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THE PROBLEM OF COMPLICATED GRIEVING IN THE WORK OF A PSYCHOLOGIST

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A — study design B — data collection D — manuscript preparation

The relevance of the study. Modern practice of psychological counseling is increasingly related to work in complex and long emotional contexts, in particular with the topic of complicated burning. Such a request requires a specialist of a high level of emotional involvement, flexibility in the choice of methods of help and the ability to maintain psychological contact with a client who is in a state of deep loss. Working with the experience of burning, especially in cases of its complicated course, is accompanied by significant emotional load and the risk of secondary traumatization, which in the absence of proper professional support and resources can lead to the development of professional burnout.

Results. Burning is a natural psycho-emotional process of adaptation to loss, which covers emotional, cognitive, behavioral and somatic reactions of personality. Working with clients who experience complicated burning requires a high level of emotional involvement and the ability to maintain a stable therapeutic alliance in a situation where the client may be in a state of deep disorganization. The context of working with complicated burning is accompanied by a high risk of emotional



exhaustion, as the psychologist is constantly in the field of heavy emotions of the client, which is often combined with their own resonating experiences. For private practice experts, this risk is exacerbated by the absence of collegial support and the need to perform advisory, organizational and administrative work at the same time, which increases the load and reduces the opportunities for resumption of resources.

***Conclusions.** The specificity of the context of complicated burning is determined by the combination of emotional intensity of interaction, the need for specialized knowledge and skills, as well as the risk of cumulative stress, which can lead to the development of professional burnout in the absence of proper support and recovery mechanisms. The factors that contribute to the development of burnout in this context are specific in nature, due to the nature of the client request and the conditions of private practice.*

***Keywords:** grief, burning, complicated burning, experience, loss, psychologist, psychological help.*

Проблема ускладненого горювання у роботі психолога

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Актуальність дослідження. Сучасна практика психологічного консультування дедалі частіше пов'язана з роботою у складних і тривалих емоційних контекстах, зокрема з темою ускладненого горювання. Такий запит вимагає від фахівця високого рівня емоційної



залученості, гнучкості у виборі методів допомоги та здатності підтримувати психологічний контакт із клієнтом, який перебуває у стані глибокої втрати. Робота з переживаннями горювання, особливо у випадках його ускладненого перебігу, супроводжується значним емоційним навантаженням і ризиком вторинної травматизації, що за відсутності належної професійної підтримки та ресурсів може призводити до розвитку професійного вигорання.

Результати. Горювання є природним психоемоційним процесом адаптації до втрати, який охоплює емоційні, когнітивні, поведінкові та соматичні реакції особистості. Робота з клієнтами, які переживають ускладнене горювання, потребує від психолога високого рівня емоційної залученості та здатності утримувати стабільний терапевтичний альянс у ситуації, коли клієнт може перебувати у стані глибокої дезорганізації. Контекст роботи з ускладненим горюванням супроводжується високим ризиком емоційного виснаження, оскільки психолог постійно перебуває у полі важких емоцій клієнта, що часто поєднуються з власними резонуючими переживаннями. Для фахівців приватної практики цей ризик підсилюється відсутністю колегіальної підтримки та необхідністю одночасно виконувати консультативну, організаційну й адміністративну роботу, що збільшує навантаження і зменшує можливості для відновлення ресурсів.

Висновки. Специфіка контексту роботи з ускладненим горюванням визначається комбінацією емоційної інтенсивності взаємодії, потреби у спеціалізованих знаннях і навичках, а також ризиком кумулятивного стресу, який може призводити до розвитку професійного вигорання за відсутності належних механізмів підтримки та відновлення. Чинники, що сприяють розвитку вигорання у такому контексті, мають специфічний характер, зумовлений як природою клієнтського запиту, так і умовами приватної практики.

Ключові слова: горе, горювання, ускладнене горювання, переживання, втрата, психолог, психологічна допомога.

Introduction. Modern practice of psychological counseling is increasingly related to work in complex and long emotional contexts, in particular with the topic of complicated burning. Such a request requires a specialist of a high level of emotional involvement,

flexibility in the choice of methods of help and the ability to maintain psychological contact with a client who is in a state of deep loss. Working with the experience of burning, especially in cases of its complicated course, is accompanied by significant emotional load and the risk of secondary traumatization, which in the absence of proper professional support and resources can lead to the development of professional burnout

Results. A person's life begins with birth and ends in death. Such a natural pattern. During life - earlier or later, each person has losses. Many people consider loss only death, but in reality it is not. In addition to death, losses include a situation or phenomenon of a sharp change in lifestyle due to the loss of something with a strong subjective experience of such loss. The following types of losses can be distinguished: social losses (eg, loss of work or training); mental and physical (loss of appropriate abilities and capabilities, such as disability, almost always related to physical suffering); spiritual (disappointment in faith or its loss); material (for example, loss of home as a result of natural disasters, man-made disasters, hostilities, etc.); Psychological loss (mainly concerns sharp changes in the perception of self-image).

