

Key Takeaways



- 🐾 Pet owners are more at risk if they have also experienced.
 - 🐾 Disenfranchised grief
 - 🐾 Secondary grief
 - 🐾 Depression
- 🐾 Disenfranchised grief is often not acknowledged or recognised by the society.
- 🐾 The society decides how, when, why and for how long we should mourn. Disenfranchised grief is experienced when someone grieving feels the society doesn't recognise their grief as appropriate or real.
- 🐾 The death of a pet or loved one is the primary loss and cause for grief. There are other losses associated with a bereavement; these are called secondary losses, which results in secondary grief.



- 🐾 If the intense feelings of grief persist for longer than six to twelve months, the individual may be experiencing complicated grief and should seek medial support.
- 🐾 The factors that can contribute to complicated grief are:
 - 🐾 Personal attachment and loss history
 - 🐾 Level of intimacy
 - 🐾 Circumstances of the death
 - 🐾 Multiple losses
 - 🐾 Place of the death
 - 🐾 Social support and resources



- 🐾 Complicated grief is different from depression. However, if an individual has previously had depression, then complicated grief can cause additional symptoms.
- 🐾 Complicated grief is treated with a type of psychotherapy as used in treating Post-Traumatic Stress Disorder (PTSD).
- 🐾 If the patient suffers from depression, then the doctor may prescribe anti-depressants.