

「苦與樂」研討會

「在痛苦中成長：社會服務的啓示」圓桌會議

**Grief, Suffering and Resolution:
Reflections from Social Work Practice**

(哀傷、苦痛與復和：社會工作實踐的啓示)

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This paper begins with a brief review of current theories of grief and bereavement. Foucault's conception of disciplinary power and the technology of the self can be applied in understanding the regulation of the proper behaviour and expression of the bereaved by popular notions and normative ways in dealing with grief. Using a Foucauldian perspective, bereaved are objectified and shaped by dominant discourses on grief as objects of study and created as a subject; they can then internalise the 'proper' ways of grief and mourning and regulate themselves from within. With the notion of resistance, mourner can develop alternative ways in mourning and grief. Based on clinical experiences, a Resolution Radius model is introduced to understand how a person may cope and live with loss and suffering. The Resolution Radius model describes how a person may choose to spend energy and time in restoring a functional adjustment to the reality of loss and developing a sense of meaning in the experience. The functional and teleological are not formulated dichotomously but as a variable combination of both, which opens a wider space in coping and living with pain and loss.