



VINTAGE

LOSS - SADNESS
AND DEPRESSION

JOHN BOWLBY

Contents

Cover

About the Book

About the Author

Dedication

Title Page

Preface

Part I: Observations, Concepts and Controversies

1. The Trauma of Loss

Prelude

Grief in infancy and early childhood

Do young children mourn? a controversy

Detachment

2. The Place of Loss and Mourning in Psychopathology

A clinical tradition

Ideas regarding the nature of mourning processes, healthy and pathological

Ideas to account for individual differences in response to loss

3. Conceptual Framework

Attachment theory: an outline

Stressors and states of stress and distress

4. An Information Processing Approach to Defence

A new approach

Exclusion of information from further processing

Subliminal perception and perceptual defence

Stages at which processes of defensive exclusion may operate

Self or selves

Some consequences of defensive exclusion

Conditions that promote defensive exclusion

Defensive exclusion: adaptive or maladaptive

5. Plan of Work

Part II: The Mourning of Adults

6. Loss of Spouse

Sources

Four phases of mourning

Differences between widows and widowers

Note: details of sources

7. Loss of Child

Introduction

Parents of fatally ill children

Parents of infants who are stillborn or die early

Affectional bonds of different types: a note

8. Mourning in Other Cultures

Beliefs and customs common to many cultures

Mourning a grown son in Tikopia

Mourning a husband in Japan

9. Disordered Variants

Two main variants

Chronic mourning

Prolonged absence of conscious grieving

Mislocations of the lost person's presence

Euphoria

10. Conditions Affecting the Course of Mourning

Five categories of variable

Identity and role of person lost

Age and sex of person bereaved

Causes and circumstances of loss

Social and psychological circumstances affecting the bereaved

11. Personalities Prone to Disordered Mourning

Limitations of evidence

Disposition to make anxious and ambivalent relationships

Disposition towards compulsive caregiving

Disposition to assert independence of affectional ties

Tentative conclusions

12. Childhood Experiences of Persons Prone to Disordered Mourning

Traditional theories

The position adopted

Experiences disposing towards anxious and ambivalent attachment

Experiences disposing towards compulsive caregiving

Experiences disposing towards assertion of independence of affectional ties

13. Cognitive Processes Contributing to Variations in Response to Loss

A framework for conceptualizing cognitive processes

Cognitive biases affecting responses to loss

Biases contributing to chronic mourning

Biases contributing to prolonged absence of grieving

Biased perceptions of potential comforters

Biases contributing to a healthy outcome

Interaction of cognitive biases with other conditions affecting responses to loss

14. Sadness, Depression and Depressive Disorder

Sadness and depression

Depressive disorder and childhood experience

Depressive disorders and their relation to loss: George Brown's study

The role of neurophysiological processes

Part III: The Mourning of Children

15. Death of Parent during Childhood and Adolescence

When and what a child is told

Children's ideas about death

16. Children's Responses when Conditions are Favourable

Mourning in two four-year-olds

Some tentative conclusions

Differences between children's mourning and adults'

Behaviour of surviving parents to their bereaved children

17. Childhood Bereavement and Psychiatric Disorder

Increased risk of psychiatric disorder

Some disorders to which childhood bereavement contributes

18. Conditions Responsible for Differences in Outcome

Sources of evidence

Evidence from surveys

Evidence from therapeutic studies

19. Children's Responses when Conditions are Unfavourable

Four children whose mourning failed

Peter, eleven when father died

Henry, eight when mother died

Visha, ten when father died

Geraldine, eight when mother died

20. Deactivation and the Concept of Segregated Systems

21. Disordered Variants and Some Conditions Contributing

Persisting anxiety

Hopes of reunion: desire to die

Persisting blame and guilt

Overactivity: aggressive and destructive outbursts

Compulsive caregiving and self-reliance

22. Effects of a Parent's Suicide

Proportion of parents' deaths due to suicide

Findings from surveys

Findings from therapeutic studies

23. Responses to Loss during the Third and Fourth Years

Questions remaining

Responses when conditions are favourable

Responses when conditions are unfavourable

24. Responses to Loss during the Second Year

A transitional period

Responses when conditions are favourable

Responses when conditions are unfavourable

25. Young Children's Responses in the Light of Early Cognitive Development

Developing the concept of person permanence

The role of person permanence in determining responses to separation and loss

Epilogue

Acknowledgements

Bibliography

Author Index

Subject Index

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About the Book

In this third and final volume John Bowlby completes the trilogy *Attachment and Loss*, his much acclaimed work on the importance of the parental relationship to mental health. Here he examines the ways in which young children respond to a temporary or permanent loss of a mother-figure and the expression of anxiety, grief and mourning which accompany such loss.

The theories presented differ in many ways from those advanced by Freud and elaborated by his followers, so much so that the frame of reference now offered for understanding personality development and psychopathology amounts to a new paradigm.

About the Author

John Bowlby (1907–1990) was educated at the University of Cambridge and University College Hospital, London. After qualifying in medicine, he specialised in child psychiatry and psychoanalysis. In 1946 he joined the staff of the Tavistock Clinic where his research and influential publications contributed to far-reaching changes in the ways children are treated and to radically new thinking about the social and emotional development of human beings.

He held honorary degrees from the Universities of Cambridge and Leicester and received awards from professional and scientific bodies, including the Royal College of Psychiatrists, the British Paediatric Association, the Society for Research in Child Development, the American Psychological Association and the New York Academy of Medicine.

