



EAST KENT with SWALE AREA

CATALOGUE OF LIBRARY ITEMS

SB/RF/August2011
LAST UPDATED *APRIL 2014*

CONTENTS

	<u>Page Number</u>
Contents	1
Foreword	2
Item Request Form	3
Section One – <i>Introductory Reading and Personal Experience Volumes</i>	4
Section Two – <i>Practical “How to Help” Texts</i>	12
Section Three - <i>With Spiritual Dimensions Explored</i>	20
Section Four – <i>Theory and Skills</i>	28
Section Five – <i>Bereavement – Specific Topics</i>	49
Section Six – <i>Children’s Grief</i>	63
Section Seven – <i>Miscellaneous</i>	74
Section Eight – <i>DVD’s</i>	78
Section Nine – <i>Video’s</i>	82

Foreword

Welcome to the East Kent with Swale Library Catalogue.

This is a catalogue of all Books, DVD's and Video's currently held at the Admin Office based in Whitstable.

Items listed are available for loan to Volunteers, who can in turn forward them to clients if they feel it would be beneficial (please note, it would be the responsibility of the volunteer to ensure the return of the item to the Library).

Each item comes with a brief description of its contents. The descriptions have mainly been copied from the backs of the Books/DVD's. Where possible, reviews of items have been *excluded* from the description, although on occasion these have been the only available summary.

How to order an item from the Catalogue

There is an Order Form on Page 3 that Volunteers can complete and E-Mail or post to the Admin Office.

Alternatively, Volunteers can pick up items from the Admin Office (opening times 09.00 A.M – 1.00 P.M Tuesday, Wednesday and Friday). Should volunteers attend the Office out of hours, they can leave details of the items that they have borrowed, either using a copy of the application form, or by simply completing their details on the *yellow* form sited beneath the Library items.

Items are initially loaned for *one calendar month*, however, this can be extended if there are no other Volunteers waiting to borrow said item.

As any items posted out are met by the East Kent with Swale budget, it is preferred that Volunteers collect from the Admin Office, or arrange for another Volunteer to collect and pass on to them. (Items posted back to the Admin Office are at the expense of the sender).

We hope that this catalogue will be beneficial to Volunteers.

Item Request Form

Book/DVD/Video Title:
Reference Number (i.e. A4)
Your Name:
Please indicate whether – A. You (or someone on your behalf) will collect the book from the office OR B. You require the book to be posted
<i>Please note that all items posted out are met from the East Kent with Swale budget. Items posted back are at the expense of the borrower</i>
If you require the book to be posted, please provide address details below:
<i>Please use this box for any other information</i>

Section One



Introductory Reading & Personal Experience Volumes

Book Title: **A Grief Observed**

Author: **C.S.Lewis**

Pages in Book: **151**

Reference Number: **A1**

(With an afterword by Chad Walsh)

A Grief Observed will be a comfort and inspiration to anyone who has ever lost a loved one.

In April 1956, C.S.Lewis, a confirmed bachelor, married Joy Davidman, an American poet with two small children.

After four brief, intensely happy years, Lewis found himself alone again, and inconsolable. To defend himself against the loss of belief in God, Lewis wrote this journal, an eloquent statement of rediscovered faith.

In it he freely confesses his doubts, his rage, and his awareness of human frailty.

In it he finds again the way back to life.

Please note: we have two additional copies of this book without the Afterword of Chas Walsh. These books contain 64 and 60 pages respectively, and can be ordered using the Reference Number A1a or A1b.

Book Title: **Shadowlands**

Author: **Leonore Fleischer**

Pages in Book: **206**

Reference Number: **A2**

Why do we allow ourselves to love if losing *hurts* so much?

Jack (C.S) Lewis, author of the much-loved NARNIA stories, is the professor of English Literature at Oxford. Into his masculine academic world walks Joy Gresham, a brash, fast talking American poet who storms the shadowlands of Jack's heart.

Clear to everyone, except Jack, is that they are falling in love. They marry secretly, only to discover that Joy is terminally ill. Jack, a deeply religious man, is forced to ask: what are God's intentions? Why does he make us suffer? How can we *afford* to love?

The story of this true and unusual romance, its settings, and the courage and commitment of the lovers, sent theatre audiences out weeping into the night* the pain then, Joy says of her impending death, is part of the happiness now.

