

The Role of Spirituality in the Process of Grief and Bereavement from the Perspective of Bereavement Counsellors

Abstract

The objective of this study is to determine the role of spirituality in the process of grief and bereavement from the perspective of bereavement counsellors. The text is divided into three parts: theoretical, methodological and analytical. The theoretical part conceptualizes basic terminology of the main issue and gives the context. The methodological part describes the methods used in the research, which was conducted through qualitative research strategy using semi-structured interviews. In the analytical part I compare the results of the research with the theoretical roots. The participants of the research believe that spirituality to be a factor which positively influences the lives of the bereaved and makes their grief and mourning easier to bear. However, they also see that spirituality can make the life situation more complicated or affect their lives ambiguously.

Keywords

death, spirituality, bereavement, counselling for the bereaved, accompaniment