To

MY PATIENTS

who have worked hard to educate me

Loss

Sadness and Depression

John Bowlby



PIMLICO

Preface

This is the third and final volume of a work that explores the implications for the psychology and psychopathology of personality of the ways in which young children respond to a temporary or permanent loss of mother-figure. The circumstances in which the enquiry was launched are described in the prefaces to the earlier volumes. The overall strategy, which entails approaching the classic problems of psychoanalysis prospectively, is presented in the first chapter of the first volume. It can be summarized as follows—the primary data are observations of how young children behave in defined situations; in the light of these data an attempt is made to describe certain early phases of personality functioning and, from them, to extrapolate forwards. In particular the aim is to describe certain patterns of response that occur regularly in early childhood and, thence, to trace out how similar patterns of response are to be discerned in the later functioning of the personality.

There are many reasons why my initial frame of reference was, and has in many respects remained, that of psychoanalysis. Not the least is that, when the enquiry began, psychoanalysis was the only behavioural science that was giving systematic attention to the phenomena and concepts that seemed central to my task—affectional bonds, separation anxiety, grief and mourning, unconscious mental processes, defence, trauma, sensitive periods in early life. Yet there are many ways in which the theory advanced here has come to differ from the classical theories advanced by Freud and elaborated by his followers. In particular I have drawn heavily on the findings and ideas of two disciplines—ethology and control theory, that existed only in germinal form at the end of Freud's life. In this volume, moreover, I draw on recent work in cognitive psychology and human information processing in an attempt to clarify problems of defence. As a result the frame of reference now offered for understanding personality development and psychopathology amounts to a new paradigm and is thus alien to clinicians long used to thinking in other ways. The consequent difficulties of communication are as unfortunate as they are inevitable.

Nevertheless, I am much heartened by finding another psychoanalyst who has, independently, adopted a theoretical position almost identical to my own. This is Emanuel Peterfreund whose monograph *Information, Systems and Psychoanalysis* was published in 1971. Interestingly enough, although influenced by the same scientific considerations as myself, the problems that Dr Peterfreund was initially concerned to solve, problems of 'the clinical analytic process and the phenomena of insight', were entirely different from mine. Despite that, however, the theoretical frames of reference elaborated by each of us have proven 'strikingly consistent', to borrow the words he uses in a brief footnote added to his work (p. 149) just before it went to press.

Our two works are in many respects complementary. Special features of Dr Peterfreund's work are, first, his trenchant critique of current psychoanalytic theory; secondly, his brilliant exposition of the basic concepts of information, information processing and control theory; and thirdly, his systematic application of these concepts to the clinical problems with which every analyst treating patients is daily confronted. In particular, he demonstrates how the phenomena subsumed under the terms transference, defence, resistance, interpretation and therapeutic change are explicable by reference to the paradigm we both advocate. Analysts who find my work puzzling, not only because of the unfamiliar paradigm but because my prospective approach is also strange, are therefore encouraged to read Dr Peterfreund's work. Where my work differs from his lies in the central place I give to the concept of attachment behaviour as constituting a class of behaviour having its own dynamic, distinct

from feeding behaviour and sexual behaviour, and of at least an equal importance.

~~There are a number of other psychoanalysts now who are also drawing attention to the merits of a paradigm based on current concepts in biology, control theory and information processing. An example is the work of Rosenblatt and Thickstun (1977).~~

The first steps I took towards formulating my own schema were in a series of papers published between 1958 and 1963. The present three-volume work is a further attempt. The first volume, *Attachment*, is devoted to problems originally tackled in the first paper of the series, 'The Nature of the Child's Tie to his Mother' (1958). The second volume, *Separation: Anxiety and Anger*, covers ground originally tackled in two further papers, 'Separation Anxiety' (1960a) and 'Separation Anxiety: A Critical Review of the Literature' (1961a). This, the third volume, deals with problems of grief and mourning and with the defensive processes to which anxiety and loss can give rise. It comprises a revision and amplification of material first published in the subsequent papers of the earlier series— 'Grief and Mourning in Infancy and Early Childhood' (1960b), 'Processes of Mourning' (1961b) and 'Pathological Mourning and Childhood Mourning' (1963)—and draws also on drafts of two further papers concerned with loss and defence that were written during the early 1960s and received limited circulation, but remained unpublished.

Since then I have had the immense advantage of having my friend, Colin Murray Parkes, as a close colleague. This has meant that not only have I had privileged access to his valuable collection of data on adult bereavement but have also had constant opportunity to keep in close touch with his thinking.

Many of the basic data from which I start are set out in the opening chapters of the earlier volumes (see especially Volume I, Chapter 2, and Volume II, Chapters i and 3) and have become fairly well known. In the opening chapter of this one, therefore, only a brief summary is given. Yet, in order to remind the reader of the poignancy of the responses observed and to draw his attention to data that I believe to be of special import for understanding the genesis of psychopathological processes, some further illustrative material is given.

