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# Bibliography

# Bibliography & Resources

## General Theory & Dimensions of Grief

**Attig, T. (1996).** *How We Grieve: Relearning the World*. New York: Oxford University Press. Attig stresses the importance of respecting the individual grief process and the role of story in making meaning. Other sections explore concepts surrounding relearning the world, ourselves and relearning our relationships with the deceased.

**Attig, T. (2000).** *The Heart of Grief: Death and the Search for Lasting Love*. New York: Oxford University Press. Using clinical stories, Attig considers the many facets of love and its relationship to the grieving process.

**Cook, A. & Dworkin, D. (1998).** *Helping the Bereaved: Therapeutic Interventions for Children, Adolescents and Adults*. New York: BasicBooks. Addresses individual and group approaches to bereavement assessment and intervention in a variety of settings -- from hospices and hospitals to schools and private practice. Case examples from various cultures are also provided.

**Doka, K. (Ed.) (2002).** *Disenfranchised Grief: New Directions, Challenges, and Strategies for Practice*. Champaign, Illinois: Research Press. This edition expands on Doka's earlier writings on disenfranchised grief. Provides theoretical overview, clinical interventions and a broad range of practice illustrations related to workplace, caregiver, animal loss, child adoption, children, and developmental disabilities.

**Doka, K., (Ed.).** *Hospice Foundation of America*. Companion Books for Annual Teleconferences. Bristol, PA: Taylor & Francis. [www.hospicefoundation.org](http://www.hospicefoundation.org)

- [Living With Grief: Before and After the Death \(2007\)](#)
- [Pain Management at the End of Life: Bridging the Gap Between Knowledge and Practice \(2006\)](#)
- [Living with Grief: Ethical Dilemmas at the End of Life \(2005\)](#)
- [Living with Grief: Alzheimer's Disease \(2004\)](#)
- [Living with Grief: Coping with Public Tragedy \(2003\)](#)
- [Living with Grief: Loss in Later Life \(2002\)](#)
- [Living With Grief: Caregiving and Loss: Family Needs, Professional Responses \(2001\)](#)
- [Living With Grief: At Work, At School, At Worship \(1999\)](#)

- [Living With Grief: Who We Are, How We Grieve \(1998\)](#)
- [Living With Grief: When Illness is Prolonged \(1997\)](#)
- [Living With Grief: After Sudden Loss \(1996\)](#)
- Children Mourning: Mourning Children (1995)

**Elison, J. & McGonigle, C. *Liberating Losses: When Death Brings Relief.* Cambridge, MA: Perseus Publishing.** Not every death brings great sadness. The cultural expectation for sadness, loneliness and despair, when some feel relief, happiness and even joy, can add to guilt and conflict felt by many 'relieved grievers.' This book explores grief from this perspective.

**Genevro, J., Marshall, T., & Miller, T. (2003). *Report on Bereavement and Grief Research.*** The Center for the Advancement of Health. <http://www.cfah.org>

**Hedtke, L. & Winslade, J. (2004). *Re-membering Lives: Conversations with the Dying and the Bereaved.* Amityville, N.Y.: Baywood Publishing.** Built on the theories of constructivist conversation, this book explores the importance of including the deceased in the life of the survivor.

**Jeffreys, J. (2005). *Helping Grieving People: When Tears Are Not Enough: A Handbook for Care Providers.* New York: Brunner-Routledge.** This volume first examines grief from a social perspective and then explores the challenges of various groups of grievers from children to older adults. Case studies are also presented with possible interventions.

**Klass, D., Silverman, P., & Nickman, S. (1996). *Continuing Bonds: New Understandings of Grief.* Washington D.C.: Taylor & Francis.** This book is an important contribution to the literature that brings new meaning to Robert Anderson's words, "Death ends a life, but it does not end a relationship."

**Neimeyer, R. (2006). *Lessons of Loss: A Guide to Coping.* Memphis, TN: Center for the Study of Loss and Transition.** Neimeyer explores the concept of meaning making within the grief process. The book is organized into three parts: those who grieve, those who help, and personal applications.

