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Individuals Grieve

AEDP as an Effective Approach for Grief as a Po

By Candyce Ossefort-Russell

To counter the isolation that many griever feel, and to provide processing of grief to completion, this paper demystifies the way uniquely. Though grief is universal, each person brings his own community to the table when she loses a specific loved one in a impact the grief process and influence therapeutic treatment. This paper illustrates how AEDP's focus on fostering security and pr patient is not left alone with overwhelming emotion, helps grief privileging of moment-to-moment fluctuations in the unfolding allows for full exploration of grief in a very personalized way. By unique patient characteristics, traumas, and emotions that influ than imposing an external map of grief onto the patient's experi door to a vast array of healing opportunities.

*Your grief for what you've lost lifts
up to where you're bravely wo*

— Rumi, in *The Essential Rumi*, translated

Let's face it. Every one of us is mortal, and every one of us will l
lives. So it's almost inevitable that sooner or later every clinician