

The Mourning—Liberation Process in Health and Disease

*George H. Pollock, M.D., Ph.D.**

My research on the mourning—liberation process has been ongoing for over 30 years. As new questions occurred and as presumptive answers were obtained, new studies were and are still being undertaken. The research has taken me down various paths, some unexpected and nonpredictable. The research has made use of clinical data primarily. These were derived from my own life experiences, from observations of my patients, from consultations, from material provided me by my supervisees, by colleagues who shared their knowledge and personal experiences with me. These data were also provided by participants in clinical conferences in which the focus was on loss—abandonment—change and from studies in the scientific literature and that of the humanities (world literature, poetry, drama, art, music, sculpture, and philosophy) and from the social sciences (anthropology, history, sociology, and political science). My ongoing investigations of autobiography and biography—forms of outcome follow-up studies—have been most interesting and enjoyable. For example, comparative biographies and autobiographies in which different biographers writing about the same individual reveal the errors, distortions, and omissions in other biographies indicate that studies of biographers and autobiographers themselves may be a fruitful undertaking. As in all creations, autobiographic factors play a role in the outcome product. My research on the mourning—liberation process began in 1956, when I suffered the unexpected loss through death of my mother. I had not had losses from death previously, and despite my clinical work and personal contacts with friends who had such losses, my personal experience was something I had never had to deal with so directly and with so many different feelings and reactions. I studied myself throughout my period of bereavement and kept careful notes of my own dreams, fantasies, feelings, behavior, affects, memories, and reactions to and with significant others. I also spoke with members of my family and obtained information about their reactions. These family members included

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The Mourning Liberation Process Mourning Liberation Process

Thomas Griffiths



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Unveiling the Magic of Words: A Report on "**The Mourning Liberation Process Mourning Liberation Process**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**The Mourning Liberation Process Mourning Liberation Process**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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