

Amy Chow

Multifacet of Grief, Multifacet of Coping: The ADAPTS Model

Bereavement affects not only the emotional aspect but different aspects of the griever. Individuals respond differently in different dimensions thus standardized bereavement counseling interventions with a unified focus often yield a comparative lower effect size when compared with other interventions of other psychological problems. Based on the multi-facet of grief, a newly developed intervention model is conceptualized in Hong Kong. Inspired by the concept of Targeted Therapy in cancer treatment, the ADAPTS targeted intervention model which builds on the acronym of bereavement-related Anxiety, bereavement-related Depression, Adjustment, Physical symptoms, Traumatization and Separation distress, recognizes the diversifications of bereavement reactions will be introduced. Instead of offering a “one-size fits all” mode of intervention, ADAPTS model values the assessment of reactions and targets the intervention towards the major concern of the bereaved persons systematically. The assessment process borrows the McKissock Model of grief counseling as a guiding framework, facilitating the bereaved persons in exploring their grieving process in an organized way. In this presentation, the model will be elaborated step by step, hoping to sketch the possible pathway of moving on in bereavement.



Dr. Amy Y. M. Chow, Ph. D., R.S.W, F.T., is an Associate Professor with the Department of Social Work and Social Administration, the University of Hong Kong. She is the Co-Director of the Jockey Club End-of-Life Community Care Project and Associate Director of Sau Po Centre of Ageing of the University. With the background of registered social worker specialized in bereavement counseling, she is the founder of the first community based bereavement counseling centre in Hong Kong. She is the first Fellow in Thanatology awarded by the Association of Death Education and Counseling in Asia. She was elected as the Chairperson of the prestigious

International Workgroup on Death, Dying and Bereavement, the board member of Association of Death Education and Counseling as well as the Asia Pacific Hospice Network in 2016. She also serves the Body of Knowledge Committee and Grief Counseling Standards Task Force of Association of Death Education and Counseling. Her achievement in bereavement research is well recognized locally and internationally. She received the Association for Death Education and Counseling 2005 Cross-Cultural Award, Cadenza Fellow in 2008, Distinguished Alumni Award 2013 of Department of Social Work, CUHK, 2013 Rainbow of Life Outstanding Individual Award, 2014 Outstanding Social Worker Award and 2014 Outstanding Teaching Award of the University of Hong Kong.