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,
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)
Brofenbrenner 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
Women’s responses are asked in this study to the following questions:

• 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
CONCULSION

Maternal Identity and Grief Resilience
GRIEF NARRATIVES

courageous women

Resilience
The Courage to Come Back

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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 builds their resilience

• Resilience stems 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
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/](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/](http://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.
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)

- **Compassionate Friends**
  PO Box 67823
  Los Angeles, CA 90067
  310-474-3407 (Parents, siblings, grandparents)
  310-559-7961 (En Español)
References