* A Richard Attenborough film, screenplay by William Nicholson:

Book Title: **All in the End Is Harvest**
Edited by: **Agnes Whitaker**
Published by: **Darton, Longman and Todd Ltd in association with CRUSE**
Pages in Book: **145**
Reference Number: **A3**

Grief is an unknown, frightening landscape into which the bereaved are flung. Before it happens, very few people have any idea of its intensity, and the way it pervades the whole of life.

In their despair, many grieving people turn for guidance to the great prose writers and poets who have pondered on death and the meaning of life. Furthermore, the bereaved today, newly accustomed to good psychiatric literature, also look around to see what the experts have written about grief.

This book tries to respond to both these ways of searching. The expertise of the whole CRUSE organisation has been tapped to provide extracts of prose and poetry that are known to have been of real help to bereaved people, Many of CRUSE's Bereavement Volunteers have sent contributions, as have members of their branches around the country and individual members elsewhere. Agnes Whitaker has edited them, added her own contribution and written many personal comments to bring the extracts close to the experience of every grieving person. There is a foreword by Sue MacGregor of "Woman's Hour" and an extended introduction by Dr Colin Murray Parkes on the help reading can bring to the bereaved.

It is not a book to be read all at once. Agnes Whittaker hopes it may become a bedside book, to be dipped into when sleep does not come, when concentration is poor and when there is an overwhelming sense of loss. It will also be of use as a source book to counselors, the clergy, and all other carers who work with bereaved people.

Book Title: **Coping With Stress**
Author: **Dr Donald Meichenbaum**
Pages in Book: **157**
Reference Number: **A4**

Dr Donald Meichenbaum, is a Professor of Psychology at the University of Waterloo, Ontario. A dominant figure in the field of behavioural psychology, his research into the effects and management of stress has earned him an international reputation.

Stress is commonly thought of as an unwelcome pressure of any kind. But what is unwelcome to one person is exciting and challenging to another.

Stress is not something out there waiting to make your life a misery; it is what happens when you and the environment interact. Every significant change in your life is potentially stressful. This book pinpoints successful strategies for coping with such changes – deciding on priorities, relaxing, using support systems, keeping up communications, asserting individuality, analyzing the degree of threat involved, and letting off steam.

Highly stressed individuals tend to be intensely self-focused, but the assumption that high stress leads to heart disease and other ailments is not as strongly supported scientifically as is commonly thought. On the whole it is healthier to regard stress as a spur to personal growth than as something to be avoided at all costs.

Book Title: A Way to Die

Author: Rosemary & Victor Zorza

Pages in Book: 253

Reference Number: A5

At the age of twenty-five Jane Zorza learnt that she had cancer. Five months later she died. This is her story.

Rosemary and Victor Zorza tell their daughter's story vividly and frankly, without disguising their own or her thoughts and emotions. Jane's illness took an exceptionally cruel form and her family had to watch her suffer the appalling isolation of chronic pain, beyond the reach of Hospital treatment or of their own love. The discovery of a hospice – one of those still too few places where highly trained Doctor's and Nurses, acknowledging the imminence of death, concentrate on easing physical discomfort and giving real emotional support – saved them from despair.

Step by step, the hospice defeated Jane's pain then enabled her to be calm, even happy, up to the moment when she simply and acceptingly ceased to live. Meanwhile her family learnt how to help her, and gained from her in return – perhaps the most amazing part of the story – even more than they gave.

~~Book Title: Intimate Death~~

~~Author: Marie De Hennezel~~

~~Pages in Book: 182~~

~~Reference Number: A6~~

Book loaned and not returned

~~An extraordinary book and an immediate bestseller upon publication in France, *Intimate Death* tells us how to deal with death and talk to the dying – how to avoid despair and find the strength to confront and accept the end.~~

Marie De Hennezel is a gifted psychologist who worked as part of a remarkable team of Doctor's and Nurses in a Hospital for the terminally ill in Paris. The men and women who come there do not always know that they are dying. It was Marie De Hennezel's aim to bring them and their loved ones to this knowledge and to encourage them to live each day as fully and serenely as possible. Through her singular personal approach and by visiting the unforgettable lives of patients and carers, we learn how precious the final days of a person's life can be, and how deeply moving it is to share those moments with someone else.

In an age where people hesitate to talk about dying, this important and powerful book shows with clarity and honesty how death can bring peace, dignity and meaning into our lives.

