**However attentive you may even think the person is:**

* + Probably feeling confused
  + Struggling to understand what is happening
  + Feel like they have been hit by an enormous and unexpected tidal wave
  + Part of them is going into shock to protect themselves from the terror and fear that this is true

OHara, K. (2006)

**Vulnerabilities of the Bereaved**

* Need both practical and emotional support from others
  + Their *perception* of the available support is associated with better coping
* Past losses may leave some people vulnerable
* Specific past trauma, such as child abuse
* A preexisting psychiatric disorder
* A physical illness and disability
* Social disadvantages

(Raphael, Stevens, Dunsmore, 2006)

**Saying Goodbye to the Deceased**

* + Research indicated that people may benefit from the opportunity to see the body of a loved one, especially one who has died suddenly and unexpectedly. (Hodgkinson, Joseph, Yule, & Williams, 1993)
  + One study showed that a decision not to view the body of their loved one, was later regretted by 50% of participants. (Singh & Raphael, 1981)
  + Knowing that the person who died was their own loved one, is part of the reality.
  + In a traumatic loss, it is important to protect the bereaved from further traumatization, both practically and emotionally, during the release of the remains and in providing support for the funeral preparations.

(Raphael, Stevens, Dunsmore, 2006)