

## **EXPLORING THE FACTORS THAT INFLUENCE THE PROCESS OF PARENTAL BEREAVEMENT**

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Grief and bereavement have been for a long time in the focus of interest of researchers and clinicians. The major aim of this study is to investigate the factors that impact the trajectories of grief, in parents that have lost a child. Grief and bereavement are natural processes when individuals experience the death of their love ones. In this article we will try to explore the parental bereavement which is one of the most painful traumas.

The research question of this article will be “Which are the most important factors that impact the process of recovering after the death of a child”? Some of the factors that will be explored will be the causes of death of the child, the perceived responsibility of the parent, age and gender of the child, gender differences between parents in experiencing grief, sense of guilt in parents and the impact of several traits of personality. A literature review of approximately 30 articles in the field of parental bereavement, will be used to identify factors and patterns in parental bereavement. The articles explore key terms in the field of grief, mourning and bereavement, like re-arrangement of the cycle of life, re-construction of the meaning after children’s death etc. Another important part to explore will be the impact of time in the trajectories of grief and how bereavement patterns change over the passing of time.

**Key terms:** *grief, bereavement, reconstruction of meaning, parents in grief*