Book Title: **Good Grief**

Author: **Carol Lee**

Pages in Book: **198**

Reference Number: **A7**

Superstitions, fears and clichés make “good” grieving difficult. Equally damaging is the way grief is so often denied.

In *Good Grief* Carol Lee examines the prejudices we have against grief, and in doing so reveals many surprising aspects of loss. In some families, for example, there is a “hierarchy” of grieving, while in others closely guarded secrets wreak their own havoc. But as her book's title suggests, not every experience of grief is unremittingly negative: for some, it is a period of intense – and invaluable – learning; for others, a time when comfort comes from unexpected places.

Through her conversations with people of widely varying ages and backgrounds, and with professionals who deal with grief every day, Lee builds a picture both of familiar grieving experiences and of hitherto hidden perspectives. Unexpectedly common is the wish for sexual intimacy during mourning and the part loss can play in the choosing of future sexual partners.

With a characteristic mix of common sense and deep insight, Carol Lee both honours the people she interviews and uncovers hidden dramas and missing viewpoints which enrich our understanding – and affect us all.

Book Title: **First Steps in Counselling**

Author: **Ursula O'Farrell**

Pages in Book: **117**

Reference Number: **A8**

"I couldn't help her, all I could do was sit and listen." How often people say this, seemingly unaware that careful listening and concerned responding form the basis of all counseling.

But how do I move on from being merely an effective listener? Do I advise a client, and if so, how? How do I deal with a crisis situation? What if a client's choice seems unwise? Can't I just listen and hope that love will win through?

What about dealing with ethical problems? How do I offer new perspectives to a client? How can avoid becoming over-involved in somebody else's problems?

In *First Steps in Counselling*, Ursula O'Farrell tackles all these questions and more. Primarily aimed at those interested in acquiring basic counseling skills, this book will be invaluable to those who already counsel in the course of work or daily life.

It offers a comprehensive coverage of all aspects of counseling, from the practical questions of finding a suitable location and meeting the client for the first time, to the deep need for self-awareness and the common dilemma of being genuinely concerned for a client yet trying to avoid over-involvement and "burn-out".

Book Title: **Diary of a Grief**

Author: **Peter Woods**

Pages in Book: **111**

Reference Number: **A9**

This book describes real events, although Peter Woods is not the author's real name, and all other identities have been changed to preserve anonymity.

Following the death of his wife after fifty-three years of marriage, he had an unusual experience and felt compelled, in the midst of his grief, to record it in writing. A few days later, he had the urge to write more. In the swirling emotions, uncertainties and confusions of bereavement, it thus became a comforting habit to commit to paper his thoughts and feelings as he strove to confront his loss.

No one had told him that it could be therapeutic to do this, but later, a CRUSE counselor urged him to continue. Quite unexpectedly, his narrative turned into a love story, which took over three years to complete.

In his stricken state, as part of the process of travelling through the successive stages of mourning, he read many books on the subject of bereavement. He found that the most helpful were simple, first hand accounts of the experience rather than objective analytical examinations. Thus when an adviser who had read the manuscript asked if he would allow it to be published, he agreed.

This is a deeply personal and moving document whose brave honesty offers us deep insights. It is published now in the belief that it will give real help to others facing similar bereavements.

Book Title: **Death and the Family**

Author: **Lily Pincus**

Pages in Book: **278**

Reference Number: **A10**

Lily Pincus has collected her material for *Death and the Family* during her long career in family therapy (she founded the Institute of Marital Studies) entirely without a conscious intent to do so. The infinitely tangled problems of bereavement and the individual's ability or inability to mourn have emerged, as though by chance, to present dominating patterns of disruption and depression inside family life, patterns that Lily Pincus has recognised, isolated and explored for this extraordinary enlightening and comforting work.

Book Title: **You'll Get Over It**

Author: **Virginia Ironside**

Pages in Book: **193**

Reference Number: **A11**

The death of a loved one is the most traumatic experience any of us face. No two people cope with it in the same way: some cry while others remain dry-eyed; some discover growth through pain, others find arid wastes; some feel angry, others feel numb.

In her honest and sensitive book, Virginia Ironside does not try to offer easy answers – or indeed any answers. She recognizes that bereavement can be a chaotic and messy business that we each deal with – or not- completely differently.

