

Palette of Grief®

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Portrait of Loss

finding the body
viewing the body
death notification
traumatic loss
sudden death

Brush Strokes

unexpected
untimely death
place of death
inability to say goodbye
no anticipatory grief

Background

psychological proximity
age of deceased/mourner
relational stressors
intuitive/instrumental
culture, ethnicity

Shadows

concurrent stressors
social media/media
multiple losses
secondary losses
non-death related loss

The Canvas

past losses
childhood abuse
preexisting trauma
high ACE's score
disenfranchised grief

Easel

stability of life
mental health
ambiguous loss
religion, spirituality
making meaning

Emotional, Physical, Behavioral, Cognitive, Spiritual and Religious Colors of Grief

Prolonged grief disorder (PGD) is the newest disorder to be added to the text revision of the *Diagnostic and Statistical Manual of Mental Disorders (DSM-5-TR)*, which was released in March 2022. It is estimated that 7%-10% of bereaved adults will experience the persistent symptoms of PGD.

