



Terrorism and the Grief Process

Diana S. Del Campo, Ph.D.

Child Development & Family Life Specialist

New Mexico State University Cooperative Extension Service

Robert L. Del Campo, Ph.D.

Director, Marriage & Family Therapy Training Program

Professor of Child & Family Science

New Mexico State University



Grief versus Mourning



We need to grieve.

We grieve physically.

We grieve emotionally.



Things That Cause Grief

- ❖ Death - a loved one or a respected leader
- ❖ Personal disaster - amputation, divorce, empty nest
- ❖ National disaster – plane crash, terrorism



Process of Grief

- ❖ Shock & disbelief
- ❖ Accept and accommodate reality

Grief Spasms



How to Help

- ❖ Show you care – listen
- ❖ Do something specific for person



When to Refer for Professional Help

- ❖ Watch for self-medication
- ❖ Disengage from life
- ❖ No interest in anything