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Grief Dealing With Adult Bereavement

The loss of a loved one is one of the most painful experiences that most of us will ever have to face in our lives. This book recognises that there is no single solution to bereavement. Whether in a professional or voluntary capacity, bereavement care requires empathy, judgement and skill to ensure your response matches the needs of the person you are helping. Recognizing that we all experience bereavement differently, this book introduces theory and skills which can be used in any context to address the key themes. The theoretical background to attachment and loss is strongly encouraged and supports the skills needed to support people who have been bereaved. Case studies and personal accounts illustrate key points and exercises help you examine your own experiences and attitudes in relation to loss. The book also takes into account topics frequently overlooked in other texts, such as sexuality, spiritual responses to loss, cultural influences and diversity, as well as the nature of coping and resilience. Grief: The Mourning After

The book was written to be a confident and guidance for bereaved parents whose adult child has died, to show by sharing our experiences that we are not alone in our responses to their child's death, that we are not weak, defective in character or otherwise inadequate because of the way we grieve; to spell out ways in which some of us are able to move on to a phase of meaningful acceptance and recovery. It is not a static and remote text, but one that helps those with limited knowledge about bereavement, this volume provides an excellent introduction to the field and should be of use to students as well as to professionals, states Contemporary Psychology. The Lancet comments that this book "makes good and compelling reading. . . . It was mandated to address three questions: what is known about the health consequences of bereavement; what further research would be important and promising; and whether there are preventive interventions that should either be widely adopted or further tested to evaluate their efficacy. The authors have fulfilled this mandate well." Bereavement - Institute of Medicine - 1998-04-01

The book is well organized, well detailed, and well referenced; it is an invaluable sourcebook for researchers and clinicians working in the area of bereavement. For professionals, it is a useful guide for understanding and coping with grief and all of the distancing emotions that accompany the death of our parents Living our parents when we are adults is in the natural order of things, a rite of passage into true adulthood. But whether we lose them suddenly or after a prolonged illness, and whether we were close or distant, this book provides invaluable more difficult than we thought it would be. From the recognition of our own mortality and sudden childlike sorrow to a sometimes-suitable change in identity or shift of roles in the surviving family, The Orphans: the real orphans adults guides through the storm of change this book in the best course, states the Lancet. T.J. Wray comments that this book "makes good and compelling reading. . . . It was mandated to address three questions: what is known about the health consequences of bereavement; what further research would be important and promising; and whether there are preventive interventions that should either be widely adopted or further tested to evaluate their efficacy. The authors have fulfilled this mandate well."

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Surviving the Death of a Sibling - T.J. Wray - 2009-02-04

When T.J. Wray lost her 43-year-old brother, her grief was deep and enduring and, she soon discovered, not fully acknowledged. Despite the longevity of adult sibling relationships, not everyone who has lost a sibling has had the opportunity to find their grief is somehow unusual, or that because they are orphans, their grief is not allowed in their family, that they are alone in their family or children, or that they are even allowed to grief. Already have a spouse, a parent, and even children—all of whom suffer a more socially recognized type of loss. Based on the author's own experiences, as well as those of many others, Surviving the Death of a Sibling helps adults who have lost a brother or sister to realize that they are not alone in their struggle. Just as important, it teaches...
Grief as a Family Process

Grief as a Family Process

Comprehensive and heartfelt, this collection offers 100 practical ideas to help understand and accept the passing of a sibling in order to practice self-healing. The readers will feel supported and encouraged as they navigate the grief journey in their own way. This book is about facing the emotional and practical challenges of coping after the death of a sibling.

Grief as a Family Process

The Adult Orphan Club

Umberson explains why the death of a parent has strong effects on adults and looks at protective factors that help some individuals experience better mental health outcomes. The book is a poignant and powerful testament to the resilience of the human spirit. It is a book that will resonate with anyone who has experienced the loss of a parent.

The Adult Orphan Club

research without becoming an academic tome. It is comprehensive, focused on practice and contains important insights for developing the essential skills required to provide effective bereavement care,' Dr John Costello, Head of Primary Care, University of Manchester. 'Brenda Mallon gives the term grief counselling’ definition in a way no one has done before. If you are new to counselling the bereaved, this book is the best.

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comforting others through the grieving process. Many people who have suffered a loss feel judged, dismissed, and misunderstood by a culture that wants to “solve” inadequate data and unclear knowledge impedes efforts to deliver effective care, educate providers, and ultimately improve the experience of those who are grieving. Integrating effective palliative care from the time a child’s life-threatening medical problem is diagnosed will improve care for children as well as adults who die and their families. This book reports on research that while much can be done to care for children, many of their needs are not being met.

The analysis and recommendations reflect current knowledge and judgments, but new research and insights will undoubtedly modify suggestions and shifts in emphasis in future years.

