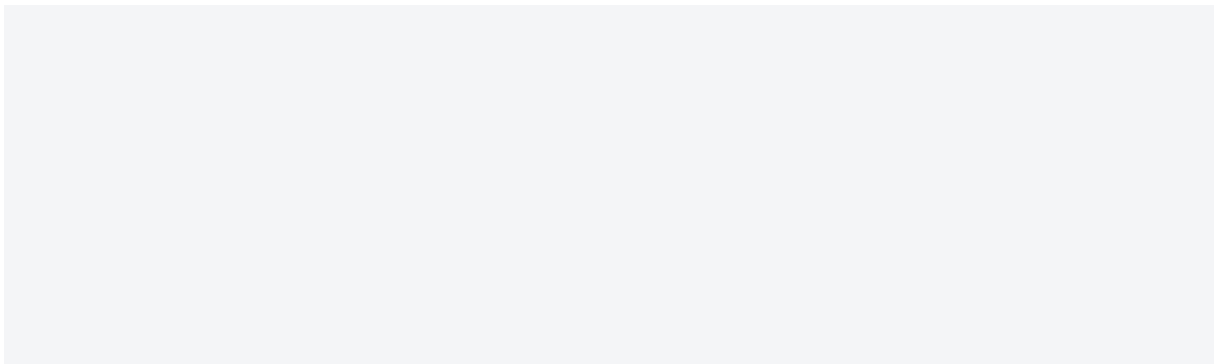
What are the personality variables of the client? (Age, gender, coping style, etc.)



What other stresses or issues are the client facing?



What degree of social support does the client have?



Understanding mourning mediators early on in counseling can ensure that the correct degree and type of support is given.

References

- Worden, J. W. (2018). *Grief counseling and grief therapy: A handbook for the mental health practitioner*. New York, NY: Springer Publishing Company, LLC.