

Comparison of Grief Models

Stage Model (Kubler-Ross, 1969)	Phase Model (Bowlby, 1980)	Task Model (Worden, 1991)	Companioning (Wolfelt, 1992)	Dual Process Model (Stroebe & Schut 1999)
Denial	Numbness/Shock	Accept Reality of Loss	Acknowledge the reality of death	Accept reality of loss AND accept reality of changed world
Anger	Yearning/Searching	Experience and work through pain and grief	Embrace the pain of the loss	Experience pain of grief AND take time off from grief
Bargaining	Disorganization	Adjust to life without deceased	Remember who died "Death ends a life not a relationship"	Adjust to life without deceased AND master changed environment
Depression	Reorganization	Relocate deceased emotionally and move on	Develop a new self-identity	Relocate deceased emotionally & move on AND develop new roles, identities, relationship
Acceptance	N/A	N/A	Search for Meaning	
	Accept Reality of Loss		Receive ongoing support from others	

Worden, JW (2009) Grief counseling and grief therapy: A handbook for the mental health practitioner (4th ed). New York: Springer Publishing