In the body of this volume a number of case reports culled from the publications of other clinicians are presented. Since most of them have been extensively rewritten an explanation is called for. Reasons for rewriting are of three kinds. In some cases the original record is too long and requires abbreviation. In many others it is permeated with technical terms that not only obscure the simple narrative of events and responses on which I am focusing but are incompatible with the paradigm I have adopted. Finally, in several cases I have thought it useful to present the sequence of events and the patient's responses to them in a more consistently historical way than in the original; and I have made special note of the source from which each part of the record is, or appears to have been, derived. Naturally in this rewriting I have done my utmost to preserve the essence of the original. One difficulty, however, is unavoidable. When a record is abbreviated some factual material is omitted and the criteria of selection that I have used may well be different from those that the original author would himself have adopted. To any who feel that in my account of their data distortions have crept in I offer my sincere apologies.

Part I: Observations, Concepts and Controversies

The Trauma of Loss

Definition of scientific phenomena should be based on the phenomena as we see them. We have no business to base our definition on ideas of what we think phenomena *ought* to be like. The quest for such touchstones seems to arise from a private conviction that simple laws and absolute distinctions necessarily underlie any connected set of phenomena.

C. F. A. PANTIN, *The Relation between the Sciences*

Prelude

DURING THE PRESENT century a number of psychoanalysts and psychiatrists have sought causal links between psychiatric illness, loss of a loved person, pathological mourning and childhood experience.

For several decades the sole starting point for these studies was a sick patient. Then, during the nineteen-forties, clinicians began to pay attention to the intense distress and emotional disturbance that immediately follow the experience of loss. In some of these later studies the loss was that of a spouse; in others it was that of a mother by a young child. Although each of these three starting points yielded findings of great interest, it was some years before the way that each set of data could be related to the others began to be appreciated. A constant difficulty was that generalizations made in connection with the earlier, retrospective, set were often misleading, whilst the theoretical explanations offered for them were ill-suited to both of the later, prospective, sets.

In this volume I seek to bring these diverse sets of data into relation with each other and to outline a theory that is applicable to them all. As in the two previous volumes, precedence is given throughout to data that derive from prospective studies.

Since loss as a field for enquiry is a distressing one the student is faced with emotional problems as well as intellectual ones.

Loss of a loved person is one of the most intensely painful experiences any human being can suffer. And not only is it painful to experience but it is also painful to witness, if only because we are so impotent to help. To the bereaved nothing but the return of the lost person can bring true comfort. Should what we provide fall short of that it is felt almost as an insult. That, perhaps, explains a bias that runs through so much of the older literature on how human beings respond to loss. Whether an author is discussing the effects of loss on an adult or a child, there is a tendency to underestimate how intensely distressing and disabling loss usually is and for how long the distress, and often the disablement, commonly lasts. Conversely, there is a tendency to suppose that a normal healthy person can and should get over a bereavement not only fairly rapidly but also completely.

Throughout this volume I shall be countering those biases. Again and again emphasis will be laid on the long duration of grief, on the difficulties of recovering from its effects, and on the adverse consequences for personality functioning that loss so often brings. Only by taking serious account of the facts as they seem actually to be is it likely that we shall be able to mitigate the pain and disability and to reduce the casualty rate.

Unfortunately, despite enormously increased attention to the subject during recent years, empiric

data regarding how individuals of different ages respond to losses of different kinds and in different circumstances are still scarce. The best we can do therefore is to draw on such systematic data as is available and to make prudent use of the far greater array of unsystematic accounts. Some of the latter are autobiographical but most derive from clinical observation of individuals who are in treatment. For that reason they are both a goldmine and a snare—a goldmine by providing valuable insight into the various unfavourable courses that responses to loss can take, and a snare because of the fallacious generalizations to which they can lead. These have been of two kinds. On the one hand it has been assumed that certain features now known to be especially characteristic of unfavourable courses of response are ubiquitous features of general importance; and, on the other, that responses now known to be common to all forms of response are specific to pathology. An example of the first type of mistake is the supposition that guilt is intrinsic to mourning, and of the second the presumption that a person's disbelief that loss has really occurred (often termed 'denial') is indicative of pathology. Healthy grieving, it will frequently be emphasized, has a number of features that once were thought to be pathological and lacks others that once were thought to be typical.

Since the route by which I entered the field was that of studying the effects on young children of the loss of mother, it is to those data, and to some of the controversies to which they have given rise, that the reader's attention is directed in this, the first, of five introductory chapters.

In the second I review ideas that have emerged during the treatment of patients whose emotional problems seem to be related to loss, and also outline the types of theory to which such studies have given rise. In the course of that chapter a number of key questions are identified around each of which controversy persists and for which answers are sought in the chapters that follow.

In the third and fourth of these introductory chapters I give an outline of the conceptual framework that, having first been developed in connection with this study, I now bring to the presentation and interpretation of data. The stage thus set, I embark on the body of the work.

Grief in infancy and early childhood

Let us turn first to the data that originally gave rise to this study, observations of how a young child between the ages of about twelve months and three years responds when removed from the mother (see figure 1 to whom he is attached and is placed with strangers in a strange place. His initial response, as readers of earlier volumes will recall, 2 is one of protest and of urgent effort to recover his lost mother. 'He will often cry loudly, shake his cot, throw himself about, and look eagerly towards any sight or sound which might prove to be his missing mother.' This may with ups and downs continue for as long as a week or more. Throughout it the child seems buoyed up in his efforts by the hope and expectation that his mother will return.

Sooner or later, however, despair sets in. The longing for mother's return does not diminish, but the hope of its being realized fades. Ultimately the restless noisy demands cease: he becomes apathetic and withdrawn, a despair broken only perhaps by an intermittent and monotonous wail. He is in a state of unutterable misery.