Drawing on other people's accounts as well as her own experience of bereavement, she has written a book of extraordinary frankness and insight, telling the truth about bereavement as it is, not as it ought to be.

Book Title: **And When Did You Last See Your Father?**

Author: **Blake Morrison**

Pages in Book: **219**

Reference Number: **A12**

When did you? Was it last weekend or last Christmas? Was it before or after he exhaled his last breath? A bestseller translated into several languages and the inspiration for a whole genre of confessional memoirs, this book is an extraordinary portrait of family life, father-son relationships and bereavements.

Book Title: **The Gentle Art of Listening**
Author: **Janet Ford and Philippa Merriman**
Pages in Book: **125**
Reference Number: **A13**

This book has been written for all those who work, or may be thinking of working, as volunteer counselors and befrienders. It examines what is involved in being a volunteer and in giving emotional support to other people, and explains how to prepare for the work.

Covering practical as well as emotional questions, the authors focus in particular on issues which both the novice and the experienced volunteer need to think about, such as -

- Developing listening skills
- Recognizing your own emotional needs and limitations
- Establishing the right relationship with clients

The Gentle Art of Listening will challenge volunteers to think for themselves, having first given them the tools to enable them to work effectively.

Janet Ford is a volunteer with the Samaritans and runs a business in Lancaster.

Philippa Merriman is a tutor training social workers at the University of Lancaster.

Additional Book added to Library since Catalogue was produced

Book Title: **You'll Get Over It**
Author: **Virginia Ironside**
Pages in Book: **194**
Reference Number: **A14**

The death of a loved one is the most traumatic experience any of us face. No two people cope with it the same way: some cry, while others remain dry-eyed; some discover growth through pain, others find arid wastes; some feel angry, others feel numb.

In her honest and sensitive book, Virginia Ironside does not try to offer easy answers- or indeed any answers. She recognizes that bereavement can be a chaotic and messy business that we each deal with – or –not- completely differently.

Drawing on other people's accounts as well as her own experience of bereavement, she has written a book of extraordinary frankness and insight, telling the truth about bereavement as it is, not as it ought to be.

Section Two



Practical “How to Help” Texts

Book Title: **Living With Grief**

Author: **Dr Tony Lake**

Pages in Book: **154**

Reference Number: **B1**

You may have recently lost someone you loved. Or you may be the relative or friend of someone who is bereaved, and want to help. Perhaps you are having to face up to your own approaching death.

Grief is always difficult, and often plunges people into a deep despair. Dr Lake's very sympathetic book describes all the different aspects of grief following bereavement. He shows how it progresses through "phases" and how people can work their way through grief and come to terms with it. Eventually, the result of a properly completed grieving is a deeper awareness of the value of life.

Dr Lake also includes special chapters on sudden loss, suicide, the death of a child, and of a parent, and offers help for those who know they are dying.

Book Title: **A Time to Mourn**

Author: **Verena Kast**

Pages in Book: **156**

Reference Number: **B2**

In perhaps her most important book, Verena Kast explains the role of mourning in the therapeutic process. Working as a psychotherapist, Frau Kast has often observed depressive illnesses caused by painful losses, which have not been adequately mourned. Traditionally, mourning has not been a subject of psychologists' attention. Frau Kast uses dreams to illustrate the stages of mourning and show systematically how the unconscious stimulates us to encounter our grief.

Mourning marks an end but it also fosters personal growth. It is a time of renewal, a time for incubation, for introspection, for going into oneself to gather strength, as a seed goes deep into the earth to find the resources for striving toward the light.

Book Title: **The Early Days of Grieving**

Author: **Derek Nuttall**

Pages in Book: **26**

Reference Number: **B3**

Nothing remains untouched when someone we love dies. We are affected emotionally, physically, financially, socially, and spiritually. We face changes and have feelings that we have never known before. We do have some things we share

with other bereaved people, but our loss is a very personal experience, each bereavement is different, and we all grieve in our own way.

We find it difficult to concentrate. Our emotions are in turmoil. We are unsure about what we need and who can help. This booklet offers support, explanation and information, speaking directly and personally to bereaved people. It is essential for them, but all will find it helpful.

Book Title: Gift of Tears

Author: Susan Lendrum and Gabrielle Syme

Pages in Book: 204

Reference Number: B4

Gift of Tears is designed to help the helper – nurse, doctor, teacher, police officer or counselor or perhaps just the next-door neighbour. Everyone at some time or other has to cope with the grief of others, or finds themselves confronting unresolved grief of their own. This book sets loss counseling in its broad theoretical context and gives expert practical guidance for further development and training.

