

Integrating Emotional Support and Mental Distress for Patients and their Families with Grief Therapy

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Received: 24-May-2024, Manuscript No. JPCM-24-144663; Editor assigned: 28-May-2024, PreQc No. JPCM-24-144663 (PQ); Reviewed: 12-Jun-2024, QC No. JPCM-24-144663; Revised: 19-Jun-2024, Manuscript No. JPCM-24-144663 (R); Published: 26-Jun-2024, DOI: 10.4172/2165-7386.1000S8004

Citation: Nancy R (2024) Integrating Emotional Support and Mental Distress for Patients and their Families with Grief Therapy. J Palliat Care Med 14:004.

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Description

Depression is a natural reaction to loss and a fundamental aspect of the human experience, one that can have a significant impact on a person's mental, physical, and emotional health. In grief therapy, people who suffering from a loss, most commonly, the death of a loved one are supported. Grief counseling is intended to assist people in understanding their feelings, processing their loss, and developing ways to identify mechanism. It recognizes that, according to Elisabeth Kübler-Ross's well-known concept, mourning is not a linear process but rather that it can appear in stages and entail a variety of emotions, including denial, anger, mediation, sadness, and acceptance. Various therapeutic approaches are often used in grief therapy, each specifically designed to address the individual needs of the loss. The Cognitive-Behavioral Therapy (CBT) method assists people in recognizing and altering harmful thought patterns that may intensify sorrow and loss-related emotions. In order to assist people find meaning and manage with their loss, narrative therapy invites them to share their experiences and recollections of the death. Creative expression is used in art and music therapy to help people process their feelings and loss. People suffering from physical symptoms of sorrow, like anxiety and insomnia, can manage these feelings and remain focused with the aid of mindfulness and relaxation practices.

Palliative care is a type of specialized medicine intended to alleviate the stresses and symptoms associated with a life-threatening illness. Increasing the patient's and their family's quality of life is the main objective. Anticipatory grief is the term for the phenomena wherein families start the grieving process before the loss of their loved one. During this difficult time, grief therapy offers families the essential support they need to start the process of emotional healing and prepare for the loss. Palliative care teams offer compassionate care that is complemented by grief counseling. Maintaining continuity of care is essential for long-term emotional and psychological well-being because it supports families even after the patient has passed away. Palliative care teams can treat the psychological and mental distress that goes along with physical suffering by offering grief counseling. By taking an integrated approach, palliative care can be more effectively administered overall and meet the emotional needs of

patients and their families. Grief therapy is being increasingly recognized in the medical community as an essential part of patient care. There are various essential components involved in the integration of grief counseling into medical practice. It is essential to train these professionals to identify the warning signals of complex grieving and to offer immediate support or referrals to grief counseling programs. Cooperative approaches to patient and family care are made possible by the inclusion of grief counselors in medical teams. This collaboration guarantees that mental and emotional requirements are met in addition to bodily well-being. Early grief identification and treatment can stop the emergence of more serious mental health conditions including depression and anxiety. Healthcare providers that have personal relationships with patients and their families are uniquely positioned to support early intervention.

Recognizing the psychological impact on the family, the palliative care team brought in a grief counselor early on in the process. The family received support from the counselor throughout the final loss, as well as tools to deal with anticipatory sorrow and open discussion about desires and anxieties. The family continued to get assistance from the grief counselor after the death, which helped them deal with the difficulties of loss. The family was finally able to find peace and grieve in a healthy way due to this support system, which proved to be precious. The incorporation of grief counseling is expected to become even more common as the fields of medicine and palliative care continue to develop. Grief counseling may become more accessible to people who might not otherwise have access to in-person treatments because to the growth of telemedicine. Further investigation into effective grief counseling methodologies would facilitate the enhancement and optimization of the assistance supplied to grieving persons. Encouraging policies that acknowledge and provide funding for grief counseling as a vital component of healthcare is imperative to guarantee that those in need of these services can access them. Grief therapy guarantees a comprehensive approach to care by attending to patients' and their families' emotional and psychological needs. The healthcare industry's growth will only highlight the greater need for grief counseling and highlight its essential function in assisting individuals in overcoming some of life's most difficult experiences.