

## Cultural influences

Cultures can be studied by comparing one with another, or in historical context, i.e. by comparing the situation now with that in the past. Systematic cross-cultural comparisons are rare (and none was reported at this conference), but at any international conference opportunities exist for informal discussion of cultural differences and these occupy a significant part of the interactions outside the programme. Australia proved a good place to meet Australians (both white and aboriginal), Polynesian, Chinese, Malaysian and other races who seldom reach the conferences of Western Europe and America. Their accounts of funeral and mourning customs in their native lands, and of the special problems and losses to which many of them are subjected, helped to broaden our understanding of the psychological and social aspects of bereavement.

A perceptive and convincing paper by Sforcina explained how contemporary attitudes to grief and mourning have developed in Australia. The privation of convicts and other early settlers gave rise to anti-authoritarian attitudes, gallows humour and disdain. Successive waves of immigrants found themselves at odds with the aboriginal inhabitants and with each other. Two thousand Europeans and 20,000 aborigines are estimated to have died in these conflicts. In a society in which there were six men to every woman convict, women became tough, harsh, unsentimental and unnurturant. Maternal mortality remained higher than that of the UK until 1940.

Churchmen were as tough as the rest. Many sat as magistrates, and the 'flogging parson' became a byword: 'Lord have mercy on us, for his Reverence has none'. Contempt for 'do gooders' and 'God-botherers' became widespread.

The high mortality among Australian troops in the first World War aggravated (as it did in Europe) a tendency to understate, repress and displace the expression of grief. Sforcina suggested that these attitudes continue to influence contemporary Australian society, creating problems in the expression of grief and in the organisation of a caring response.

An example of the consequences of such attitudes was movingly described by Lolu Edwards, an aboriginal woman who had been separated from her mother in early childhood. She was taken to a home

for girls where she remembers being whipped for crawling into her sister's bed. Brought up to believe that her family did not want her, she suffered continuing dislocation from her parental culture, and nightmares which only stopped when she met her family for the first time in 1983. Her restrained account of her life brought tears to my eyes, and earned her two standing ovations from the conference.

Further insights into the special griefs of Australian aborigines came from Pat Swain's account of the numerous cultural losses which they have suffered, from Rhonda Holland's account of eight years' work as a 'womba' (silly) nurse providing mental health care for aborigines, and from John Dawes's chilling report of the statistics

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## Papers on services for bereaved children

First among these was a very interesting presentation by Dr Ben Wolfe, Director of St Mary's Grief Support Centre, Deluth, Minnesota. The Centre offers support groups for children aged five to eight years, nine to 13 years and 14-17 years. The optimum number in each group is eight. I was surprised to learn that 88 per cent of children beginning the programme completed it, and that the sexual breakdown of the groups was 58 per cent female and 42 per cent male. It would seem the male reluctance to seek help is a development of adult life.

Each participant is visited at home by a leader before coming to the group. This gives the leader an opportunity of seeing how the child relates at home. There are two leaders in each group, one male and one female.

The programme consists of seven sessions for the young person and a final session to which parents/guardians are invited. During the sessions children are encouraged to talk about the deceased, his or her likes or dislikes, make up a biography of the deceased and work on a 'memory book'. They discuss the funeral and draw pictures of it, or, if they did not attend, what they imagine it would have been like. A visit to a funeral home is included, during which children are encouraged to ask questions. One child asked what is done with a person's arms and legs, and

of aboriginal deaths in police and prison custody. As a social worker and prison governor, he is endeavouring to teach prison staff the interpersonal skills and psychological understanding needed to combat racial prejudice and its effects on prisoners (some of whom are prone to suicide, and others to murder each other, in prison).

Another innovative service which makes use of current work in bereavement is the city morgue service described by Rosenblatt and Merrick. They are social workers attached to the Coroner's Court in Sydney, who provide support to people attending the morgue and Coroner's Court, and support police and victims of disasters, crimes or violent incidents.

when pressed about this, said: 'Well, you bury the body, but what happens to the arms and legs?'

Another stimulating paper was presented by Louise Rowling, Faculty of Education, University of Sydney, who argued for a wider approach in handling grief and bereavement in schools. There should be congruity between the formal curriculum, the hidden curriculum (or ethos of the school) and school/community relations.

The formal curriculum is proactive, it includes the acquisition of skills to express feeling, expand coping mechanisms and reach out to friends in need. It can convey the message to young people that it is okay to accept help and that this is not a sign of immaturity or lack of independence. The hidden curriculum involves a supportive social context, providing pastoral care for pupils and staff, and pointing up policies for dealing with issues.

Other related papers included one by Ruth Wraith of Balwyn, Victoria, who looked at trauma in children from a developmental and psychodynamic point of view, and a very interesting paper 'Children and Loss—A Proactive Model for Schools' by Rosslyn Heinecke and Rob Spence from Wollongong, New South Wales.

**Patrick Shannon, National Officer for Northern Ireland Cruse—Bereavement Care**

## REVIEWS

### HEALING PAIN: ATTACHMENT, LOSS AND GRIEF THERAPY\*

**Nini Leick and Mariønne Døvidsen-Neilsen (Danish edit'on 1987, Trs. English 1991). London: Routledge. £35 hb, pb £10.99. (Available from Cruse, £10.99 + £1.50 p&p).**

A psychologist and a psychotherapist describe their approach to group work with the bereaved in Denmark. Their approach owes much to the late Ronald Ramsay whose 'forced mourning' for people with pathological grief proved controversial. Leick and Davidsen-Neilson use a similar directive and confrontative approach to evoke intense grief in their clients but, unlike Ramsay, they work mainly in open groups, i.e. groups which patients are free to attend or not attend.