**Neimeyer, R. (Ed.). (2001). *Meaning Reconstruction and the Experience of Loss.* Washington D.C.: American Psychological Association.** Moving away from the "stage theory" of grief, this volume focuses on the concept that meaning making and meaning reconstruction is central to the grief process.

**Parkes, C. (2001).** *Bereavement: Studies of Grief in Adult Life*, (3<sup>rd</sup> ed. ). Philadelphia, PA: **Taylor & Francis Inc.** This is a new edition of a classic work that first defines the grief response and then explores its determinants.

**Parkes, C. (2006).** *Love and Loss, The Roots of Grief and its Complications.* London and NY: **Routledge.** Described as a 'milestone in the history of bereavement research and in our understanding of forms of complicated grief, this book is the result of a lifetime's work studying attachment and bereavement.

**Rando, T. (Ed.). (2000).** *Clinical Dimensions of Anticipatory Mourning: Theory and Practice in Working with the Dying, Their Loved Ones, and Their Caregivers.* Champaign, Ill: **Research Press.** Rando explores the dimensions of anticipatory mourning and provides varying perspectives related to theory. Additional chapters address the concept of anticipatory mourning in relation to HIV, Alzheimer's ALS, organ donation, prenatal diagnosis and chronic/terminal illness of a child.

**Rando, T. (1993).** *Treatment of Complicated Mourning.* Champaign Illinois: **Research Press.** Rando delineates therapeutic strategies and techniques for working with grief that is complicated in nature.

**Saunders, C. (2001).** *Grief: The Mourning After.* New York: **John Wiley & Sons.** Saunders approaches grief from a five "phase" perspective, with specific consideration being given to the multidimensionality of grief including personality variables, social-situational variables, early childhood impact and death and the family constellation.

**Stroebe, M., Hansson, R., Stroebe, W., & Schut, H. (Eds.). (2001).** *Handbook of Bereavement Research.* Washington D.C.: **American Psychological Association.** This handbook provides broad view of diverse contemporary approaches to bereavement. The book focuses on three primary themes of bereavement research: consequences, coping and care.

**Worden, J. (2001).** *Grief Counseling and Grief Therapy: A Handbook for the Mental Health Practitioner*, (3<sup>rd</sup> ed). New York: **Springer Publishing, 2001.** This is a classic text that explores both complicated and uncomplicated grief responses with specific chapters related to grief therapy, special types of losses, family systems and the counselor's own grief.

## Gender and Grief

**Campbell, S. & Silverman, P. (1996).** *Widower: When Men are Left Alone.* Amityville, NY: Baywood Publishing. This book examines the oral histories of 20 men who have survived the death of their wives, with a psychological commentary following each case. The authors propose that men mourn differently than women, pointing to trends in the expressions of men's grief and to particular risks for grieving men associated with suppressing emotions.

**Golden, T. (1996).** *Swallowed by a Snake: The Gift of the Masculine Side of Healing.* Kensington, MD: Golden Healing. Golden blends folk-lore, cross-cultural comparisons, clinical observations, and ritual to examine grief from a masculine perspective.

**Golden, T. & Miller, J. (1998).** *When A Man Faces Grief, A Man You Know Is Grieving.* Fort Wayne, IN: Willowgreen Publishing. This book offers concrete suggestions both for how to help a man who is grieving as well as how a grieving man can best cope with significant loss.

**Martin, T. & Doka, K. (2000).** *Men Don't Cry...Women Do: Transcending Gender Stereotypes of Grief.* Philadelphia, PA: Brunner/Mazel. Seeks to break gender stereotypes of grieving by identifying two primary expressions of grief: intuitive and instrumental. After defining and exploring these expressions, the authors consider implications for practice and possible effective interventions.

## Death of a Child

**Aasen, N. (2004).** *Living Still, Loving Always, Essays of a Bereaved Parent.* St. Peter, MN: Wilson Publishing House. Written by a mother living with loss after the simultaneous deaths of her two young adult sons in a car accident on Thanksgiving day, this book provides hope and solace that can come from living with permission to mourn.

**Bernstein, J. (1998).** *When the Bough Breaks: Forever after the Death of a Son or Daughter.* New York, NY: Random House. Andrews McMeel Publishing. This book presents a view of mourning the loss of a child from early loss through later years. Excerpts from interviews with 50 parents who lost a child, from five to 45 are included.