Book Title: Person-Centred Counselling in Action

Author: Dave Mearns and Brian Thorne

Pages in Book: 152

Reference Number: B5

This practical and comprehensive guide is written for counselor trainers and their trainees, as well as for counselors already in practice wanting to familiarise themselves with the person-centred approach to counselling.

Developed in the 1940s and 50s by Carl Rogers, person-centred therapy, with its optimistic view of the human being, constituted a radical departure for the accepted analytical methods and rapidly gained prominence.

It is only in recent years, however, that full-scale training courses for person-centred counselors have been developed in Britain and other parts of the world.

Dave Mearns and Brian Thorne explain the theoretical principles of the person-centred approach by relating these principles to actual practice. Drawing on one particular case-study the two counselors present an extensive exploration of the core conditions of empathy, acceptance and congruence, and provide a step-by-step account of both the counsellor's and the client's experience of being involved in a trusting, caring relationship characterized by power-sharing and mutuality.

The result is a book which provides a concise introduction to the key concepts of person-centred approach and is at the same time a deeply moving personal exploration

Book Title: **Hard-Earned Lessons from Counselling in Action**

Author: **Windy Dryden**

Pages in Book: **140**

Reference Number: **B6**

Counsellors often struggle in their work with clients, convinced that their more experienced colleagues have not encountered similar problems and have not been faced with similar worries.

In this powerful volume, some of Britain's leading counselors give the lie to this myth. Writing openly and frankly, they share the painful lessons they have learned over the course of their careers as practitioners. Their combined experience proves that all counselors, no matter how expert or well known, have made mistakes, or faced challenges, and have had to learn from them aspects about the process of counselling – the hard way.

Each 'lesson' and there are five from each contributor, is placed in the context of the counsellor's own particular circumstances, and a concluding section in each chapter links together the connecting themes that emerged throughout their learning process.

Supportive and encouraging, these personal accounts of growth and development are representative of the problems that emerge in the practice of counselling, and the advice and wealth of experience they contain will be invaluable for all counselors, both novice and experienced.

Book Title: **Experiences of Counselling in Action**

Author: **Dave Mearns and Windy Dryden**

Pages in Book: **149**

Reference Number: **B7**

What is the experience of counselling from the perspective of the client? How does a counselor experience the counselling role? What can be learned from the practice of counselling from an understanding of how it feels to be a client or counselor?

Transcending different counselling approaches and aimed at counselor trainers and their trainees *Experiences of Counselling in Action* addresses these important questions. Central to this book are the personal accounts of individual clients and counselors, who each relate their own very different experiences of counselling. They explore such issues as identity, expectations, trust, power and boundaries in the client-counsellor relationship. And each examines the intense personal meanings of 'success' or 'failure' in the client or counsellor role.

Dave Mearns and Windy Dryden conclude the book with a thoughtful and stimulating analysis of the key themes to have emerged from these experiences and their implications for the counselling process. Other studies on client and counsellor experiences are also reviewed.

Always accessible, often moving, this book offers important insights into a crucial dimension of counselling in action, which, despite its clear significance, is rarely addressed in the counselling literature.

Book Title: The Courage to Grieve

Author: Judy Tatelbaum

Pages in Book: 160

Reference Number: B8

This unusual self-help book about surviving grief offers the reader comfort and inspiration.

Each of us will face some sorrow and disappointment in our lives, and *The Courage to Grieve*, provides the specific help we need to enable us to face our grief fully, and to recover and grow from the experience.

Although the book emphasizes the response to bereavement, it can help with every kind of loss and grief. Judy Tatelbaum gives us a fresh look at understanding intense emotions like sorrow, guilt, loneliness, resentment, confusion, and sometimes the temporary loss of the will to live.

The emphasis is to clarify and offer help, and the tone is spiritual, optimistic, creative and easy to understand. There is excellent advice on how to help oneself and others get through the immediate experience of death and the grief that follows, as well as how to understand the special grief of children.

Particularly useful are the techniques for completing or “finishing” grief – counteracting the popular misconception that grief never ends, and encouraging life, joy and growth.

