

# **THE EYES OF THE LIGHTHOUSE**

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**Q&A**

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### **1. Process of grief: why do some people go through death of their closest worst than others?**

We all are different, so they are our reactions to the departure of a beloved one. An important part in it plays: 1. Relation to the deceased. The bigger the importance that the deceased person has to us, the more sensitive we will feel about the death and the more it will affect us. 2. The ability to manage stress and the extent of additional stress. Once this capacity is filled (or is low because we are not building it up), this imaginary cup runs over with. The death of a loved one can use up this capacity and the further life stresses based on our reactions will even intensify. 3. Experience with a similar situation. Every "first" (death in the family, breakup) is usually more difficult than the next one. 4. Personality and character. We differ in the ability to resist emotions (emotional stability), to manage different rates of change and in the adaptation speed of a new situation. 5. Attitude toward death and ideas on how to deal with it. If it is inconceivable to us to feel sad we will make it worse. If we expect ourselves to improve too fast, our state may worsen when we see that grief lasts a long time.

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### **2. How can a person recover from the loss of a loved one?**

Do not force yourself to do it. Grieving takes place over time and we must afford that time. We should not expect top results in any area of life and we should accept ourselves in our weakness (the same way when we are sick). The inner path of grieving can lead to some other place than we expect - let's not be shocked by that. It is important to find out the most suitable way for each of us. For the majority of people that will be a social support (friends, acquaintances) and temporary solitude retirement. If sadness appears, let's be with him. Don't be ashamed to look for joyful activities (movie, sport, music, tasty food...) that will bring comfort and rest. It is recommended to step by step "complete" the relationship with the deceased - to have a dialogue with him to forgive, to say goodbye, to remember, to scold, to cry with him. That is also important. Paradoxically, death can also bring temporary positive experiences (feeling of freedom, feeling of relief from worrying about the sick, etc.). They are understandable and do not blame us for it.

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### **3. Can movies (film therapy) help us to deal with difficult life situations?**

Film therapy is an approach that incorporates film into more traditional therapeutic methods. In other words, it is an approach that uses film to help therapists to communicate with their clients, establish rapport, reach subdued emotions, which is sometimes the goal of the therapy. Furthermore film can be also a form of education, thanks to which people reporting problems regarding their well-being and functioning among people can learn in a safe environment and with the support of the therapist, the principles governing interpersonal relationships, the consequences of different behaviors, and positive solutions to various problems.

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In formalised film therapy, the therapist suggests the client to view a certain title, which in his opinion reflects or somehow relates to the reported problems, e.g. a film depicting the process of post-traumatic stress or depression. Alternatively, it is the customer who brings a movie they would like to talk about.

Film therapists assume that full work with a film requires moderated reworking of emotions and thoughts evoked by a given work - that is, watching movies is only part of a larger process that is led by the therapist. Public events that use elements of film therapy similarly place great emphasis on discussion and workshops accompanying shows.

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## Resources

**Cruse Bereavement Care and Help**

<https://www.cruse.org.uk>

