DISENFRANCHISED GRIEF

**Disenfranchised Grief:** Grief experienced when loss cannot be openly acknowledged, socially sanctioned or publicly shared.

**Reasons:**

- Relationship is not recognized – lovers, friends, co-workers, ex-spouses, etc.
- Loss is not recognized – perinatal loss, abortion, pet loss, etc.
- Griever is not recognized – very old, very young, developmentally disabled, etc.
- Disenfranchising deaths – murder, suicide, AIDS, etc.

**Problems of Disenfranchised Grief:**

- Intense negative affect.
- Exclusion from care and support of dying.
- Lack of social support.
- Exclusion from funeral rituals.
- Practical and legal difficulties.

The paradox of disenfranchised grief is that grief is often intensified while normal supports are lessened.