Although this picture must have been known for centuries, it is only in the past decades that it has been described in the psychological literature and called by its right name—grief. This is the term used by Dorothy Burlingham and Anna Freud (1942), by Spitz (1946b) in titling his film *Grief: Peril in Infancy*, and by Robertson (1953) who for twenty-five years has made a special study of its practical implications. Of the child aged from eighteen to twenty-four months Robertson writes:

If a child is taken from his mother's care at this age, when he is so possessively and passionately attached to her, it is indeed as if his world had been shattered. His intense need of her is unsatisfied, and the frustration and longing may send him frantic with grief. He takes an exercise of imagination to sense the intensity of this distress. He is as overwhelmed as any adult who has lost a beloved person by death. To the child of two with his lack of understanding and complete inability to tolerate frustration it is really as if his mother had died. He does not know death, but only absence; and if the only person who can satisfy his imperative need is absent, he might as well be dead, so overwhelming is his sense of loss.

At one time it was confidently believed that a young child soon forgets his mother and so gets over his misery. Grief in childhood, it was thought, is short-lived. Now, however, more searching observation has shown that that is not so. Yearning for mother's return lingers on. This was made plain in many of Robertson's early studies of young children in residential nursery and hospital and was amply confirmed in the two systematic studies of children in residential nurseries conducted by Heinicke (Heinicke 1956; Heinicke and Westheimer 1966).³ Crying for parents, mainly for mother, was a dominant response especially during the first three days away. Although it decreased thereafter it was recorded sporadically for each of the children for at least the first nine days. It was particularly common at bedtime and during the night. Searching for mother also occurred.

Although wishful thinking has probably contributed to the idea that a young child's grief is short-lived, certain features of his behaviour have proved misleading. For example, after the critical phase of protest, a child becomes quieter and less explicit in his communications. So far from indicating that he has forgotten his mother, however, observation shows that he remains oriented strongly towards her. Robertson has recorded many cases of young children whose longing for the absent mother was apparent, even though at times so muted or disguised that it tended to be overlooked. Of Laura, the subject of his film *A Two-year-old Goes to Hospital* (1952), he writes: 'She would interpolate without emotion and as if irrelevantly the words "I want my Mummy, where has my Mummy gone?" in her remarks about something quite different; and when no one took up the intruded remark she would not repeat the "irrelevance".' The same child would sometimes let concealed feelings come through in songs and, apparently unknown to herself, substitute the name of 'Mummy' for that of a nursery rhyme character. On one occasion she expressed an urgent wish to see the steam-roller which had just gone from the roadway below the ward in which she was confined. She cried, 'I want to see the steam-roller, I want to see the steam-roller, I want to see my mummy, I want to see the steam-roller.'⁴

Another child, aged three and a half, who had been in hospital for ten days, was observed playing a repetitive game by himself of a kind which appeared at first sight to be quite happy. He was bowing and turning his head to the left and lifting his arm. This seemed harmless enough, and also meaningless. When approached, however, he was heard to be muttering to himself, 'My mummy's coming soon-my mummy's coming soon'; and he was evidently pointing to the door through which she would enter. This was at least three hours before she could be expected.⁵

To the perceptive observer, such persistent orientation to the lost mother is evident even in much younger children. Thus Robertson also records the case of Philip who was aged only thirteen months when placed in a residential nursery. Although he was too young to verbalize any wish for his mother, the staff reported that during the days of fretting and later, whenever frustrated or upset, he would make the motions associated with the rhyme 'round and round the garden' with which his mother used to humour him when he was out of temper at home.

In the Hampstead Nurseries Anna Freud and Dorothy Burlingham recorded many cases of persistent but muted longing for an absent mother (Freud and Burlingham 1974).⁶ A striking example is that of a boy aged three years and two months who had already experienced two separations from his mother: the first when he was evacuated to a foster-home where he fretted and the second when he was in hospital with measles. On being left in the nursery he had been admonished to be a good boy and not

to cry—otherwise his mother would not visit him.

Patrick tried to keep his promise and was not seen crying. Instead he would nod his head whenever anyone looked at him and assured himself and anybody who cared to listen . . . that his mother would come for him, she would put on his overcoat and would take him home with her again. Whenever a listener seemed to believe him he was satisfied; whenever anybody contradicted him, he would burst into violent tears.

This same state of affairs continued through the next two or three days with several additions. The nodding took on a more compulsive and automatic character: 'My mother will put on my overcoat and take me home again.'

Later an ever-growing list of clothes that his Mother was supposed to put on him was added: 'She will put on my overcoat and my leggings, she will zip up the zipper, she will put on my pixie hat.' When the repetitions of this formula became monotonous and endless, somebody asked him whether he could not stop saying it all over again. Again Patrick tried to be the good boy that his mother wanted him to be. He stopped repeating the formula aloud but his lips showed that he was saying it over and over to himself.

At the same time he substituted for the spoken words gestures that showed the position of his pixie hat, the putting on of his imaginary coat, the zipping of the zipper, etc. What showed as an expressive movement one day was reduced the next to a mere abortive flicker of his fingers. While the other children were mostly busy with their toys, playing games, making music, etc., Patrick, totally uninterested, would stand somewhere in a corner, moving his hands and lips with an absolutely tragic expression on his face.

