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