We Get It - Heather L. Servaty-Seib - 2015-06-21

Silver Medal Winner for Best Book of the Year by the 2015 Foreword Reviews’ INDIEFAB Book of the Year Awards A unique collection of 33 narratives by bereaved students and young adults, this book aims to help young adults who are grieving and provide guidance for those who seek to support them. Grieving the death of a loved one is difficult at any age, but is particularly difficult during college and young adulthood. Knowing that you are not alone in your grief; that it is natural and healthy to experience intense feelings of pain; and adjusting to life on and off campus, college students and young adults face a unique set of issues. These issues often make it difficult for young adults to talk about their loss, leading to a sense of isolation, different-ness and a pressure to pretend that everything is OK. The narratives included in this book are honest, heart-felt and they help other students and young people that they are not alone and that there are others who ‘get’ what they are going through. The narratives are ideally divided by themes, such as isolation, forced maturity and life transition challenges, and include commentary by the authors on grief responses and coping strategies.

Each section also ends with helpful questions for reflection. Inspired by the experiences of Dr. Fajgenbaum losing his mother during college and Dr. Servaty-Seib dedicating her career to college student bereavement, this book will be a lifeline for students and young adults who have lost a loved one. It will also be of immense value to counselors, college administrators, grief professionals and parents.

The Other Side of Sadness - George A. Bonanno - 2019-11-05

In this thoroughly revised and updated classic, a renowned psychologist shows that mourning is far from predictable, and all of us share a surprising ability to resilient The conventional view of grieving—encapsulated by the famous five stages of grief: denial, anger, bargaining, depression, and acceptance—is defined by a mourning process that we can only hope to accept and endure. In The Other Side of Sadness, psychologist and emotions expert George Bonanno argues otherwise. Our inborn emotions—anger and denial, but also relief and joy—help us deal effectively with loss. To expect or require only grief-stricken behavior from the bereaved does them harm. In fact, the opposite is true: the bereaved can actually deepen interpersonal connections and even lead to a new sense of meaning in life.

It's OK That You’re Not OK - Megan DeVine - 2017-10-01

Challenging conventional wisdom on grief, a pioneering therapist offers a new resource for those experiencing loss. Challenging the conventional view of grieving—encapsulated by the famous five stages of grief: denial, anger, bargaining, depression, and acceptance—is defined by a mourning process that we can only hope to accept and endure. In The Other Side of Sadness, psychologist and emotions expert George Bonanno argues otherwise. Our inborn emotions—anger and denial, but also relief and joy—help us deal effectively with loss. To expect or require only grief-stricken behavior from the bereaved does them harm. In fact, the opposite is true: the bereaved can actually deepen interpersonal connections and even lead to a new sense of meaning in life.

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The text also touches upon some of the therapies that have emerged to help those coping with grief. The second edition has been updated to reflect important new research and changes in the field, including insights on complicated grief, resilience after adverse life experiences, and compassion-based approaches to death, loss, and grief. It discusses the implications of the DSM-5's omission of the bereavement exclusion for the diagnosis of a major depressive disorder. A completely new chapter on the social context of loss addresses social factors and the impact of bereavement on communities, families, and workplaces. The book also explores the role of social media and privacy issues in the context of loss and grief counseling.

**Principles and Practice of Grief Counseling, Second Edition**  
*Howard R. Winskower, PhD*  
2015-08-10

This is a core, introductory textbook for undergraduate and graduate-level courses in grief and bereavement counseling. The book introduces various theories of bereavement and examines different therapeutic modalities that can be used in the context of grief and loss. Specific counseling practices that facilitate successful interventions are discussed, particularly that of “presence,” considered by the authors to be the primary therapeutic stance when working with bereaved individuals. The text also addresses grief counseling with special populations, ethical issues, and self-care concerns for counselors. Case studies, discussion and reflection questions, and suggested additional resources are included in each chapter. New to the Second Edition: New insights on complicated grief, DSM categorizations of grief, resilience, and compassion-based approaches to death, loss, and grief. A completely new chapter on the social context of loss addresses social factors and the impact of bereavement on communities, families, and workplaces. New information on the use of social media and privacy issues newly developed models of compassion-based responses for counselors.

**Investigating a Model of Adult Bereavement Grief**  
*Elizabeth A. Doughty*  
2006

This readable, engaging, and comprehensive book that shares the most important scientific and applied work on the contemporary scene with a broad international audience reflects a level of cultural awareness of the diversity and universality of bereavement and its challenges that has rarely been approximated by other volumes. This is a core, introductory textbook for undergraduate and graduate-level courses in grief and bereavement counseling. The book introduces various theories of bereavement and examines different therapeutic modalities that can be used in the context of grief and loss. Specific counseling practices that facilitate successful interventions are discussed, particularly that of “presence,” considered by the authors to be the primary therapeutic stance when working with bereaved individuals. The text also addresses grief counseling with special populations, ethical issues, and self-care concerns for counselors. Case studies, discussion and reflection questions, and suggested additional resources are included in each chapter. New to the Second Edition: New insights on complicated grief, DSM categorizations of grief, resilience, and compassion-based approaches to death, loss, and grief. A completely new chapter on the social context of loss addresses social factors and the impact of bereavement on communities, families, and workplaces. New information on the use of social media and privacy issues newly developed models of compassion-based responses for counselors.

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