

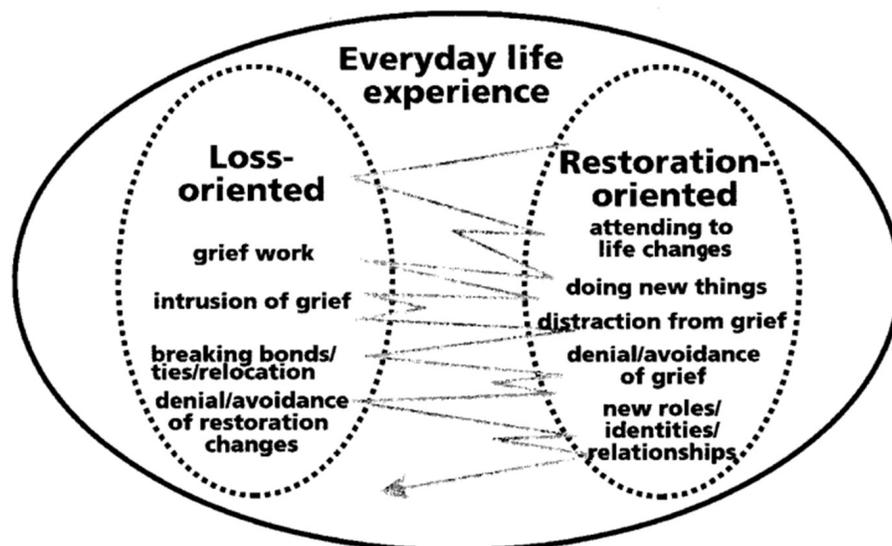
# The Practical Implications of the Dual Process Model of Coping with Bereavement in Mental Health Settings

## 1. Purpose of the Dual Process Model of Coping with Bereavement

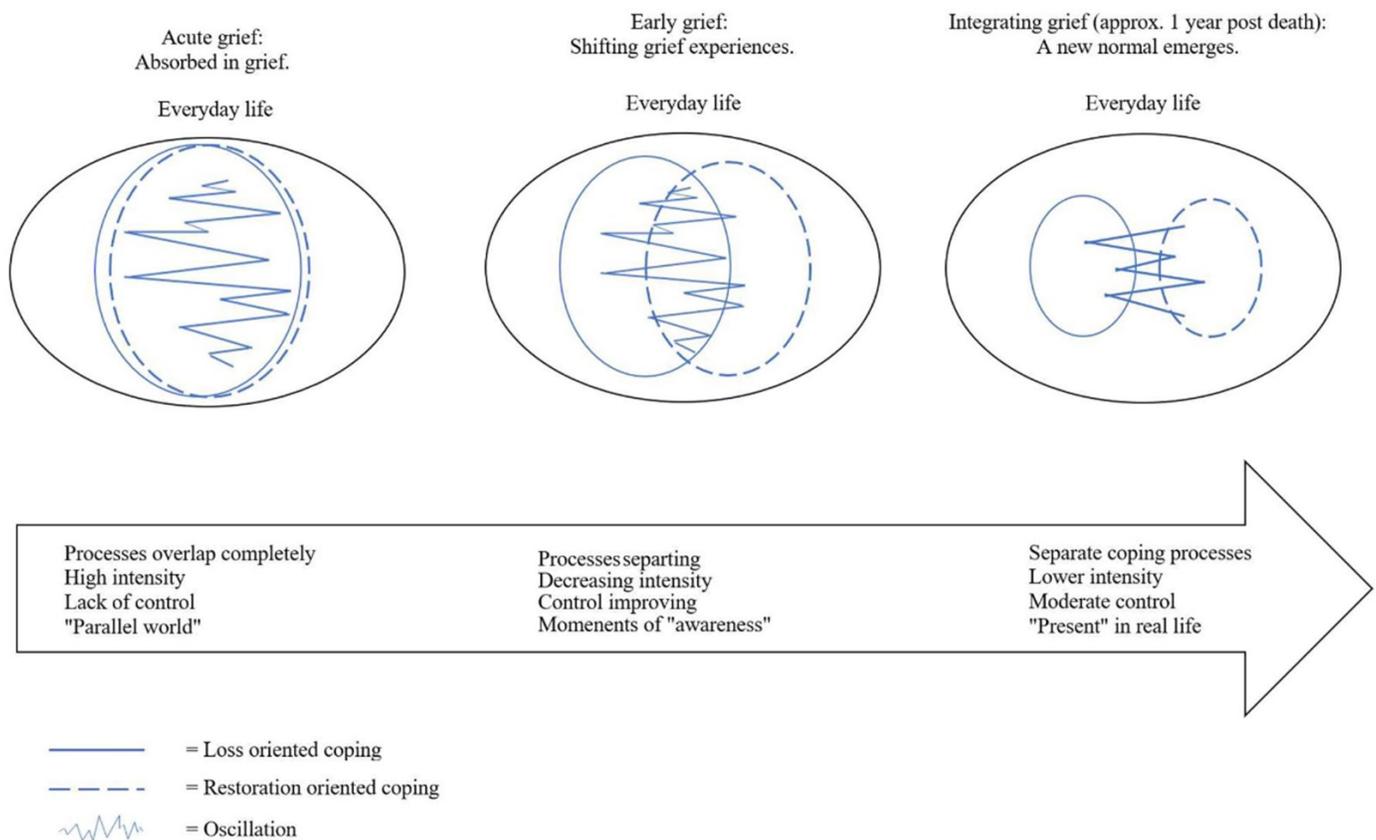
<b>Phase Model Bowlby, 1980</b>	<b>Task Model Worden, 1991</b>	<b>Dual Process Model Stoebe &amp; Schut, 1999</b>
Shock	Accept reality of loss	Accept reality of loss... and accept reality of changed world.
Yearning/Protest	Experience pain of grief	Experience pain of grief... and take time off from pain of grief.
Despair	Adjust to life without the deceased	Adjust to life without deceased... and master the changed (subjective) environment
Restitution	Relocate deceased emotionally	Relocated deceased emotionally and move on... and develop new roles, identities, relationships.

## 2. Differentiating Loss- and Restoration Oriented Coping with Bereavement

*Dual Process Model of Coping with Bereavement*



### 3. Applying the DPM in the Practice of Counseling Bereaved Clients



### Key Applications

1. **Target Therapeutic Inquiry**  
(Stroebe & Schut, 1999)
2. **Distinguishes between Stressors, Coping Processes, and Outcomes**  
(Folman, 2001; Lazarus & Folkman, 1984; Stroebe & Schut, 2010)
3. **Allows space for Clients to Confront their Problems of coping with Bereavement and to find rest from Bereavement**  
(Stroebe & Schut, 1999; Larsen et al., 2024)
4. **Helps Identify Complicated Grief Experiences**  
(Stroebe & Schut, 2016)
5. **Encourages Individual and Systemic Attention in Counseling Sessions**  
(Stroebe & Schut, 2015)