Chapter 9: Trauma- and Stressor-Related Disorders

**Video Title:** Prolonged Grief Disorder: How Long is Too Long to Grieve?  
**Video URL:** https://youtu.be/GkCrEf02hc4  
**Run Time:** 7:38  
**Source:** CBC News: The National/YouTube  
**Closed Caption Available:** Yes

Summary of Video:

Prolonged Grief Disorder is a new diagnosis that was added to the DSM-5-TR, published in March 2022. This disorder can be diagnosed when someone experiences complicated, on-going grief that limits their daily functioning beyond an expected time frame for grief. The disorder is controversial in the eyes of some but welcome by many others. This video explores this new diagnosis. As you watch the video, please answer the following questions:

1. Why is the new prolonged grief disorder controversial? How might it be helpful for some people?

2. How long must a person experience complicated grief to be diagnosed with prolonged grief disorder? What is your opinion of this time frame? Explain.

3. What recommendations does the video make related to experiencing/processing grief?