Death

Test Section 4
Death & Bereavement

• Death is still a ____________ in our culture  (Holland, 2008)
  • Wills, burial plots, funerals, etc.

• People, especially children, more likely to be familiar with death ____________
  • People died at an earlier age
  • People more likely to die at home
Death & Bereavement (cont.)

- _________lacking in our society for integrating death into the ongoing process of life
- ___________separates family members
- Medical practice & technology controls death & the dying process
- _______and organizations like ________ changing this
- _________have institutionalized the death & mourning process
  - Grief is viewed as a private matter
  - Gender roles may push men and women apart at this critical time
Death & Bereavement (cont.)

- Shared acknowledgment of the reality of death
- Shared experience of loss
  - Facilitators of this process
    - Clear & open communication
    - Rituals
Death & Bereavement (cont.)

- Reorganization of the family system and reinvestment in other relationships and life pursuits
  - Sudden changes or unwillingness to change can both be problematic
  - Some
Death & Bereavement (cont.)

- Factors influencing family’s coping process
  - Level of _________ prior to the death
  - The _________ available to them
    - Social support, finances, etc.
  - The circumstances surrounding the death
    - On-time vs off-time
      - Sudden vs expected
      - Violent or traumatic (suicide)
Parental Suicide

- The legacy of suicide bequeaths to the survivors many negative feelings and thoughts regarding their own actual or possible role ________________________________ (Shneidman, 1976)
Three Pronounced Features in Families of Suicidal Members

- Guilt
- Identification
- Information/Communication Distortion
Guilt

- Guilt feelings are ________ following any type of death, but they are __________ following a suicide

- Children, because of their magical thinking, may ascribe exaggerated influence to the _________________
Children’s identification with the deceased parent may take the form of assuming __________________________
__________________

Children could begin to exhibit similar behavior or symptoms as the suicidal parent
Information/Communication Distortion

- Conspiracy of silence surrounding the facts of death
- Myth creation about what happened to the suicidal parent
- Lack of __________, ________, and _________ can result in serious psychological problems for the child, in addition to hindering the mourning process
- Shame and disapproval socially keeps the child from expressing to others the facts about death
Children must have _____ and __________ information regarding the death of the loved one, or they may construct stories to fill in the holes.
Important Goals for These Families

- Share the reality of death
- Share the grieving experience as a family system
- Define the past roles of the deceased within the family
- _________ existing roles to incorporate the loss
- Construct meaningful rituals of remembrance
- Find closure and move forward with living
Death Rates by Wealthy Countries

- Rates among white Non-Hispanics in the United States has risen over the last 20 years when compared to other Western countries (Case & Deaton, 2015)
- Researchers link this decline to suicide, ________, , ________, and ________.
Why do people commit suicide?

- suicide is a way to change how the person feels or what is happening in their life or at the moment.

- to assert or make a choice during circumstances in which there are no choices or important choices are being taken away.
Why do people commit suicide?

• ______ - the suicidal act is meant to stop the person’s behavior, to control events or to effect some change in others

• __________ - suicidal behavior is a means to relieve guilt or punish the person for their actions
Why do people commit suicide?

- Punish Others - the suicidal act is intended to inflict harm or punishment on others.

- Psychotic Illness - the suicidal act is the result of strange and bizarre beliefs that are caused by a mental illness or a severe medical problem.
Suicide Rates May Increase During Economically Hard Times
Suicide Rate by Age
Suicide and Being Single

- Unmarried single men are 3.5 times more likely to die from suicide than were married men (Phillips, Robin, Nugent, & Idler, 2010).
- Phillips et al. (2010) believe that this may be due to the decline in marriage rates, leading to social isolation.
Suicide deaths, by method and sex: United States, 1999 and 2014

Curtin, Warner, & Hedegaard (2016)
Suicide rates among black boys (age 5-11) have risen, while suicide rates of white boys of the same age group has declined.

Researchers hypothesize that this change is either due to easier access to guns or lower religious observance.

Bridge, Asti, Horowitz, et al. 2015

Suicide Rate per 1 Million Persons

<table>
<thead>
<tr>
<th>Period, y</th>
<th>Black boys</th>
<th>White boys</th>
</tr>
</thead>
<tbody>
<tr>
<td>1993 to 1997</td>
<td>1.75</td>
<td>1.25</td>
</tr>
<tr>
<td>1998 to 2002</td>
<td>2.25</td>
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</tr>
<tr>
<td>2003 to 2007</td>
<td>3.75</td>
<td>2.50</td>
</tr>
<tr>
<td>2008 to 2012</td>
<td>3.25</td>
<td>2.00</td>
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Bridge, Asti, Horowitz, et al. 2015
Overall, the CDC reports there is an increase in the number of suicides in rural areas compared to urban areas in the last decade.

Researchers hypothesize that the lack of mental health resources in rural communities may contribute to the rise in suicide. (Fontanella, Hiance-Steelesmith, Phillips, et al. (2015).)
Addressing the Problem of Rural Suicide Rate

- Researchers found that 45% of people who had committed suicide had visited their _________ ___________within the previous month (Luoma, Martin, & Pearson, 2002).

- Increasing mental health resources at _________ ___________ could decrease suicide rates among the elderly and possibly among women. (Luoma, Martin, & Pearson, 2002).

- This may help most groups, except for young men.
  - Young men are less likely to visit health professionals. (Luoma, Martin, & Pearson, 2002).