**Finkbeiner, A.K. (1998).** *After the Death of a Child: Living With Loss through the Years.* Baltimore, MD: Johns Hopkins University Press. Finkbeiner combines research and real life experiences, including changes in relationships, attempts to make sense of the death and a parent's ongoing relationship with the child. Author also examines the long-term nature of parental grief.

**Klass, D. (1999).** *The Spiritual Lives of Bereaved Parents.* Philadelphia, PA: Brunner Mazel. Vignettes from lived experiences of bereaved parents provide a framework for helping professionals and offer insight into the lives of bereaved parents.

**Rosenblatt, P. (2000).** *Help Parent Grief, Narratives of Loss and Relationship.* Philadelphia, PA: Brunner-Mazel. This book is based on intensive interviews of 29 couples who lost at least one child this book examines the couples' stories about the death and the evolution of their bereavement. It is described as a critical aid for thanatologists and all who support bereaved parents.

**Rosof, B. (1995).** *The Worst Loss: How Families Heal From the Death of a Child.* New York, NY: Henry Holt & Company. Rosof draws on research as well as family stories to explore the healing process parents must go through when they lose a child. The affect of loss on the parent's relationship and on siblings is discussed.

### Cognitively Challenged

**Feil, N. (2002).** *The Validation Breakthrough.* Baltimore, MD: Health Professions Press. Feil explores the Validation System of supporting individuals with Alzheimer's type dementia. This book offers techniques for working with people individually as well as in a group setting.

**Kauffman, J. (2004)** *Guidebook on Helping People with Mental Retardation Mourn.* Amityville, NY: Baywood Publishing. Explores the many facets of providing support to individuals with developmental disabilities, giving particular attention to areas such as the language of grief, psychological concerns, agency program development and groups.

**Kitwood, T. (1997).** *Dementia Reconsidered: The Person Comes First.* New York, NY: Open University Press. Kitwood focuses on the importance of the "personhood" of an individual when providing care to individuals with dementia. While this book is not specifically written about the grief process, the

underlying themes and interventions are relevant in working with the survivor who has dementia.

**Markell, M. (2005).** *Helping People with Developmental Disabilities Mourn: Practical Rituals for Caregivers.* Ft. Collins, CO: Companion Press. This slim volume offers a series of situational rituals that utilize pictures, memory objects, drawing, music, writing and storytelling to facilitate the grief process for people with developmental disabilities.

### Family Systems

**Shapiro, E. (1994).** *Grief as a Family Process: A Developmental Approach to Clinical Practice.* New York, NY: Guilford Press. Shapiro uses a systemic developmental approach to working with family bereavement with particular attention to the socio-cultural context of grief.

**Walsh, F. & McGoldrick, M. (2004).** (2<sup>nd</sup> Ed.). *Living Beyond Loss: Death in the Family.* New York: W.W. Norton and Company. Walsh and McGoldrick identify variables that heighten risk for grieving individuals, couples or families and describes key processes that foster healing and growth. Topics addressed include spirituality, gender issues, suicide and other traumatic deaths, unacknowledged and stigmatized loss, ritual and resiliency-based approaches to family and community recovery from major disaster.

### Children, Teens and Grief

**Corr, C. & Balk, D. (Ed.) (1996).** *Handbook of Adolescent Death & Bereavement.* New York, NY: Springer Publishing Company, Inc. This is a comprehensive textbook organized into three parts. Part I addresses issues related to facing death. Part II focuses on the role of bereavement. Part III describes specific therapeutic interventions for caregivers of teens.

**Goldman, L. (2000).** (2<sup>nd</sup> Ed.). *Life & Loss: A Guide to Help Grieving Children.* Philadelphia, PA: Taylor & Routledge. Comprehensive teaching manual that includes topics such as types of childhood losses, myths that hinder the grief process, children's grieving tasks and commemorative activities for children. It includes multiple resources for grieving children.

**Schuurman, D. (2003).** *Never the Same: Coming to Terms with the Death of a Parent.* New York, NY: St. Martins Press. Having worked with thousands of

families as Executive Director of the Dougy Center for Grieving Children, Donna Schuurman offers expert advice for both grieving children and their caregivers.

