



# A Time to Mourn, A Time to Dance Finding Balance in the Midst of Grief

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Presented by Boeing 



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# Ecclesiastes 3:1-8

**3:1** For everything there is a season, and time to every activity under heaven:

<sup>2</sup> A time to be born, and a time to die; a time to plant, and a time to harvest;

<sup>3</sup> A time to kill, and a time to heal; a time to tear down, and a time to build up;

<sup>4</sup> A time to cry, and a time to laugh; a time to grieve, and a time to dance;

<sup>5</sup> A time to scatter stones, and a time to gather stones; a time to embrace, and a time to turn away;

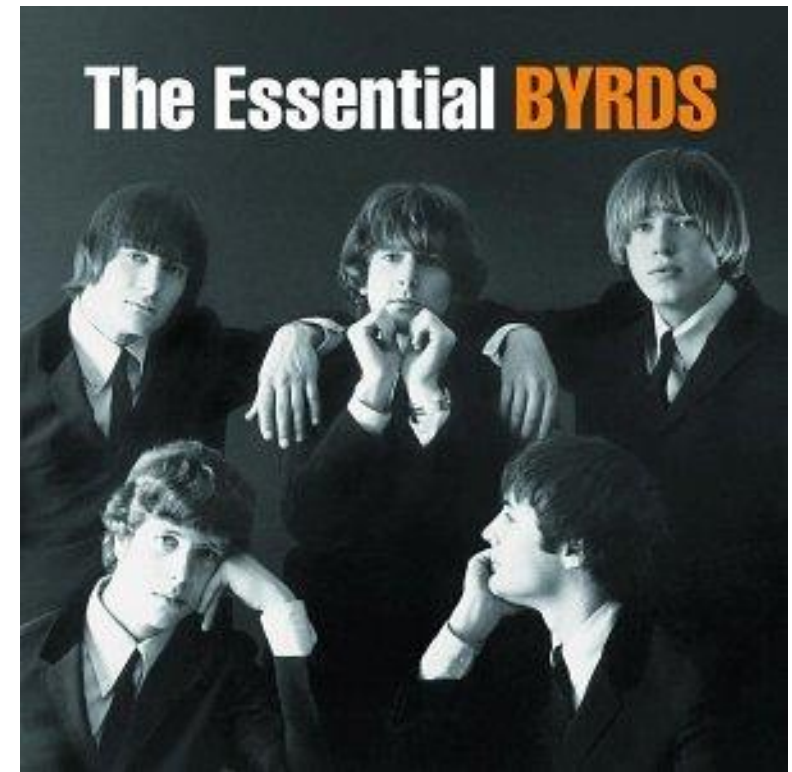
<sup>6</sup> A time to search and a time to quit searching; a time to keep and a time to throw away;

<sup>7</sup> A time to tear, and a time to mend; a time to be quiet, and a time to speak;

<sup>8</sup> A time to love, and a time to hate; a time for war, and a time for peace.

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For the less theologically  
inclined....you may also know it  
as the lyrics to the Byrds' song  
*Turn, Turn, Turn*



# A Time to Mourn, A Time to Dance



## The Dual Process of Grief (Stroebe and Schut)

*Dance* may seem strong here, but we do need to cope with our loss and adjust to a life without the person we loved