Unfortunately, shortly after Patrick's admission to the nursery his mother contracted influenza and she was confined to hospital for more than a week. Only after her discharge, therefore, was it possible to arrange for her to stay with Patrick in the nursery.

Patrick's state changed immediately. He dropped his symptom and instead clung to his mother with the utmost tenacity. For several days and nights he hardly left her side. Whenever she went upstairs or downstairs, Patrick was trailing after her. Whenever she disappeared for a minute, we could hear his anxious questioning through the house or see him open the door of every room and look searchingly into every corner. No one was allowed to touch him; his mother bathed him, put him to sleep, and had her bed next to his (Freud and Burlingham 1974, pp. 19–20).

This case is discussed further in [Chapter 23](#) since it illustrates vividly one of the common courses that childhood grieving can take and illumines certain features that occur typically when an adult's responses to loss take a pathological course. Features to be noted are: first, Patrick's persistent yearning for reunion with his mother; secondly, the pressure exerted on him by well-meaning adults to persuade him to desist from grieving and think of something else; thirdly, the tendency for his yearning none the less to persist but thenceforward to be expressed in an increasingly obscure form and directed towards an increasingly obscure goal; and fourthly, the circumstances in which he came to enact the role of his missing mother. The latter provides, I suggest, a valuable clue to understanding the process of identification with the lost figure which Freud made the keystone of his theory of mourning.

A child's persistent longing for his mother is often suffused with intense, generalized hostility. This has been reported by several workers, e.g. Robertson (1953) and Spitz (1953), and was one of the most striking findings in the first of Heinicke's systematic studies. Heinicke (1956) compared the behaviour of two groups of children, both aged between sixteen and twenty-six months; one group was in a residential nursery, the other in a day nursery. Not only did the children in the residential nursery cry for their mothers more than did the day-nursery children, but they exhibited much violent hostility of a kind hardly seen at all in those in the day nursery. The targets of this hostility were so varied that it was difficult to discern towards whom it was principally directed.

Nevertheless, there is good reason to believe that in its origin much of the anger of separated children is directed towards the missing mother-figure. This was clearly so in the case of Reggie, a small boy of two years and eight months (described in the early pages of Volume II) who had become intensely attached to one of the nurses in the Hampstead Nurseries but who refused to have anything to do with her when she visited a fortnight after she had left to get married. After her visit he had stared at the closing door and in bed that evening had made plain his ambivalent feelings: 'My ve

own Mary-Ann!' he exclaimed. 'But I don't like her' (Freud and Burlingham 1974).

In later chapters there is much further reference to the anger that is so commonly elicited by the departure of a loved person, whatever the reason may be that he has gone.

As in the case of a bereaved adult who misses and longs for a particular person and so cannot find comfort in other companions, so does a child in a hospital or residential nursery at first reject the ministrations of those caring for him. Although his appeals for help are clamant, often his behaviour is as contradictory and frustrating to the would-be comforter as is that of a recently bereaved adult. Sometimes he rejects them. At others he combines clinging to a nurse with sobs for his lost mother. Anna Freud and Dorothy Burlingham have recorded the case of a little girl of seventeen months who said nothing but 'Mum, Mum, Mum' for three days and who, although liking to sit on the nurse's knee and to have the nurse put her arm around her, insisted throughout on having her back to the nurse so as not to see her.

Nevertheless, the complete or partial rejection of the strange adult does not continue for ever. After a phase of withdrawal and apathy, already described, a child begins to seek new relationships. How these develop turns on the situation in which he finds himself. Provided there is one particular mother figure to whom he can relate and who mothers him lovingly he will in time take to her and treat her almost as though she were his mother. In those situations, by contrast, in which a child has no single person to whom he can relate or when there is a succession of persons to whom he makes brief attachments, the outcome is different. As a rule he becomes increasingly self-centred and prone to make transient and shallow relationships with all and sundry. This condition bodes ill for his development if it becomes an established pattern.

Do young children mourn? a controversy

In the paper 'Grief and Mourning in Infancy and Early Childhood', published 1960, in which I first drew attention to these observations, I pointed to the striking similarities between the responses of young children following loss of mother and the responses of bereaved adults. The number and extent of these similarities had not been emphasized before. This was in part because the traditional picture of how children and adults respectively are thought to respond to loss had greatly exaggerated supposed real differences as exist, and in part because there was little understanding of the nature of attachment behaviour and its role in human life. Since the similarities between childhood and adult responses to loss are central to my thesis they are examined fully in Part III. 'Meanwhile', I had concluded in 1960

since the evidence makes it clear that at a descriptive level the responses are similar in the two age-groups, I believe it to be wise methodologically to assume that the underlying processes are similar also, and to postulate differences only when there is clear evidence for them. That certain differences between age-groups exist I have little doubt, since in infants and small children the outcome of experiences of loss seem more frequently to take forms which lead to an adverse psychological outcome. In my judgment, however, these differences are best understood as being due to special variants of the mourning process itself, and not to processes of a qualitatively different kind. When so conceived, I believe, we are enabled both to see how data regarding the responses of young children to a separation experience relate to the general body of psychoanalytic theory and also to reformulate that theory in simpler terms.

This line of argument was pursued in the two subsequent papers⁷ in which I emphasized especially that

The mourning responses that are commonly seen in infancy and early childhood bear many of the features which are the hallmark of pathological mourning in the adult (1963, p. 504).

