Disenfranchised grief: you may have heard this term thrown around and wondered what it is all about. Disenfranchised grief is an example of a very common grief experience that can sound very abstract and academic. It has a crazy name and is often talked about in academic articles rather than in real-life settings, but we find that knowing what disenfranchised grief is actually very helpful for people who are grieving. Even if it doesn’t relate to you specifically, it may make you a better friend or support to another griever. Okay, so what is this crazy term all about? If one is disenfranchise... Since the publication of Disenfranchised Grief: Recognizing Hidden Sorrow (Doka, 1989), the concept has gained a conceptual life of its own. It has been applied to a range of losses wider than I initially considered, encompassing experiences such as growing up in a dysfunctional home to going away to college to collective losses such as the demise of community as small-town populations decline with migration or fall victim to traumatic events such as oods. He was determined. Even his grades sharply improved. As much as she recognized and appreciated the changes, she also missed that full-of-fun boy who had so often infuriated her. She now had a name for her grief. So did another person, who wrote anonymously. Disenfranchised grief: Recognizing hidden sorrow. Lexington, MA, England: Lexington Books/D. C. Heath and Co. Dr Doka is here on RG so you can probably discuss this with him. In such nature if the grief is of serious nature disturbing the sentiment in such case to have the control of the same it is desirable to take recourse to spiritual way of religion or even power of prayer. This may certainly help to have the control of grief. This is my personal opinion. Cite.