




# GRIEVING OUR LOSSES: DEFINED AND AMBIGUOUS

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Pauline Boss, PhD, coined the term *ambiguous loss* to define a kind of loss that lacks closure or complete information. It can be more difficult to process than uncomplicated grief as the situation may be more complex than a distinct life or death differentiation. This presentation will discuss defined and ambiguous losses that occur because of trauma and difficult situations, and how to pay attention to and process grief for yourself and others.



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