Research on the Strategies of Assisting Dealing with Grief for Loss of Single Family by Community Work Personnel

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Abstract

Alone in the face of China's growing lost family, the community staff how to help them out of grief, this is a problem that deserves attention. Their sad particularity reflected in its peculiar psychological characteristics, stage, psychological and other aspects of the theme, so the community workers for their characteristics require special assistance during the grief process skills, such as how to communicate, how to carry out periodic work, etc. Get twice the result with half the effort to learn these strategies will help the community staff support work.

Keywords. Lost family alone; Community workers; Sorrow; Strategy analysis.

1. INTRODUCTION

On July 19, 2015, Hangzhou Xintang home (near YanGu Long, next to the canal) east 2 unit 12 building, and a pair of husband and wife both died. Is said to be the couple can't accept only daughter died of the facts, deliberately chosen the daughter died one hundred double suicide. The end of the dead and the living is cry. And like this kind of family is increasing every day. Especially along with our country "home alone", according to the statistics by the end of 2012, about 1 million across the country lost the family. According to every normal family husband and wife two people estimate, there are about 2 million loss alone, and lost each year about 76000 new home alone. A family lost an only child, this world there are kind of grief white-haired people who sent hair, the bereaved will experience grief, guilt, guilt, helplessness, anxiety, depression, fear and other negative emotion, visible only child lost their parents to live cause great physical and psychological trauma.

Currently Xianning City and its surrounding county lost a total of 407 single families, including single family lost all rural and urban living. Beneath them only 30 years families have just lost only 2-3 months families. Loss of independence of a variety of reasons, in general, is an accident or illness, suicide, homicide, etc. The parents of these families have been in a sad mood to get out, but also by self-adjustment gradually out of sadness, to find a new way of life.

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2. Definition and characteristics of sorrow

Sorrow is to point to anyone in lost loved ones or the object of attachment (mainly refers to relatives) faced by circumstances, this situation is not only a state and is also a process, including the reaction of sadness and mourning. Sad person in such aspects as physiology, cognition, emotion, and behavior showed unique characteristics. Physiological aspects, they will feel emptiness of the stomach, chest tightness, throat tighten, sensitive to sounds, unreality, shortness of breath, muscle weakness, lack of energy, dry mouth. Cognition, they don't believe, confusion, addicted to the deceased thoughts, feel the dead still exists, has the illusion. Emotional, sadness, anger, guilt and remorse, anxiety, loneliness, tired, frightened, yearning, numb. Behavior, they suffer from insomnia, behavior disorders, absent-minded, social withdrawal behaviors, dreamed of lost loved ones, to avoid mentioning lost loved ones, seek and calling, sigh, fidgeting, excessive activity, crying, brideshead revisited, or to remember the dead to carry items, treasured relics.

For example, Cai aunt lost her daughter nearly three months, every time we volunteer on-site service, the other main complaint: every day in tears, regret not take good care of her, feeling her daughter did not go, you can be repeated if the work does not necessarily put themselves first bit, must take care of her daughter. Currently not go out, eat, sleep, trance. Of course, many, loss of independence were also substantially similar grief like this family, Tan Hui community we serve a single loss of family, her children had gone home for eight years, each of us on the door once she is crying, confused volunteers do not know how to comfort her, and then we volunteer home, she refused for various reasons. It can be said that her grief had mishandled, leading to prolonged grief disorder or complexity of grief, pathological grief reaction that is triggered by the death of significant others, showed separation grief into thinking, avoidance and maladaptive, etc.

3. Sad reaction stage

Sadness passes through the following three stages generally:

1. The first stage shocks and evades: Appears is knowing that death news from several hours to several weeks, regards the sudden degree as well as with deceased the intimate degree of the death news comes decides, their physiological reaction has, paralysis, losing sleep and to be sensitive to the sound numbly, muscular tone and breath shortness. The cognition responded that presents the denial, not to believe that thought slowly, to be hard to make the decision. The feeling responded that has to lose the feeling ability, not really and visionally the condition. The public relations and behavior performance that are unable to fulfill the responsibility on life for out-of-control.

The worst at this stage who is sad cry, no trouble, quiet, calm. In the face of such a sad person, we must cry out to them, there are emotional catharsis. Because serious people are numb, they are prone to delusions, hallucinations, withdrawal behavior. We need
to establish a supportive relationship with them, listening and companionship, strengthen social support systems, to enhance the sense of security, to take care of daily life guidance, to meet their physical needs.

2. The second stage face and collapse: time for the living on the cognitive and affective confirmed dead, dead, sustainable months to several years. Physiological response with loss of vitality, fatigue, compression symptoms. Cognitive reaction has thought about the past, idealize the deceased, attention is easy to disperse, suicidal thoughts. Feeling reaction confusion, loss and empty, anger, guilt, depression, loneliness, helplessness, insecurity and despair. Social and behavior for retreat, the deceased's action or living habits. We help them to recognize, accept, adapt to bereavement fact, guide the different recognition, experience and the expression level of negative emotion that prevent maladjustment after traumatic stress disorder.