In particular, I drew attention to four pathological variants of adult mourning already described in the

clinical literature and to the tendency for individuals who show these responses to have experienced loss of a parent during childhood or adolescence. The four variants, described here in the terms now preferred, are as follows:

- unconscious yearning for the lost person
- unconscious reproach against the lost person combined with conscious and often unremitting self reproach
- compulsive caring for other persons
- persistent disbelief that the loss is permanent (often referred to as denial).

A sharp controversy followed these early papers. Of the many issues debated one calls for immediate comment: namely, the use of the term 'mourning'.

As explained in the original series of papers, it seemed useful to employ the term 'mourning' in a broad sense to cover a variety of reactions to loss, including those that lead to a pathological outcome because it then becomes possible to link together a number of processes and conditions that evidence shows are interrelated—much in the way that the term 'inflammation' is used in physiology and pathology to link together a number of processes, some of which lead to a healthy outcome and some of which miscarry and result in pathology. The term 'mourning' was selected because it had been introduced into psychoanalysis in the translation of Freud's seminal paper on 'Mourning and Melancholia' (1917) and had for many years been in wide use by clinicians.

My thesis met with strong opposition, however, especially from psychoanalysts who were close to Freud and those who follow in that tradition.⁸ The difficulties they raise are in part matters of substance and in part terminological. To enable us to identify the points of substance let us deal immediately with the problem of terms.

The terminological difficulties stem from the restrictive sense in which some of my critics interpret Freud's statement that 'Mourning has a quite precise psychical task to perform: its function is to detach the survivor's memories and hopes from the dead' (*SE* 13, p. 65).⁹ The term 'mourning', the critics insist, must be applied only to psychological processes that have that single outcome: no other usage is permissible.

Such terminological rigidity is alien to the spirit of science. For, once a definition is laid down, it tends to straitjacket thought and to control what the worker permits himself to observe; so that instead of the definition being allowed to evolve to take account of new facts, facts not covered by the original definition are neglected. Thus, were we to accept the injunction to restrict the term mourning in the way proposed, we should have to limit it to psychological processes with an outcome that is not only predetermined as an optimum but which we now have good reason to know, and as Freud himself rightly suspected, is never completely attained see ([Chapters 6](#) and [16](#)). Processes leading to a variation of outcome would by definition be excluded and would thereby have to be described in other terms.

A restricted usage of that kind is unacceptable. One of the major contributions of psychoanalysis has been to help integrate psychopathology with general personality theory. To use different terms for a process or processes according to whether outcome is favourable or unfavourable endangers this integration. In particular, intractable problems would arise were it thought necessary to define at an early stage where healthy processes end and pathological ones begin. Should such a definition prove later to be mistaken confusion would reign. That, in fact, is what has occurred in our field.

Since I judge these considerations to outweigh all others, the usage adopted in the earlier papers is retained. Thus, the term 'mourning', with suitable qualifying adjectives, is used to denote a fairly wide array of psychological processes set in train by the loss of a loved person irrespective of the

outcome. Even so, an alternative term already in broad usage is 'grieving' and arguments can be advanced for employing it instead of 'mourning'. In addition to its avoiding controversy over the restricted usage of mourning discussed above, it would avoid also another and quite different tradition of specialized usage stemming from anthropology which restricts mourning to the public act of expressing grief. Because public mourning is always in some degree culturally determined, it is distinguishable, at least conceptually, from an individual's spontaneous responses. (That usage is encouraged in Webster's *Dictionary of the English Language* and is adopted in a review by Averill, 1968.) Yet a further reason for employing grieving in a broad sense would be that, as we have seen, it has already been so used by prominent psychoanalysts and there is therefore no dispute that very young children grieve.

Nevertheless, there are good reasons for retaining the term mourning and using it to refer to all the psychological processes, conscious and unconscious, that are set in train by loss. First, it has for long been so used in psychopathology. Secondly, by employing it thus, the term grieving is freed to be applied to the condition of a person who is experiencing distress at loss and experiencing it in a more or less overt way. Not only is this common usage but it is especially convenient when we come to discuss the paradoxical condition known as absence of grief (Deutsch 1937). To denote the public expression of mourning we can use 'mourning customs'.

Once we recognize differences in the use of the term mourning much of the controversy melts away. For example, as Miller (1971) points out, there is now widespread agreement among clinicians that, when loss is sustained during childhood, responses to it frequently take a pathological course. Nevertheless, we are still left with substantial points of difference.

The most important is whether a pre-adolescent child is capable in any circumstances of responding to loss of parent with healthy mourning which we can define, adapting a definition given by Anna Freud,¹⁰ as the successful effort of an individual to accept both that a change has occurred in his external world and that he is required to make corresponding changes in his internal, representational world and to reorganize, and perhaps to reorient, his attachment behaviour accordingly. On the one side of the controversy are a number of influential analysts who, impressed by the many patients they have treated whose response to a childhood loss had taken a pathological course, have concluded that a pathological form of response is inevitable and have sought to explain the alleged inevitability by postulating that a child's ego is too weak and undeveloped 'to bear the strain of the work of mourning'. This view, first advanced by Deutsch (1937), has been followed with minor variations of emphasis by many others, including Mahler (1961), Fleming and Altschul (1963), Wolfenstein (1966) and Nagera (1970). On the other are psychoanalytically trained students of the problem who, as a result of their observations, insist that, given support and honest information, it is possible for even quite young children to mourn a lost parent in as healthy a way as can an adult. This view, advanced by Robert and Erna Furman (R. A. Furman 1964a; E. Furman 1974) and also by Gilbert and Aron Kliman (G. Kliman 1965), is supported by descriptions of a number of children, aged from two years upwards, whose mourning for a lost parent was observed and recorded.