Sometimes one person can experience several losses at a time. For example, a person rescued by firefighters from a burning house can experience health loss due to serious injuries (physical loss) and loss of home (material loss), and these events injured his psyche (psychological loss). Losses may be actual (valid) or imaginary.

Actual loss means that the loss has already occurred in fact and it is obvious to other people. For example, the fire completely destroyed the house, and after the fact is the loss of the owner of personal property. An imaginary loss, as a rule, has a psychological basis, such loss is only significant for a person who is experiencing it.

Relatives and loved ones may not even know it, or not understand the meaning of the experience of a person who experiences loss. For example, some mothers, having a strong attachment to their children, experience loss when children at the

appropriate age leave a "family nest" and stand on an independent life path. Any loss is always accompanied by psychological experiences, but the most tragic life events are always related to the loss of loved ones, so in the article we will focus on the features of grief experience as a response to death.

Woe is a universal experience of all people, a reaction to the loss of a significant object, part of the identity or expected future, including mental pain, sadness, anger, helplessness, feelings of guilt and despair. Woe is extremely important for human psychological adaptation. It allows her to put up with the loss, to adapt to her. Depression and grief need to be distinguished. The grief contains many different feelings - anger, sadness, image, guilt, and even, after all, joy. Instead, depression is characterized by the absence of feelings that makes it impossible to have a full "burning" (Kyshenkovе kerivnystvо k ICD-10). But you can only get rid of suffering by suffering. That is, suffering or "grief work" (E. Lindeman) is a natural process necessary to mourn the death of a loved one and endure a loss, become independent of loss, adapt to the realities of life and find new relationships with people and the world.

Burning (grieving) is a natural psycho-emotional process of adaptation to loss, which covers emotional, cognitive, behavioral and somatic reactions of personality. In most cases, this process is adaptive and gradually leads to the restoration of personality functioning at a new level. However, in some people, it acquires pathological signs and turns into complicated burning, characterized by a long, intense and maladaptive course, significantly disturbing social, emotional and professional functioning (Prigerson, 2009).

According to modern approaches, complicated burning is manifested by the following signs: a persistent intense feeling of loss and longing for the dead, which persists for more than six months after the event; repetitive obsessive memories or thoughts of the deceased; emotional numbness, loss of interest in life, feeling of hopelessness; avoidance of loss of loss or, conversely, excessive

focus on them; expressed difficulties in restoring social and professional activity (Shear, 2015).

As a result of long thorough studies of the impact of burning on mental functioning and behavior, in modern psychiatric classifications, a category related to the experience of grief is introduced to the list of mental and behavioral disorders. Thus, in the ISD-10 "grief" reaction is proposed to be included in the diagnostic category F43.2 "Adaptation disorders", or F43.8 "Other reactions to severe stress" (Kyshenkove kerivnytstvo k ICD-10), In DSM-V, a persistent complex disorder of loss of loss is one of the 30989 "Other refined disorder with injury and stress" (Dovidnyk Diahnostychnykh Kryteriiiv). In the MKH-11 grief, which "does not fit in the limits of culturally acceptable regulatory experience of loss", made in a separate diagnostic category "prolonged (protracted) pathological reaction of grief" (Classification of mental and behavioral disorders), which is described as "a violation in which after the death of a loved one there is a persistent and all-consuming reaction of grief, characterized by longing for dead or constant experiences in connection with her death, and is accompanied by severe emotional pain (eg, sadness, guilt, anger, denial social or other activities). This grief reaction lasts for an extremely long period of time after loss (at least over 6 months), clearly exceeding social, cultural or religious norms accepted. The disorder causes significant violations in personal, family, social, educational, professional or other important areas of functioning» (Classification of mental and behavioral disorders).

Reconciliation with loss is a long process that is natural and it is not necessary to force it. A person needs protective mechanisms, especially at an early stage of "grief work" when he is not ready to accept death and think about it realistically. Therefore, the consultant should allow the client to use objections or other psychological protection mechanisms.

A consultant while working with a person who is experiencing a loss quite often should act as a listener (Mishyev et al, 2024). Being with a missing person and listening properly is the main thing



to do. The more the consultant empathizes sorrow, and the more adequately perceives his or her own emotional reactions, the more effective healing action. Do not superficially soothe a person in sorrow. Sleeping and formal phrases only create an inconvenient state. The client should be given the opportunity to express any feelings that should be perceived by the consultant without prejudice. Another very important task of the consultant is to help a loved one who suffered a loss, to respond correctly to his sorrow.

Psychological assistance should be carried out according to the stages of grief.

