

MISSION STATEMENT

We are an all volunteer trained group dedicated to supporting the needs of bereaved people.

We strive to provide a support network that can help individuals who are grieving to work through the grieving process together.

The group provides free support counseling to those who have lost a loved one whether it is through ill health, a tragic accident, suicide, etc

People are able to avail of a safe place to mourn and come to terms with the loss of a loved one.



I.R.D. Duhallow BEREAVEMENT SUPPORT GROUP

SUPPORT SERVICE

If you are interested in receiving support from one of our trained volunteers or would like to receive further information on the service please contact the following numbers;

Helpline: 087-6279000

Office: 029-60633

Email: duhallow@eircom.net

I.R.D. Duhallow BEREAVEMENT SUPPORT GROUP

James O'Keeffe Institute,
Newmarket, Co. Cork



DESIGN: CREATIVE REPUBLIC T:085 7489834

I.R.D. Duhallow Ltd



IRD DUHALLOW
BEREAVEMENT SUPPORT GROUP
TEL: 087-6279000

The IRD Duhallow Bereavement Support Group consists of a team of volunteers trained in bereavement support. The loss of a loved one can cause a broad range of reactions and people experience their grief in a variety of different ways.

Reactions you may experience when you lose someone close

Feelings; Sadness & Loneliness, Anger, Guilt & Self Reproach, Anxiety & Fears, Fatigue, Despair, Shock, Longing, Relief.

Physical Sensations; Associated with acute grief. Tightness in the chest, shortness of breath, muscular tension, headaches, diarrhoea are some of these symptoms.

Thoughts; Disbelief, Confusion, Preoccupation, Sense of presence, Hallucinations.

Behaviours; Sleep & Appetite Disturbances, Absentmindedness, social withdrawal, dreams or nightmares of the deceased, over activity, crying, carrying objects that belong to the deceased.

THE MOURNING PROCESS

“After one sustains a loss, there are certain tasks of mourning to be accomplished for the process of mourning to be completed”

(Worden, 1991)

TASK 1:

To accept the reality of the loss

TASK 2:

To work through to the pain of grief

TASK 3:

To adjust to an environment in which the deceased is missing.

TASK 4:

To emotionally relocate the deceased and move on with life

KUBLER ROSS'S STAGES OF GRIEF

Denial: During this stage the person is unwilling or unable to accept that the loss has occurred.

Anger: Once the person has overcome the Denial Stage they can begin to feel Anger at the loss and unfairness of it all. They can become angry at the person they have lost and can feel abandoned.

Bargaining: People beg their “Higher Power” to undo the loss they have endured. This stage usually involves promises of better behaviour in exchange of the reversal of the loss.

Depression: The person confronts the inevitability and reality of the loss and their own helplessness to change it. People may blame themselves for contributing to the loss.

Acceptance: People enter a stage of acceptance where they have processed their initial grief emotions and are able to accept that the loss has occurred and cannot be undone. They are able to plan for their future and re-engage in daily life.

Reference; Kubler- Ross. E “On Grief & Grieving; Finding the Meaning of Grief through the five stages of Loss”

