

## Simon Shimshon Rubin

### **The Two-Track Model of Bereavement: The Changing Relationship to the Deceased as a Life-Long Process**

Interpersonal relationships shape who we are and influence who we will become. The loss of close family members and significant people in our lives have the potential to be a catalytic and/or cataclysmic, life-changing event for the bereaved. The early formulations of the Two-Track Model of Bereavement (Rubin, 1981, 1984, 1999), as well as the later iterations, sought to clarify and chart a pathway to make sense of the tremendous variation in the response to loss (Rubin, 2009, 2013; Rubin, Malkinson & Witztum, 2012). The importance of maintaining a bifocal approach for the examination of response to loss has remained a constant. The first track of the response to loss addresses the biopsychosocial response to loss over time on factors involved in the response to other extremely stressful life events. All such events require adaptation, change and integration, and all can result in variable mixtures of positive growth, neutral and negative influences on those affected. The second track focused most powerfully on the nuances of the relationship to the deceased, places the preloss experience of the relationship, and the postloss bond to the deceased, at the center of attention, together with the story of the death. In this presentation, I will highlight some of the new insights and perspectives based on the model and its relevance for those working in the field today with attention to elements of growth and change in the relationship to the deceased. Using theory, clinical material, and research data, this presentation is designed to engage clinicians, researchers, the bereaved and those who support them, in our shared quest to further our understanding of loss and bereavement and its life-long implications.



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