Grief to Growth: Post-traumatic Growth in whānau Bereaved by the Violent Death of their Child: A mothers story

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The mother-child bond is arguably one of the strongest bonds there is
For a mother.......
…that a woman becomes a mother....
“….and if a child dies”

Mereana -the woman and
Mereana - the bereaved mother

• “What’s happening to our babies”
Shock, horror

Blaming, looking for the person responsible

Struggles of a bereaved mother
Shock, horror

Blaming, looking for the person responsible

Intentionality of child taking their lives

Struggles of a bereaved mother
Shock, horror
Blaming, looking for the person responsible
Intentionality of child taking their lives
Psychological and social isolation
Stigmatization

Struggles of a bereaved mother
Shock, horror

Psychological and social isolation

Intentionality of child taking their lives

Stigmatization

Blaming, looking for the person responsible

Questioning why, searching for the reasons the child ended

Struggles of a bereaved mother

Psychological and social isolation

Feelings of Betrayal and rejection

Lack of community support

Intentionality of child taking their lives

Questioning why, searching for the reasons the child ended
• “That which doesn’t kill us makes us stronger”

Posttraumatic Growth from Trauma

• Positive Changes that occur as a result of the trauma
Posttraumatic Growth from Trauma

• They continued their role as mothers

Posttraumatic Growth from Trauma

• They continued their role as bereaved mothers
“Social Action”

• “Because of what happened to my child, I had to make a difference in my world...My priority was his death....so his death, and what I can do now –they came together.......”

“Social Action”

• Therapeutic value of social action work as a mechanism through which to regain a sense of wellbeing following the violent loss of a loved one
Bereaved mothers

• “Letting go”
• “Getting over”
• “Moving on”
Responding to suicide

Coping with suicide

Post traumatic growth