The second point of controversy concerns the nature of the responses that occur after loss of parent during the first year or two of a child's life. It turns, among other things, on the question of when during development a child becomes capable of maintaining an image of his absent mother. This raises issues both of cognitive development and also of socio-emotional development. They are discussed in [Chapter 25](#), with reference to the concepts of person permanence and of libidinal object constancy.

In regard to these and other controversies the views expressed in this volume are not very different

from those expressed in my earlier papers. Such differences as there are arise mainly from consideration of the evidence, published since those papers were written, concerning the influence of his responses of the experiences a child has with parents and parent-substitutes before, during, and after his loss. These and other matters are discussed in [Chapters 15](#) onwards.

Meanwhile, it may help the reader if his attention is drawn to the two complementary themes that run through this volume. One is that, as emphasized in the earlier papers, the responses to loss seen in early life have a great deal in common with responses seen in later life, and that sharp distinctions are both unwarranted and misleading. The second is that, as widely agreed, certain differences exist which call for detailed examination. At different points in the exposition one or other of these themes is given prominence; but it is hoped the reader will never forget the importance of both.

Detachment

Before closing this introductory chapter I wish to return to the third of the three phases into which Robertson and I have divided a young child's response to the loss of his mother-figure, namely the phase we have termed 'detachment'. This phase, already described in the opening chapters of the earlier volumes (Chapter 2 of Volume I and Chapter 1 of Volume II) but so far not discussed, is regularly seen whenever a child between the ages of about six months and three years has spent a week or more out of his mother's care and without being cared for by a specially assigned substitute. It is characterized by an almost complete absence of attachment behaviour when he first meets his mother again.¹¹

This puzzling phenomenon was observed with especial care by Heinicke and Westheimer (1966) in their study of ten young children, aged from thirteen to thirty-two months, who spent a minimum of twelve days in one of three residential nurseries.¹²

On meeting mother for the first time after the days or weeks away every one of the ten children showed some degree of detachment. Two seemed not to recognize mother. The other eight turned away or even walked away from her. Most of them either cried or came close to tears; a number alternated between a tearful and an expressionless face.

In contrast to these blank, tearful retreats from mother, all but one of the children responded affectionately when they first met father again. Furthermore, five were friendly to Ilse Westheimer as well.

As regards detachment, two findings of earlier studies were clearly confirmed in this one. The first is that detachment is especially characteristic of the way in which a separated child behaves when he meets his mother again, and is much less evident with father; the second is that the duration of a child's detachment from mother correlates highly and significantly with the length of his time away.

In nine cases detachment from mother persisted in some degree throughout almost the first three days of reunion. In five children it was so marked that each mother complained, characteristically, that her child treated her as though she were a stranger; none of these children showed any tendency to cling to her. In the other four, detachment was less pronounced; phases during which they turned away from mother alternated with phases during which they clung to her. Only one child, Elizabeth, who was the oldest and whose separation was among the shortest, was affectionate towards her mother by the end of the first day home.

When a mother does not receive the natural responses she expects from her child she finds it both puzzling and wounding. Even when he is hurt he is likely still to make no attempt to seek her comfort and will even spurn her attempts to provide it. To anyone familiar with young children this behavior

seems very extraordinary. Some years ago Robertson observed it in a small boy who had been admitted to hospital at the age of thirteen months and had remained there for three years. During the month following his return home, during which he remained wholly detached, he burned his hand in the fire. Instead of howling and seeking comfort like the ordinary toddler, he smiled and kept himself. (Reported in Ainsworth and Boston, 1952.)

The same behaviour was noted in one child of the Heinicke and Westheimer series (pp. 112–58):

Owen was aged 2 years and 2 months at the start of what proved to be an eleven-week separation. Both during the journey home with his father and after he had entered the house and met mother he remained characteristically numb, silent and unresponsive; in fact it was fifty minutes before he showed the first flicker of animation. Then, and during the next couple of days, he began sometimes to turn to his father; but his mother he continued to ignore. During his second day home he bumped his knee and, when he seemed about to cry, mother at once offered comfort. Owen however passed her by and went to father instead. Not unnaturally mother felt this as a cruel rebuff.

Clearly many different views can be taken of the phenomenon of detachment and it has already been the subject of some debate (A. Freud 1960; Bowlby 1963). The view I took in my earlier papers is that detachment is an expression of what in the psychoanalytic tradition has always been referred to as a defence or, and better, as the result of a defensive process. The suggestion made is that defensive processes are a regular constituent of mourning at every age and that what characterizes pathology is not the occurrence but the forms they take and especially the degree to which they are reversible. In infants and children, it appears that defensive processes once set in motion are apt to stabilize and persist.

The thesis I have advanced, therefore, is that in a young child an experience of separation from, or loss of, mother-figure is especially apt to evoke psychological processes of a kind that are as crucial for psychopathology as inflammation and the resulting scar tissue are for physiopathology. This does not mean that a crippling of personality is the inevitable result; but it does mean that, as in the case, say, of rheumatic fever, scar tissue is all too often formed that in later life leads to more or less severe dysfunction. The processes in question, I have suggested, are pathological variants of some of those that characterize healthy mourning.