3. The third stage acceptance and reforming: the whole duration may be months, years, or even a lifetime. Physiological responses to sleep and eating into normal, compression symptoms. Cognitive response to embrace life in many irreversible changes and added the certain significance. Reaction as heavy picks up confidence, self-reliance, and look forward to. Social and behavior for positive back to work and social circles, and build new relationships and plan for the future. We need to encourage bereaved people to adapt to new environment, the dead do not exist to respond actively to explore and establish contact with the outside world, the reconstruction of life goal and hope, social support system must be established.

4. Two themes in the grief process

Sad people think the main problem during the course of sadness has two kinds: miss of the deceased and concern about their future. The former includes showed various continuous coupling (continuing bonds), which includes pension, a doctor in the future and take their concerns. Lost, of course, the sole expense some parents sad there are gender differences, the theme of the lost mother intense sadness alone, from his earlier huge pay in emotion and life of their child. And the death of her husband, she is mainly because the possibility of losing offspring, we are visiting red cliff a sole family, the 60 s of the big ye loss alone for more than 30 years, have not been able to establish contact with social, community, neighbors others, after he complained of you don't have a son, away from the familiar people, afraid of things about this or other people's eye lights, feeling others look down on yourself, not his own son, after not as inferior. It has a certain relationship with Chinese traditional culture, because Chinese believe that "there are three unfilial, ways". Indeed so, exclusive family as long as we support in children with children, the elderly spiritual condition is relatively better, because they have a certain spiritual, again painstakingly again difficult also will bring great grandchildren, despite their age, economic pressure is very big, but they are some relatively positive life attitude, relatively optimistic spirit.

We carried on the investigation and study discovery to lose the alone family biggest worry to Xianning city, catch water town, Chongyang County, Tongshan County, Tongcheng County,
Chibi and other areas are the future old could not take a walk, fell ill has lain on the bed, nobody managed them. This retirement issue, they were extremely worried that hoping the government can provide the supporting policy and service, can let them "there is always support, there is always support".

Has to the factor that the sad course affects, such as loses the disposition and age of aloneness, before death the relations with child, to death whether has anticipated, relations between husbands and wives, as well as friend and family member's support. For example in we contact loses in the alone family, the disposition extravert is easier than to go out sadly the disposition introvert, loses the only child due to the sick reason losing that because the accident (traffic accident, homicide, etc.) reason creates is more alone, loses the alone parents to be relatively less in the angry emotional aspect. However these factors to other parents will have whether also the influence, but also need many research and in brief, when the help loses alone parents, must as far as possible consider their sad distinctive qualities.

5. Four specific objectives grief counseling

According to the above theoretical analysis, we display the following four aspects in the essential target of sad counselling:

1. increases the reality of losing.

2. assists the litigant to process expressed or the latent emotion.

3. after assisting the litigant to overcome loses, adapts to the barrier in process again.

4. encourages the litigant to say goodbye to the deceased, throws the emotion in the healthy way again various to the new relations, continues in force lives.

Certainly in achieving these goal work we need to pay attention to the following item:

1. Do not say that "must buoy up, restrains your grief and accommodates change that some, you can overcome", because the living will feel that your being incapable load bearing or is not willing to further listen respectfully to his grief. We can say that "I do not know should say anything to you, but I am willing to listen to you to speak very much". Listens respectfully, was little reasonable, through eye contact, nod the influences of non-language (lost own initial period especially). We can say that "sometimes cries, perhaps good (to vent mood)." "I know that you are definitely uncomfortable, such pain you will feel that as if no terminus." "This pain is really unendurable, to be sadly natural."

2. Do not say that "I understood very much your feeling", because of the living will feel the distinctive quality of personal experience was denied, will question your sincerity. We can say ", although I cannot fully understand your present feeling, but I think you very (sad and sad, pain), because. . . (Experience, thought or behavior: Does not go out, the meal does not do, the
human is very thin and pale, the human was thin, hair white).""I am quite worried about you, does not dare to imagine your present feeling, but ......"

3. Do not say that "you should feel the comfort, because he has not needed to suffer hardships again." Should say "pain that like this is really hard to bear, the person of your deeply love is no longer painful, but I know that you are suffering the pain."

4. By "pass away and do not go, not vague or the words and phrases of romanticizing replaces "dying" in" and other character. But should make the litigant realize that the child died, making her return to the reality, "your daughter passed away (died), this is a very hurtful matter ......"

5. Do not say that "I know what your feeling is?" Bitter experience sudden disaster, survivor's experience is rending, we can only imagine the distress of disaster, cannot experience the experience real psychology feeling.

6. Moreover, do not inquire about the detail in frigid event, do not force the recollection pain. If he is not willing to recall is not willing saying that naturally is its innermost feelings strength is not enough to deal, involves to have a series of wound responses forcefully.

7. In addition, when with the exchange has the awkward silence do not worry to look for the words, but affection and silently accompanies is in itself also comforting.