**Silverman, Phyllis. (1999).** *Never Too Young to Know: Death in Children's Lives.* New York, NY: **Oxford University Press.** Silverman's multifaceted theoretical approach uses a large research study. It is divided into three parts: an overview and theoretical framework, a detailed analysis of how children mourn different types of deaths and a guidelines on helping children cope with grief.

**Webb, Nancy Boyd. (2005).** (2<sup>nd</sup> Ed.). *Helping Bereaved Children.* New York, NY: **Guilford Publications, Inc.** This is a practical textbook filled with theory, illustrative cases, and clinically based approaches to helping children cope with loss. It features chapters on art therapy, storytelling techniques, bereavement groups, school shootings, and therapist self-care.

**Worden, J. W. (1996).** *Children and Grief: When a Parent Dies.* New York, NY: **Guilford Publications, Inc.** Presents findings from the Harvard Child Bereavement Study. Describes wide range of normal variation with grieving children and describes factors that put bereaved children at risk.

### Sudden & Traumatic Loss

**Johnson, K. (2000).** *School Crisis Management, A Hands-on Guide to Training Crisis Response Teams.* Berkeley, CA: **Publisher Group West.** This guide includes more than 100 full-page charts that can be reproduced as slides and overhead transparencies or copied as handouts. It includes detailed strategies and specific procedures for managing a wide variety of potential school crises.

**Lerner, M., Volpe, J. & Lindell, B. (2003).** *A Practical Guide for Crisis Response in Our Schools.* Commack, NY: **The American Academy of Experts in Traumatic Stress.** This manual addresses the wide spectrum of school-based crises, emphasizing the importance of effective crisis management being the responsibility of all educators, not just school administrators or the crisis response team. It is extremely comprehensive and well written.

**Nader, K., Dubrow, N. & Stamm, B. (Eds.). (1999).** *Honoring Differences: Cultural Issues in the Treatment of Trauma and Loss.* Ann Arbor, MI: **Taylor & Francis.** Moving beyond our Western conceptions of trauma, its consequences and cures, this book provides blueprints for effectively empowering

communities and providing justifications for utilizing culturally appropriate, sustainable healing resources.

**Rynearson, E. (2001). *Retelling Violent Death*. Philadelphia, PA: Brunner Routledge.** Emphasizing resilience and safety, restorative retelling and human concern and kindness, this book provides guidance for those who assist help others find their way through traumatic grief.

**Spiers, Thom (Ed.) (2001). *Trauma, A Practitioner's Guide to Counseling*. New York, NY: Brunner-Routledge.** Spiers offers a comprehensive guide to all aspects of trauma counseling. This book is a practical and effective guide to trauma counseling, invaluable to those who counsel trauma victims.

### Support Group Facilitation

**Dougy Center. (2002). *Instructor's Manual for Training Facilitator's of Groups for Grieving Children*. Portland, OR: The Dougy Center.** This manual includes a step-by-step curriculum, agendas, handouts, suggested presentations and activities.

**Hughes, M. (1995). *Bereavement and Support: Healing in a Group Environment*. Philadelphia, PA: Taylor and Francis.** This book presents a theoretical overview, examines the benefits and variety of support groups and the specifics for initiating, organizing and running them.

**Lehmann, L., Jimerson, S., & Gasch, A. (2001). *Grief Support Group Curriculum: Facilitator's Handbook*. Philadelphia, PA: Brunner-Routledge.** Written for professionals, these books provide ten sessions that include age-appropriate fun and engaging activities to help children cope with their loss. The texts focus on preschool-aged children, children in kindergarten through grade two, children in grades three through six, and teenagers.

**Wolfelt, A. (2004). *The Understanding Your Grief Support Group Guide: Starting and Leading a Bereavement Support Group*. Fort Collins, CO: Companion Press.** Wolfelt describes how to formulate and conduct grief support groups including planning, group format, group ground rules, screening and group challenges.

## Grief Journals

### **Bereavement Care Journal**

[http://www.crusebereavementcare.org.uk/ber\\_care.htm](http://www.crusebereavementcare.org.uk/ber_care.htm)

This is an international journal for those who help the bereaved, published three times a year.

