***Recovery***

* Recovery does not mean they will return to the state where they once were, but the return to effective levels of functioning
* This is a list of *reasonable expectations,* which can be considered criteria for ordinary levels of effective functioning
  + Ability to give energy to everyday life
  + Psychological comfort, as demonstrated by freedom from pain and distress
  + Ability to experience gratification—to feel pleasure when desirable, hoped-for, or enriching events occur
  + Hopefulness regarding the future, being able to plan and care about plans
  + Ability to function with reasonable adequacy in social roles as spouse, parents, and member of the community Weiss, (1988)
* Survivors of traumatic loss do not simply get over their experience . . . it becomes a permanent part of who they are
  + Recognize that some traumatic losses are more difficult to integrate than others
* Three factors are likely to be significant in the recovery process:
  + The ability to tolerate the distress of unpleasant thoughts, feelings and images- the less likely they will get stuck in their grief
  + The ability to integrate the experience into their lives, by finding meaning and purpose for their lives through the traumatic loss
  + The support of close, caring others who provide the survivor with:
    - The actual experience of being valued, of being understood and cared for in the aftermath of traumatic loss
    - Direct evidence that the world is still a benevolent and compassionate place
    - A safe place to work through their experience where they are given empathy, respect and responsiveness
* Embracing Hope and Wisdom
  + For the survivor, the traumatic loss experience serves as an unexpected source of strength, rather than weakness
  + There is a feeling of personal triumph, of mastery in spite of the extraordinary difficulties and demands of the experience
  + There is also the sense of possessing a new special sort of wisdom, which derives from the most potent type of education—personal experience Janoff-Bulman (1992)