

Looking from an existential perspective

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Transformative nature of grief: Existential perspective?

- Loss and bereavement: inevitable suffering, existential givens (Yalom, 1980)
- Re-learning the world (Attig, 1996): the world is not the same after his/her death
- How we may respond to the loss:
 - Search for meaning following loss (Frankl, 1984)
 - Personal growth/post-traumatic growth: as a form of meaning searched

Classical Example in Logotherapy

- Frankl continued "You see such a suffering has been spared her; and it is you who have spared her this suffering; but now, you have to pay for it by surviving her and mourning her." The man said no word, but shook Frankl's hand and calmly left his office." (*Man's Search for Meaning*)

Search for meaning in bereavement

- Chan, W. C. H. & Chan, C. L. W. (2011). Acceptance of Spousal Death: The Factor of Time in Bereaved Older Adults' Search for Meaning. *Death Studies*, 35(2), 147-162.
- Reconsider the factor of time:
 - Timing of death
 - Paradoxical perception of time: too much time in each day, but limited time in view of the whole life (Isolation in time, and truncation of time: don't want to think of the past, difficult to plan for future, and live only day by day)

A point to note: How good the grief can be?

- Story about good death: how good the death can be ? (Good enough death) (McNamara, 2004)
- How good the grief can be? Good enough grief?

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- Bereaved persons: they experience transformation and post-traumatic growth
- It doesn't mean they don't feel the pain.....
- “Yes, I have no hesitation to give up the things I have now (he experienced positive changes in life after the loss), if my mother can be still alive. But I know it is not possible, her death is a reality...and I have to face this suffering courageously.”