



## CNL-518 Topic 8: Bereavement Across the Life Span

**Directions:** One's understanding of death and the bereavement process changes over the life span. Using the matrix provided below, summarize how individuals understand the various stages of life, death, and how each might grieve the loss of a loved one. Create a short vignette for each age group that expresses your understanding of the age group's response to death and bereavement. Finally, hypothesize how a clinical mental health or school counselor might counsel each age group through the bereavement process. The first stage has been completed for you as an example. Include in-text citations in the chart and references at the bottom of the worksheet as appropriate. Do not exceed 50 words per box.

Age Group	Perception/Cognition of Grief	Response to Grief	Vignette (short example/story of a child's loss scenario)	Developmentally Appropriate Counseling Interventions (including empirically-sound interventions for this age group)
<b>Baby and Toddler</b>	Does not understand the permanency of grief.	Excessive crying and yearning to be held.	A baby's birth mother died during delivery.	Counsel the guardians of the baby to be sure to tend to the baby's need for touch and comfort.
<b>Preschool Age</b>	During the preschool stage, kids tend to get confused about the reason for the absence of their parents.	They are prone to frightening dreams, anxiety, and inconsolable crying during the preschool stage. They also tend to perform regressive behaviors such	A parent passes away in a car crash.	The guardians should help the child relax and feel loved and less confused by seeking counseling.

Age Group	Perception/Cognition of Grief	Response to Grief	Vignette (short example/story of a child's loss scenario)	Developmentally Appropriate Counseling Interventions (including empirically-sound interventions for this age group)
		as bedwetting and thumb sucking.		
<b>Grade School Age</b>	They are afraid that other people will follow their grandma lead and leave without leaving a trace.	Some may become more aggressive and anxious about things like the dark, being on their own, and bad health. They may also become more curious about death.	Their grandmother dies due to illness.	Use metaphors to answer their questions and encourage them to explore nature. Also, provide them with love and comfort.

<b>Age Group</b>	<b>Perception/Cognition of Grief</b>	<b>Response to Grief</b>	<b>Vignette (short example/story of a child's loss scenario)</b>	<b>Developmentally Appropriate Counseling Interventions (including empirically-sound interventions for this age group)</b>
<b>Adolescence/ Teenage Years</b>	They copes with the loss of their friend's life but is surprised by it. The teenager had no idea that it could affect them.	Disconnected from relatives and friends can cause feelings of anger, depression, and high-risk behaviors like substance abuse and smoking.	Their friend pass away due to driving while texting.	Teens should be allowed to talk about their feelings and be honest with one another. They should also be supported to find effective coping methods.
<b>Adulthood</b>	They never expected that their child would die. Even though they understand death, they never expected it to happen.	They are in shock, depressed, and are worried about their finances. They also feel guilty. Grief may be avoided or it may be exaggerated and prolonged (Parkes, 1998)	The child was fatally shot by a stray bullet.	The mother should be encouraged to talk about her feelings and begin to heal. She should also start going to support groups.
<b>Late Adulthood</b>	The person is still not able to come to terms with the death of her husband.	Depressed, forgetful, mentally sick, physically weak, upset, hopeless. Death anxiety can affect many older adults as well as younger people as well	A women's husband dies after being married for 18 years.	Help her understand that they must not lose hope in life, introduce her to support groups and coping methods. Encourage her to spend time with other love one's.

Age Group	Perception/Cognition of Grief	Response to Grief	Vignette (short example/story of a child's loss scenario)	Developmentally Appropriate Counseling Interventions (including empirically-sound interventions for this age group)
		(Kail & Cavanaugh, 2019).		

References

Kail, R. V., & Cavanaugh, J. C. (2019). Human development: A life-span view (8th ed.).

Cengage.

Parkes C. M. (1998). Bereavement in adult life. *BMJ (Clinical research ed.)*, 316(7134), 856–

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