- Relearn the world (Attig)
- Eventually recover a sense of joy

An illustrative story about a client and her checkbook

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# Grief as a Rollercoaster

Grief is an uneven process of ups and downs

Oscillation is a normal and important part of the grieving process



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# Oscillation Complications



Too much attention to loss=  
Grief becomes chronic

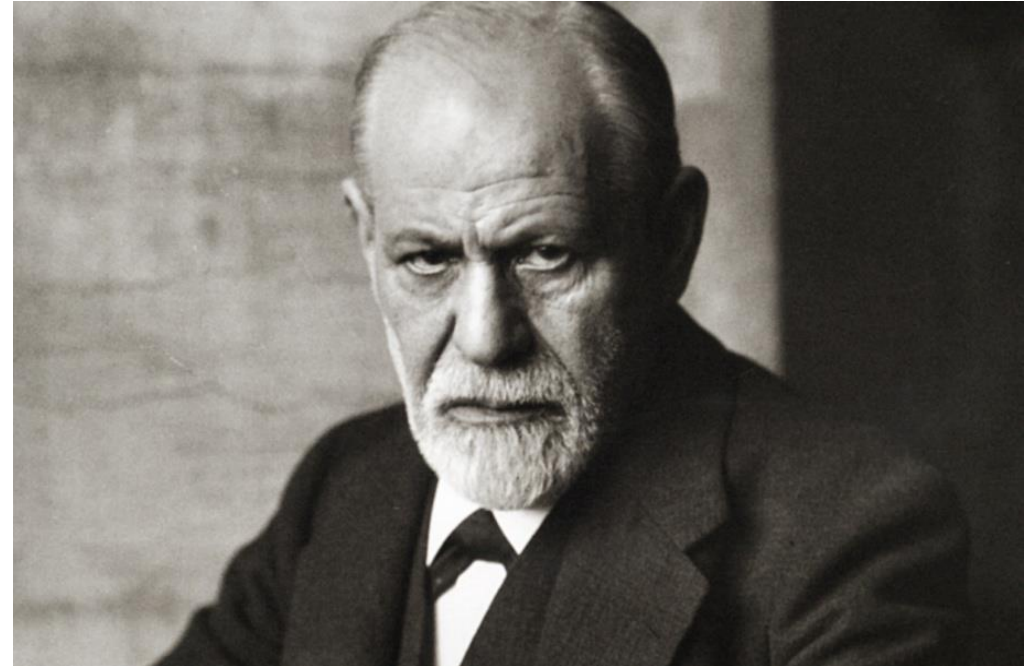
Too much attention to  
adjusting to a new life =  
Delayed grief

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# A Time to Remember – Yet Never a Time to Forget

Dr. Freud would not approve; Freud's understanding of mourning

New understanding:  
We always retain a continuing bond



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# A Time to Remember – Yet Never a Time to Forget



## The Bond Continues

- Memories
- Biography
- Legacies
- Spirituality
- Extraordinary experiences



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# A Time to Reflect – and a Time to Grow



We come together as grievors sensitive to this dual process

We come both to mourn and celebrate a life well-lived in service

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# A Time to Reflect – and a Time to Grow

Yet we also grow

- Renewed spirituality
- Greater appreciation of life, relationships, and priorities
- Growth in character, perceptions of strength
- Existential awareness
- Growth in skills
- Changes in lifestyle



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# A Time for Support— and a Time to Support



You originally came here for support in your grief

Perhaps one of the most wonderful things is that you have become a support system for the newest members

Dale Lund: One of the most positive findings on support groups is a truism...in helping others, we help ourselves

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# A Time to Mourn—and While Not Yet Ready to Dance

We can validate our loss

We can understand our grief

Not easier but more understandable

Grief as a journey

And hope for the return of a new normal and renewed joy





# Questions?

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# Upcoming TAPS Institute Programs

October 22

## Is it Depression or is it Grief?

*Live Webinar, Noon-1:00 p.m. ET*

**Robert A. Neimeyer, PhD**, Director of the Portland Institute for Loss and Transition

November 5

## How Hospice and Palliative Care Can Support Military Families

*Live Webinar, Noon-1:00 p.m. ET*

**Ryan Weller, LCSW, APHSW-C**, National Program Manager for Palliative and Hospice Care, Dept. of Veterans Affairs and  
**Carlos Graveran**, Executive Director, Hospice of Frederick County

November 19

## Creating New Holiday Traditions While Honoring the Past

*Live Webinar, Noon-1:00 p.m. ET*

**Maria Georgopoulos, LMHC, FT**, Director, Bereavement Services, Calvary Hospital

Visit [taps.org/institute](https://taps.org/institute) to learn more and RSVP!

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# About the TAPS Institute for Hope and Healing®

Launched in March 2018 through an alliance with HFA, the TAPS Institute for Hope and Healing® serves as a resource and training center, providing programs for both professionals working in the field of grief and loss and the public.



*Presented by Boeing*





*Please note: The information provided on this program is intended for educational purposes only.*

*If you or a loved one needs professional support, please contact TAPS 24/7 at 800-959-TAPS (8277).*





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