To judge from the numerous and interesting case histories which are described, clients find their approach daunting and often need to be persuaded to persist with the treatment. They are expected to make a bargain, not to commit suicide while the therapy is in train and, up to now, the authors know of no case in which the bargain has been broken. But they report no follow-up studies nor do they record the number of clients who 'drop out' in the course of treatment.

Although patients with psychosis are excluded from their groups, most of their clients are vulnerable people whose problems come closer to the pathological end of the spectrum than do the majority of bereaved people. The book contains a short section by a psychiatrist, which reads very strangely in what is otherwise an articulate volume. There is a flattering but inaccurate reference to the bereavement counselling services, such as Cruse—Bereavement Care, which exist in Britain, and which are assumed to be more suitable for people with lesser degrees of emotional disturbance.

In my opinion there is a place for psychologists and psychotherapists to treat people with pathological grief but the methods advocated in this book require evaluation before their widespread use can be endorsed. Evaluations of a directive approach which were conducted at the Maudsley Hospital (Mawson *et al* 1981) suggest that this method does help some bereaved people but further research is needed to determine who responds best to directive and who benefits from gentler methods.

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1. Mawson D, Marks IM, Ramm L, Stern RS. Guided mourning for morbid grief: a controlled study. *British Journal of Psychiatry* 1981; 138: 185-193.

### ST. CHRISTOPHER'S IN CELEBRATION

**Cicely Saunders (ed). London: Hodder and Stoughton, 1988. £1.99 exc. p&p\*.**

In 1988 St. Christopher's Hospice in Sydenham celebrated the 21st anniversary of its opening.

The vision of care for the dying and their families which St. Christopher's pioneered in 1967 has been taken up, modified and extended by others. A new medical speciality, palliative medicine, has been recognised. But in this book Dame Cicely Saunders, founder of St. Christopher's, takes us back to the human stories which form the springboard for the professionals' skills by presenting the experience of 21 patients or relatives who used St. Christopher's services. In her introduction she sets out the principles of hospice care, discusses the search for meaning in which so many of the dying are engaged and makes clear her own Christian view.

Sixteen of the chapters are by staff, five by Dame Cicely herself. They record some very different approaches to death by individual patients and their families, and they put flesh on the principles set out in the introduction. Lynn MacKay shows the real problems that had to be grappled with in letting Sam maintain an independence that took no account of ward routines. Wendy Leatham's detailed record of George's last

24 hours demonstrates the sensitivity and skill required every minute to maintain his right to remain in control and in character, and to continue fighting as long as he wished. Flexibility of care and an individual approach have real costs as well as rewards for staff.

The three chapters by patients are moving. Sidney Reeman and Brenda Dawson express their disbelief, rage, joy, doubt and faith in poetry—the first in a gently ironic tone, the second with a voice that sometimes recalls Rilke. Ted Holden suggests training for patients who face long-term illness, and discovers the principle 'The greatest act of self-interest is to be as unselfish as possible'. These three chapters and the other three by relatives provide evidence that this can be a time of growth. Challenges can be faced and overcome—best shown by Ann Murley's description of the death of her mother, in her own home but supported by the resources of the hospice.

Most of the deaths recorded here took place in the hospice and in the early years patients spent far longer in institutional care than they would in today's climate of community care. The development of Home Care, particularly in the 1980s, goes hand-in-hand with shorter stays

and a greater emphasis on relationships between family and friends rather than between patients on the ward and between patients and staff.

This book seems aimed at a lay audience, and sometimes a note of cosiness creeps in. Everyone dies peacefully, including George. This is reinforced by the physical appearance of the book, which is homely rather than elegant or arresting. As I read it I admired the skill and compassion of the staff, the courage of patients and their families, but I missed the sense of the awesome and unconquerable nature of death.

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\* Available from St. Christopher's Hospice, 51/59  
Lawrie Park Road, Sydenham, London SE20 6DZ.

**THE EARLY DAYS OF GRIEVING\***  
Derek Nuttall. Beaconsfield: Beaconsfield Pub. Ltd., 1991. £2.50 + 35p p&p.

Written in simple, direct language this short booklet should be stocked by GPs.

funeral directors, hospital bereavement officers, and others whose work brings them into contact with the newly bereaved. The author has drawn on his long experience as the former director of Cruse—Bereavement Care to provide bereaved people with the information they need to cope with the practical problems which arise after a death, to explain and reassure people about the frightening emotions and bodily symptoms which they are likely to suffer and to direct those who need it to other sources of help. He does this without becoming sentimental, mawkish or doctrinaire and his booklet is to be recommended to all bereaved people and to others who would like to help but don't know how.

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\* These two reviews first appeared in *The British Medical Journal* and are reprinted with kind permission.

The *Early Day of Grieving* is available from Cruse—Bereavement Care, 126 Sheen Road, Richmond, Surrey TW9 1UR, price £2.85 inc. p&p.

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