

## José Eduardo Rebelo

### **The Historical Perspective of Bereavement Counselling in Portugal, and the Vivential Model of Healthy Grieving**

In Portugal, grief, bereavement and mourning has been focused since the last quarter of century, with the foundation of institutions for community intervention, "APELO-Bereavement Support", for scientific purposes, "SPEIL-Portuguese Society for Research on Grief and Bereavement", for social surveillance, OLP-Portuguese Observatory for Grief, Loss and Bereavement", and for research and training for counselling, "EdL-Space for Loss, Grief and Bereavement".

The Vivential Model of Healthy Grieving is a multidisciplinary rationale of genetics, evolution, neurosciences, psychology and sociology, based on experience of Portuguese community support. The person in healthy grieving, more or less complex, experiences Vivencies, called: Global (GV), Specific (SV), Detailed (DV), and of Transition (TV). GV are of Shock, Disbelief, Recognition, and Overcoming. GV of Shock comprise SV of Denying-Verifying and Torpor-Liveliness. GV of Disbelief comprise SV of Searching, balancing with Mismatching, which pushes to TV of Frustration and Desperation. VG of Recognition comprises SV of Anger and Sadness, pushed by Frustration, and of Blame and Dejection, pushed by Desperation. If the two first do not systematize outgrowing, by guiding anger or dispelling sadness, TV of Hope guide back to GV of Disbelief. If the two last are not outgrowing, holding responsible or stimulating, respectively, TV of Craving guide back to the anterior GV. The outgrow of each vivency, and of general grieving, the body's homeodynamic, happens in GV of Overcoming. It occurs by SV of Acceptance, through DV of Disattaching, in expected losses, or by SV of Resigning, through DV of Continuing, in not expected losses, as from one's child and a twin.



José Eduardo Rebelo, PhD in Biology, MS in Health Psychology and Community Intervention, is Assistant Professor with Habilitation of the Biology Department of the University of Aveiro.

His main research interests are ecology, evolution, and behaviour, particularly, in loss, grief and bereavement.

He coordinates the GIECL - Research Group on Scientific Studies of Loss, Grief, and Bereavement, supervising PhD and MsC thesis in health, biology, psychology, education, linguistics, and culture, in cooperation with Universities of Aveiro and Coimbra.

He has published a vast scientific and divulgation bibliography, namely the books: Untie the knot of grieving: fears, silences and taboos; Love, Grief and Solitude; Defilhar: how to live the loss of one's child.

He has given numerous lectures in different forums, participated in national television, radio, and newspapers. He directed a regional weekly radio program and newspaper column. He distinguished two profiles of bereavement support: for community intervention; and for clinical and hospital therapy. For the first, he created, and is the Director, of the Counsellors training course.

He was a pioneer, in Portugal, in structuring support in loss, grief, and bereavement, as founder of the following non-governmental institutions: SPEIL-Portuguese Society for Research on Grief and Bereavement, for scientific purposes, where he serves as Vice-president; OLP-Portuguese Observatory for Grief, Loss and Bereavement, for social surveillance, where he serves as Coordinator; EdL-Space for Loss, Grief and Bereavement, for research and training for counselling, particularly the Counsellors, where he serves as President; APELO-Bereavement Support, for community intervention, where he serves as President.