



WELCOME

Maternal Identity and Grief Resilience by Michelle Sepulveda





PURPOSE

This study was completed to bring awareness of mother's grief and to provide Professionals who work with mothers on their grief journey due to a medical condition support and to help understand resilience in grief.



Objectives

- Understand what resources best support grieving mothers, what is a grief narrative and a joyful grief moment.
- Support mothers with a grief narrative as a method of understanding
 - “ to be ready to be unready”
 - is part of the grief journey






Background

- Adjustments of this new life
- Possibly questioning their identity
- Have endless answers or narratives,





Never Give Up

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Resiliency in Bereavement

- Three principal categories
 - no universal definition
 - meant to show the strengths
 - the individual is proactively involved
 - (Auburn, 2016)



Shaping Resiliency

Symbolism and Sharing Stories

- Adjustment in grief with a multitude of varying reactions or interpretations of the new life.
- Symbols bring a level of depiction in the cultural construct,
 - Religious symbol, or a sign can lead to a memory.

- This memory can be comforting or ill feeling. Demonstrating care and respect that relate to a story, imposing an ethnocentricity of symbolic proportions, to the bereavement experience

(Rothaupt, 2007)



Continuing Bonds Theory

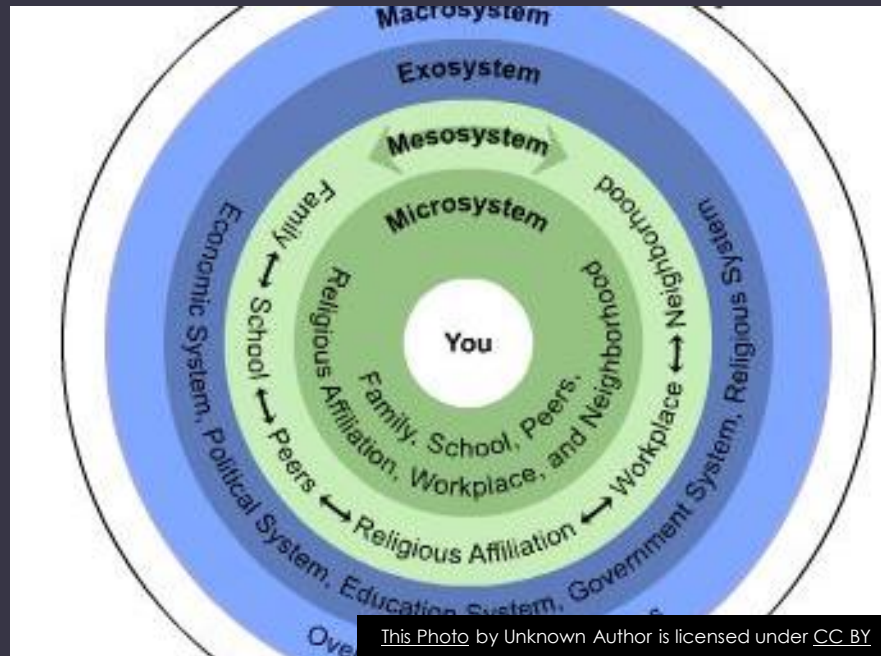
- Continuing Bonds
 - Another relevant factor to view is the interpersonal factors associated with continuing bonds with the deceased, as an autonomy-promoting secure base of internalized expressions
- (Albuquerque,2018)



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Bronfenbrenner Ecological Systems Theory



- Supports
 - Family
 - Support Groups
 - Medical or Therapeutic
 - Community
 - (Hess,2008)



Methods

Various ethnicities and educational levels participated in this survey

- 100 % of the participants were females
- Ages from 18-65 years old
- All women lost a child due to a medical condition
- Their mean age was 40 ½ years of age
- All women spoke English





Answers are
subject to the
circumstances

- How many children do you have?
- How does a woman formulate her answer to this question society asks?





Triade effect

Effects of grief in the loss of a child, specifically maternal identity. The researcher explored the triad effect as a part of life and living through bereavement.

Results

Women responses



New mothers vs. second child

- Women who have lost their first child questioned their motherhood identity
 - Am I single now? Or Am I still a mother?
- Women who had more than one child did not question their identity
 - However questioned their mothering skills
 - What if I cared for my child differently?
 - What if I only knew _____?