Help at a shock stage. It is necessary to be present near the person who suffered the loss, not to leave it alone. It is better to express your care and care because of touch. This is how people express their participation when the words are not subject to them. Even a regular handshake is better than cold insulation. It should be emphasized that during the loss of suffering is facilitated by the presence of relatives, friends, and not their effective help, but a slight availability for several weeks, when the sorrow is most intense. The person who suffered the loss should not be left alone, but it should not be "overloaded" - the great grief is overcome only with time. A person in the mountain needs constant but unobtrusive visits and good listeners.

Help at the stage of acute grief. We should talk about the deceased, the causes of his death and feelings in connection with this event. It is necessary to ask about the dead, to listen to memories of him, to stories about his life. In the case of violent or sudden death, it is necessary to repeatedly discuss in detail all the details of the tragic event until they lose their terrifying, traumatic nature - only then the person who lost his loved one can mold him. It is necessary to give an opportunity to cry without trying to comfort the person. Gradually (closer to the end of this period) it is necessary to attach a person to everyday activities.

Help at the recovery stage. We need to help you get involved in everyday life, plan the future. Since a person can repeatedly return

to the experiences of an acute period, it is necessary to give them the opportunity to talk again about the dead (Mishyev et al, 2024).

In the time of sorrow, a person realizes that life will never be as it was before, but in the experience and acceptance of his own, often ambivalent complex feelings continue to move to the future. Psychologist, social worker is able to help the client to undergo the loss of loss, to work grief, without reducing the severity of mental experiences.

Burning, mourning is an adequate response to death, it is acceptable and necessary and cannot be stopped. The work of grief continues as much as a particular person needs to cope with severe loss.

The goals of consultation and therapy of severe loss are difficult, starting with comfort and support and ending with work with complex and painful problems of a person who experiences loss if she wants to solve them. It is important to admit that consultations are only part of the process of grief, which most of it occurs in relations with relatives and relatives.

It is important not to interfere with this process. A person can take a big step forward as a result of the intervention of someone else and wants to return to their natural environment and stop meeting the consultant. The help of a professional, first of all, is necessary for a person whose grief has become pathological, or when there is a great risk that it can become so. In this case, the whole complex of methods suitable for crisis assistance, therapy of psychological injuries and post-traumatic stress is used. Psychological help may also be required after the years after the loss, when the work of the grief has not been completed.

The problems that are solved in the counseling process are individual. Some people simply do not understand what is happening to them; In this case, even simple explanations for the psychological features of grief can help reduce fear and tension. A person can deny the experience of grief because he believes that this will demonstrate his weakness. It happens that a person, turning to a psychologist during the acute stage of loss of loss, requires a psychologist to

rescue. A professional in this case can feel guilty. Usually, in the acute stage of grief, a person wants, first and foremost, to relieve suffering, as the pain of loss and other experiences can be unbearable. The paradox is that during this period, the psychologist should help in experiencing the pain necessary for healing of injury, rather than avoiding and not denying it. Crisis assistance is a very difficult problem, including for the consultant, as it may be a target to express aggression by the client.

It is also necessary to take into account the individual development of a person, the level of his maturity, intelligence. It is necessary to consider how she used to cope with crises, were they useful for its development? The question must be answered: What stresses have coincided in a person's life? Does she follow her health? What gender stereotypes relieve or complicate grief? (For example, "guys do not cry", "a real woman does not angry", etc.).

In most cases, counseling lasts until the client needs such "escort". One -time appeals, mostly clarifications and information, are quite common.

Psychologists and social workers also need to recover. Constant interaction with people who experience loss, inability to rest, revival in the memory of personal loss of loss - all these are the causes of consultants' stress. Therefore, they should, first of all, take care of themselves and pay special attention to rest, relaxation. They should also use proven strategies: how to deal with stress before. Consultants need to participate in seminars and trainings to learn how to cope with stress, as well as work in intervals and supervisory groups

Working with clients who experience complicated burning requires a high level of emotional involvement and the ability to maintain a stable therapeutic alliance in a situation where the client may be in a state of deep disorganization.

The specialist needs:

- to be able to adequately respond to intense emotional manifestations (feeling guilty, anger, hopelessness);

- to have knowledge of the features of mourning dynamics and complications of this process;
- to have the skills of crisis counseling and psychodication;
- to maintain your own psychological stability in order to avoid secondary traumatization.

The context of working with complicated burning is accompanied by a high risk of emotional exhaustion, as the psychologist is constantly in the field of heavy emotions of the client, which is often combined with their own resonating experiences. For private practice experts, this risk is exacerbated by the absence of collegial support and the need to perform advisory, organizational and administrative work at the same time, which increases the load and reduces the opportunities for resumption of resources.

Conclusions. The specificity of the context of complicated burning is determined by the combination of emotional intensity of interaction, the need for specialized knowledge and skills, as well as the risk of cumulative stress, which can lead to the development of professional burnout in the absence of proper support and recovery mechanisms. The factors that contribute to the development of burnout in this context are specific in nature, due to the nature of the client request and the conditions of private practice.

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