

The Process of Survival throughout Life after the Experience of Loss and Two Examples of Such a Process

A narrative from a bereaved party after a serious accident

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The purpose of this study, in which the focus is on two bereaved parties (after serious accidents, who have not yet received psychological treatment), is to discuss the process of survival throughout life. The subject was the bereavement of two people who lost their spouses, due to sudden serious accidents more than 20 years ago. Structured interviews were conducted, and the case study method was conducted to analyze their discussions during their interviews. The result of this study was as follows: there were two types of processes for survival throughout life after the experience of a loss. The following three points were discussed regarding this result: (1) from the point of view of Jung's theory regarding psychological type, two types are considered to be "extroversion" and "introversion"; (2) each of these parties perform the "Meaning Reconstruction" thought process in two different ways, and the two are recovering, respectively; and (3) for people who are around the bereaved, it is effective to understand the type of bereavement and to support them in a way that fits the type.