CULTURAL ASPECTS

Cultural Identities



Grieving mothers

Memorials



Traditions



Grief Narratives

- Joyful Grief Moments
 - Happy Memories
 - Sad Feelings
 - Smiles and Joy when speaking of their children
 - Helps to remember and share a story
 - Narratives change with each moment



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“To be ready to be unready”

- A day by day moment of living in the memories of a child's life and rebuilding a new life.
- BEING READY to be UNREADY





CONCUSSION

Maternal Identity and Grief Resilience



GRIEF NARRATIVES

courageous women



Resilience
The Courage to Come Back

Single
Stories

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Motherhood

Grief Resilience

Sharing their children's story of death, memorial's, joyful grief moments and happy memories of each woman build's their resilience

- Resilience stemThiss from the story's they share of their child and formulate a grief narrative

Maternal Identity

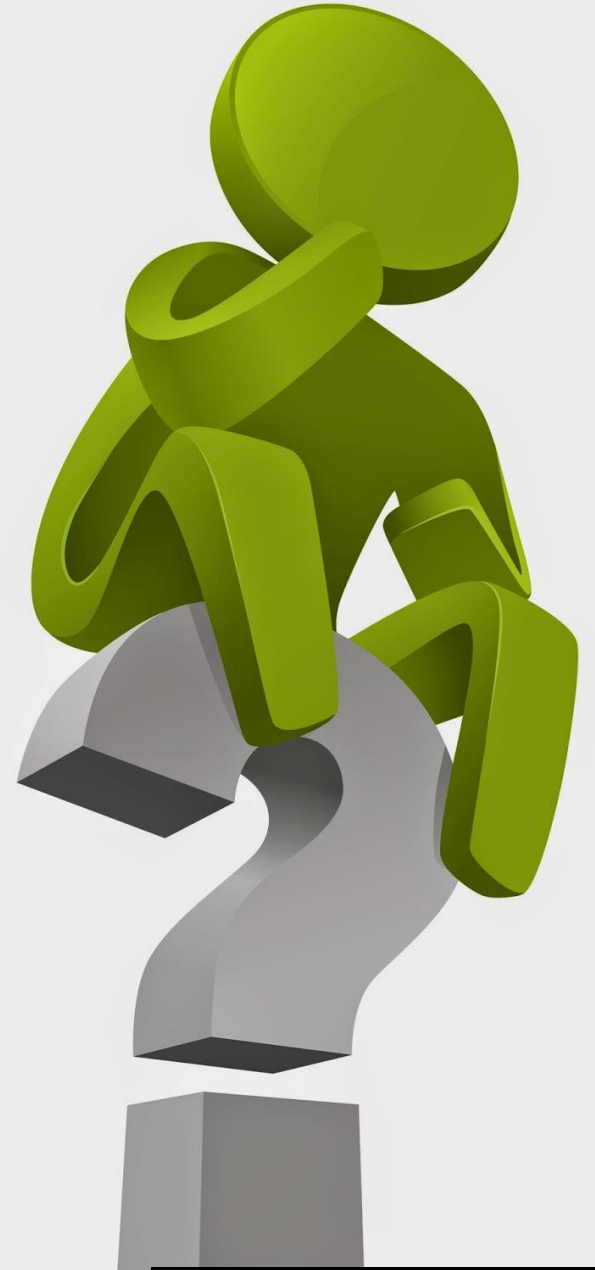
- Narrative helps each woman, thrive, revive and strive to live each day moments, days, and months at a time
- Living in the loving memories of each child and shaping a strength within



Questions



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Resources



- **Family Resource Centers of Los Angeles County**

- 1000 South Fremont Avenue
- Alhambra, CA. 91803
- (626) 300-0171
- A non-profit agency which provides resources and peer support services.
- <http://familyresourcenetworklac.org/>

- **National Alliance on Mental Health**

- A non-profit national organization providing resources and information of support groups or other mental health needs.
- www.nami.org/

- **Our Grief House**

- 1663 Sawtelle Blvd. Suite 300
- Los Angeles, Ca. 90025
- A non-profit agency providing supports in sharing your memorial story, support groups and other peer supports.
- <http://www.ourhouse-grief.org/>_____



Resources

- **Center for Grief and Loss for Children**
Locations: Glendale, Pasadena, South Central Los Angeles
(Children [8mo–5yr], adolescents, adults)
866-74-GRIEF
818-262-9101 (En Español)
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- **Compassionate Friends**
PO Box 67823
Los Angeles, CA 90067
310-474-3407 (Parents, siblings, grandparents)
310-559-7961 (En Español)
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