The Dual Process Model of Coping with Bereavement


**Everyday Life Experience**
- Loss-oriented
  - Grief work
  - Intrusion of grief
  - Breaking bonds/ties
  - Denial/avoidance of restoration changes

**Restoration-oriented**
- Attending to life changes
- Doing new things
- Distraction from grief
- Denial/avoidance of grief
- New roles/identity/relationship

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