Although this theoretical position is closely akin to positions taken by others, it appears none the less to be different from them. Its strength lies in relating the pathological responses met with in older patients to responses to loss and threats of loss that are to be observed in childhood, thereby providing a possible link between psychiatric conditions of later life and childhood experience. In the latter half of the following chapter and in more detail in Bowlby (1960b) this formulation is compared to some of its predecessors. Whether or not it proves a useful way of ordering and understanding the data and, if so, what modifications or elaborations may be called for are questions to which this volume addresses itself.

¹ Although throughout this work the text refers usually to ‘mother’ and not to ‘mother-figure’, it is to be understood that in every case reference is to the person who mothers a child and to whom he becomes attached. For most children, of course, that person is also his natural mother.

² See Volume II, Chapter 2.

³ Particulars of Heinicke’s studies are given in the first chapter of the second volume of this work.

⁴ For further discussion of how Laura responded during and after her stay in hospital see [Chapters 23](#) and [25](#).

⁵ This observation, made by James Robertson, is reported in Bowlby, Robertson and Rosenbluth (1952).

⁶ Reports of observations made in the Hampstead Nurseries were first published during the war in the U.K. (Burlingham and Freud 1942, 1944) and in the U.S.A. (Freud and Burlingham 1943). They are now reprinted in a volume of Anna Freud’s collected works (Freud and Burlingham 1974) and page references given in the text are to that publication. In the account that follows the pseudonym Patrick, used originally in the 1943 edition but changed to Billie in 1974, has been retained because in earlier publications of my own in which the case is referred to (e.g. Bowlby *et al.* 1952) Patrick is the pseudonym used.

⁷ ‘Processes of Mourning’ (1961b) and ‘Pathological Mourning and Childhood Mourning’ (1963).

⁸ See the three critical articles, by Anna Freud, Max Schur and René Spitz, that are printed in Volume 15 of *The Psychoanalytic Studies of the Child* (1960) following the first of my three papers: see also Wolfenstein (1966).

⁹ The abbreviation *SE* denotes the Standard Edition of *The Complete Psychological Works of Sigmund Freud*, published in

volumes by Hogarth Press Ltd, London, and distributed in America by W. W. Norton, New York. All quotations from Freud in the present work are taken from this edition.

[10](#) ‘The process of mourning (*Trauerarbeit*) taken in its analytic sense means to us the individual’s effort to accept a fact in the external world (the loss of the cathected object) and to effect corresponding changes in the inner world (withdrawal of libido from the lost object, identification with the lost object)’ (A. Freud 1960, p. 58).

[11](#) It should be noted that this use of the term ‘detachment’ differs radically from that of workers who use it to refer either to a child’s tendency to explore away from his mother or to the increasing self-reliance he shows as he gets older (a theme discussed in Volume II, Chapter 21).

[12](#) The précis of their findings that follows is taken from the first chapter of *Separation: Anxiety and Anger*.

The Place of Loss and Mourning in Psychopathology

Although we know that after such a loss the acute state of mourning will subside, we also know we shall remain inconsolable and will never find a substitute. No matter what may fill the gap, even if it be filled completely, it nevertheless remains something else. And actually this is how it should be. It is the only way of perpetuating that love which we do not want to relinquish.

SIGMUND FREUD¹

A clinical tradition

IT IS EIGHTY years since Freud first adumbrated the idea that both hysteria and melancholia are manifestations of pathological mourning following more or less recent bereavement,² and sixty six years since in 'Mourning and Melancholia' he advanced the hypothesis more explicitly (1917). Since then there have been a host of other studies all of which in different ways support it. Clinical experience and reading of the evidence leaves little doubt of the truth of the main proposition—that much psychiatric illness is an expression of pathological mourning—or that such illness includes many cases of anxiety state, depressive illness and hysteria, and also more than one kind of character disorder. Plainly Freud had discovered a large and promising field of enquiry. Yet it is one that only in recent years has been receiving the attention it deserves.

Controversy, never absent, still abounds. To understand it we turn to history. In doing so it is necessary to trace how ideas have developed in regard to two distinct types of problem:

- ideas regarding the nature of mourning processes themselves and in what ways healthy and pathological processes differ
- ideas regarding why some individuals and not others should respond to loss in a pathological way.

In regard to the first set of problems the early literature is concerned almost exclusively with the mourning of adults. In regard to the second it is concerned very largely with events and responses in childhood. Nevertheless, in regard to the nature of the childhood events, the phases of development during which children may be especially sensitive, and the way both the events and the responses evoked are conceptualized there are deep divisions between different schools of psychoanalytic thought.

In tracing how ideas regarding these issues developed during the years up to about 1960 opportunity is taken to indicate the directions in which presently available evidence seems to point.

Ideas regarding the nature of mourning processes, healthy and pathological

In the history of psychoanalytic thought the study of grief and mourning has usually been approached by way of the study of depressive illness in adults. Because of this we find that few attempts have been made by psychoanalysts to conceptualize the processes of grief and mourning as such. Until about 1960 only Freud, Melanie Klein, Lindemann, and Edith Jacobson had tackled the problem; and Lindemann appears to have been alone in having made the first-hand study of acute grief his main concern. Much of the clinical literature, indeed, deals exclusively with depressive illness, and some

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