

WHAT IS PROLONGED GRIEF?

When a loved one passes away, it is normal to feel sadness and grief. Soon after a loss many people experience intense and persistent yearning or longing for the person who died, as well as other negative emotions such as fear, sadness, guilt or anger. Many people also report a loss of meaning or purpose in life and a sense that 'moving on' would be difficult.

When these symptoms continue to be intense for **more than 12 months after a loss** and **interrupt daily activities or routines**, this might be a sign that the individual is experiencing 'Prolonged Grief'.

People with Prolonged Grief are stuck in a state of chronic grieving. They may still feel shocked or dazed by their loss, have difficulty accepting it and find themselves getting caught thinking about the meaning of the loss, its causes, or consequences. Some people may find themselves regularly drawn to reminders of their loved one, in a way that interferes with other aspects of their life, while others may find themselves avoiding memories or activities that remind them of their loss.

Prolonged Grief was officially recognised by the World Health Organization as a disorder, distinct from other conditions including depression and anxiety. Research has also shown that people experiencing Prolonged Grief are at risk for considerable health impairments. Specialist treatment is therefore recommended for sufferers of Prolonged Grief.

New and effective treatments for Prolonged Grief are currently being developed around the world. More information about our treatments for Prolonged Grief can be found on our website: www.traumaticstressclinic.com.



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