### **Death Studies**

<http://www.tandf.co.uk/journals/titles/07481187.asp>

Published ten times per year, this journal provides papers on significant research, scholarship, and practical approaches in the areas of bereavement and loss, grief therapy, death attitudes, suicide and death education. It provides an international interdisciplinary forum in which a variety of professionals share results of research and practice.

### **The Forum.**

<http://www.adec.org/pubs/forum.htm>

This newsletter alerts ADEC members to the developments in the field, educational opportunities and organizational concerns. It provides informative articles relevant to death education and counseling from a multidisciplinary standpoint. This newsletter is free with ADEC membership.

**Grief Digest** <http://www.griefdigest.com/home.htm>

This is a quarterly magazine supporting grieving people and caregivers written by Centering Corporation.

### **Grief Matters**

[www.grief.org.au](http://www.grief.org.au)

This Australian Journal of Grief and Bereavement is published three times a year. Articles encompass both academic and applied aspects of grief and bereavement.

**Journal of Loss and Trauma:** International Perspectives on Stress and Coping, ADEC affiliated publication

<http://www.tandf.co.uk/journals/journal.asp?issn=1532-5024&linktype=1>

This journal is published five times per year, this journal highlights common as well as differing impacts of major losses while revealing commonalities of the various healing processes. Interdisciplinary in its approach, publishes empirically oriented papers, case studies with intervention strategies, point-counterpoint discussions, theoretical analyses, essays on concepts or links among

relevant fields, and therapeutic approaches. Book reviews are also regular features.

### **Living with Loss Magazine (formerly Bereavement Magazine)**

[www.bereavementresources.com](http://www.bereavementresources.com)

This magazine is a support group in print, offering stories, articles, poems, and resources for the bereaved by grief educators and presenters, bereavement facilitators, caregivers, authors, writers and most important, the bereaved themselves. Published quarterly.

Contact: Editor, Carla Blowey, 888-604-4673 (HOPE);  
[grief@bereavementmag.com](mailto:grief@bereavementmag.com)

### **Mortality: Promoting the interdisciplinary study of death and dying**

<http://www.tandf.co.uk/journals/titles/13576275.asp>

This is an international, interdisciplinary journal that has relevance both for academics and professionals concerned with human mortality, bereavement counseling, funeral industries, and in central and local government. Unique features of the journal are the Classic Revisited series, wherein key texts in the study of death are subjected to contemporary reappraisal by an expert in the discipline, and Virtual Themed Issues, which are online collections of articles on key themes introduced by an expert.

**Omega** <http://www.baywood.com/journals/PreviewJournals.asp?Id=0030-2228>

*Omega* covers terminal illness, the process of dying, bereavement, mourning, funeral customs, suicide and more. It contains contributions from knowledgeable professionals in universities, hospitals, clinics, nursing homes, suicide prevention centers, funeral directors and others concerned with thanatology.

## **Professional Bereavement Conferences**

The following organizations hold conferences for bereavement professionals:

- **NHPCO (National Hospice and Palliative Care Association) Clinical Conference** is held in the fall every year.  
<http://www.nhpc.org/i4a/pages/index.cfm?pageid=3259>
- **The International Death, Grief and Bereavement Conference** is held in LaCrosse, Wisconsin every June. <http://www.uwlax.edu/conted/dgb/>
- **ADEC (Association for Death Education and Counseling) Annual Conference** <http://www.adec.org/conf/index.cfm>

## Websites

[www.centerforloss.com](http://www.centerforloss.com)

[www.centering.org](http://www.centering.org)

[www.griefnet.org](http://www.griefnet.org)

[www.dougy.org](http://www.dougy.org)

[www.goodgriefresources.com](http://www.goodgriefresources.com)

[www.kidsaid.com](http://www.kidsaid.com)

<http://dying.about.com/>

<http://www.grief-recovery.com/>

<http://www.bereavedfamilies.net/guide/index.html>

<http://www.hospicenet.org/html/bereavement.html>

<http://www.growthhouse.org>

<http://www.aarp.org/griefandloss>

<http://www.griefwatch.com>

<http://bereavementcare.com>

<http://www.griefwords.com>