6. Sadness processing strategy analysis

However, in the real work we may meet such situation: you are the best, but feel their anger over your project (this is their guilt), not for you, you don't care about, to feel relieved, they can feel anger that come back is a good thing ah. You may suffer from their attacks at the same time, become the target. Is also a good thing, let them vent negative emotions, is also responsible for them, of course it is best to transfer their mood, lead to positive emotions.

We summed up the experience in the real work is for sorrow is to set up a special place to honor children, other place can't see the children, hanging photos of children room, can focus to spend 90 minutes each day dialogue with the child, can cry, while talking with children. The future gradually reduced to 60 minutes, 30 minutes... This is sad concentrated expression. Has the support of a case, in our volunteer 2 months follow-up, those who lost the sole statement said "don't cry" recently. Concentrated expression effectively protect their social function, no matter what time than they are, and where, see what people are crying, to be a lot better.

One, you say dead can hear? This is a question about people exactly have the soul, let them believe that man has a soul, body died, transmigration and reborn, to their guilt, sorry mood slowly down, since in our actual work finds religious beliefs of the loss of parents than no religion alone single parents are more willing to engage in social public welfare activities, it is easier to restore social function.
Our psychological crisis intervenes the principle and matters needing attention lies in:

1. At this time this place, understands the issue from the standpoint of sadness.

2. Returns to the reality.

3. You will have the helpless feeling, do not make this mood interfere with your work.

4. Society processing sadness direction own anger, this is only the shift of their hostility mood, is helpful to divulging of their negative mood.

5. Promotion sadness is sorrowful by the healthy method solution, the evasion, excessive drinking, violence and suicide are the unhealthy behaviors.

Regarding the losing a child parents, in the situation of conditions are ripe, recalled the child and discussion death counsels the best tool sadly. How to do the sad counselling work? The group and Sharon move are raise lose the alone family to build mutually the familiar platform, develops its human communication circle. The primary coverage includes: (1) gatherings. Through work demonstration, theatrical performance and other ways, demonstrated that Sharon member's harvest in activity, provides the demonstration for Sharon member the platform, to promote their self-confidence and self-approval. (2) counseling. The invitation psychologist launches the psychologically healthy theme activities for Sharon member, helping the target client debug the mood, to promote its psychologically healthy. (3) the physiological health moves. The invitation community doctors launch the healthy theme activities for Sharon member, according to the age and physical condition of Sharon object, the health health knowledge that as well as the different seasons need to pay attention, carries out the activity. (4) resources docking. Through organizing Sharon member participates in the community public service, serves the minority groups in community, such as the orphan, old and alone person and others, is hard "permanent love that" gives to transform as to other minority groups "universal love" regarding the children Sharon member. Guides them to participate in the social activity, manifests the value.

7. Community work personnel support family attention skills

Lost family alone sensitive suspicious, usually don't like contact with strangers. Social workers, street think of cadres as an important breakthrough. The focus on short-term counseling and consultation of narrative therapy method, the integrated use of listening empathy to establish good relations of consulting; Externalization deconstruction problem; Positive attention to visitors; Exploration and search for regional stories; Mining and rich special event strategy, so as to guide visitors to open up, open expression, a comprehensive understanding, positive thinking, find resources, to release the sadness, accept yourself, stress, enhance self-efficacy consulting target. Understanding, acceptance, support and encouragement is the main technique of psychological consultation. In addition, distracting, actively guide to participate in activities, also is the important method.
Community workers can do:

1. To smoothly through the grief process, the parties should help them to understand and accept the reality, to encourage the parties to talk about the deceased, together with the packing relic, see the deceased is illuminated, tidy up the dead room, etc.

2. Can help the parties to express emotions, such as miss or guilt of the deceased, can take the way of writing or conversation;

3. Proposed by the parties to healthy ways such as listening to light music, exercise, such as a variety of ways to solve the sorrow, not sorrow, violent, self-injury and suicide;

4. Give the parties hope to help set up the confidence to start a new life; If the heavy grief reaction, in time to seek professional help for mental health or supervision.

5. Set up new attachment: a new role, establish a new relationship.

8. CONCLUSIONS

Finally intervenes the community staff to share two cases with the psychological crisis: Documentary literature "has a child—The Chinese only child accident injury patho report" first story narrated 17-year-old Beijing girl Zhang Ye, when is young, read the 10th grade and one year later prepared to gain admission to the university, actually in winter in the morning had the accident, the traffic accident has claimed her young life. Parental that all day imitates the full life hope, that to repose the infinite dream on daughter, soaks like the fat soap along with it exceptionally completely is disillusioned in the most beautiful time brutally ......

Ten years later the reporter interviewed, their husbands and wives have been preserving the daughter before death all things, they had the same nightmare every day, old has lain on the bed, who served them?

A Wuhan single-parent family, during 2015 Pure Brightness has a vacation, the daughter commits suicide. Facing departure of daughter, immerses in the sorrowful mother has not walked now, every day cries.

Hopes the only child family that these suffer the accident injury to come out of the difficult position gradually! Hopes in the world all good innocent families to be able forever to enjoy a good and prosperous life and be far away from the disaster!

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Reference


