



VeteranCaregiver.com Video Resource

Recommended Resources: Understanding Ambiguous Loss

Definition:

Ambiguous Loss refers to a loss or grief that is unclear and often without closure. It stems from mourning the loss of a potential future that was caused by a dramatic event or injury. Certain examples are deep cycles of emotional pain and shrouded with uncertainty for families. A returning service member who comes back from war different or changed, is physically present, but they are not the same. A realization and acceptance that we all experience ambiguous loss shows in adjusting emotionally. Life is now different. Therapy directed to affirming your experiences may bring you understanding and light.

Quote:

“With ambiguous loss, there is no closure; the challenge is to learn how to live with ambiguity.” - Pauline Boss

Resources:

Ambiguous Loss

<http://blog.yourtribute.com/grief/ambiguous-loss-what-is-it-and-has-it-happened-to-you/>

https://www.ncfr.org/sites/default/files/downloads/news/317_ncfr_myth_of_closure_final_11.8.13.pdf

Video Resources:

Uncertainty relation TBI

<https://www.youtube.com/watch?v=tGmO-vCL44M>

Dr. Pauline Boss

<https://www.youtube.com/watch?v=C2vYyefAgZ0>

Adapting Family Rituals

<https://www.youtube.com/watch?v=9B50T9Mshk>

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