Book Title: Through Grief

Author: Elizabeth Collick

Pages in Book: 89

Reference Number: B9

Bereavement is a disturbance of life’s regular course that is deeply painful and distressing. It is likely to be encountered by all of us. At the time of suffering it is a bewildering and often very lonely and frightening experience.

Elizabeth Collick, herself a widow, writes out of her own experience and that of many others to describe what happens, in the hope that it may be strength and support to those in grief. She writes of the yearning ache, the strange fears, the anger, guilt, frustration, loneliness and lostness which make up bereavement. The book does not seek to soothe pain, but to help people “come through” to life on the far side of grief.

Through Grief will be of help not only to the bereaved themselves but also to professional carers – nurses, ministers, doctors, social workers and others – and to relatives, friends, neighbours, colleagues and acquaintances of someone suffering bereavement. Many of us feel inadequate in the face of deep grief, this book, full of practical good sense, is intended to help.

Book Title: **Good Grief Rituals**

Author: **Elaine Childs-Gowell**

Pages in Book: **91**

Reference Number: **B10**

This is a book of tools of life. The tools in this book are called healing rituals. If these rituals are used as directed, they will allow you to become complete with most, if not all, of the grief issues that you still have facing you. The book provides a set of skills for anyone who has experienced a **loss** of any kind in his/her life. Whether the loss is recent or seemingly archaic, the process will be of value to you. In short, these rituals are given as a set of tools for those who are currently grieving, as well as for those who have “old” grief issues. The book provides rituals for dealing with **forgiveness** and, ultimately, with **gratitude**.

Additional Book added to Library July 2012

Book Title: **Storymaking in Bereavement**

Author: **Alida Gersie**

Pages in Book: **324**

Reference Number: **B11**

This is a fascinating book which may reunite readers with stories of their childhood and provide new insights into their meaning. It presents an innovative approach to bereavement counselling which reflects the wise counsel of some of the original story tellers and the oral tradition which we have lost. There are poignant stories and no avoidance of “difficult” feelings encountered during the grief process. It addresses an area which is of concern to all occupational therapists

Additional Book added to Library July 2012

Book Title: **Living Through Personal Crisis**

Author: **Ann Kaiser Stearns**

Pages in Book: **190**

Reference Number: **B12**

We all suffer form loss at some point in our lives. It may be a death, divorce, or the break-up of a relationship. Losses may be great or small but, when we are faced with one, we may well retreat into depression, illness, anger, loneliness or bitterness.

Grief is a necessary process that has to be worked through and this book shows how it is, in fact, a healing process. We are finally “reborn” with our faculties intact, ready to enjoy life again. The author shows how other people can help, how losses can be resolved, the pain overcome and new happiness found.

Sympathetic and highly readable, this book will help you to overcome your grief- whatever your particular loss may be. Its warm and compassionate tone will guide you through your problems. And the author will advise you, sensibly, how to successfully cope with apparently insurmountable difficulties.

Additional Book added to Library July 2012

Book Title: **Talking with Bereaved People**

Author: **Dodie Graves**

Pages in Book: **197**

Reference Number: **B13**

It is often hard to know what to talk about with a bereaved person after you’ve offered your condolences, and many avoid talking about the deceased for fear of upsetting the bereaved relative. With good active listening, emphatic exploration and a willingness to talk about the hard issues, you can embark on sensitive communication with the bereaved.

This user-friendly book offers a practical framework for conversing with bereaved people, either with individuals or in a group setting. The author uses a table of six elements to give guidance to the listener about where they might be in the conversation, and how to move forward with the bereaved person. For each element, suggested techniques that include creative activities and possible open questions to help the bereaved person express and explore their grief, are offered.

The approach is underpinned throughout by theory, with reflective exercises for the reader to do individually or in peer groups, plus anecdotes and case vignettes.

Talking with Bereaved People is an essential toolkit for anyone working with bereaved people outside of the formal counselling room, such as social workers, voluntary bereavement agencies, church pastoral teams, hospice and hospital visitors and staff.

Additional Book added to Library April 2014

Book Title: **Healing Grief**

Author: **Barbara Ward**

Pages in Book: **238**

Reference Number: **B14**

None of us can go through life without facing loss and grief in one or many forms. What we can do is learn how to grieve well; how to accept the often complicated emotions that accompany loss and so bring greater meaning to our lives.

Healing Grief introduces us to the positive side of loss. Barbara Ward specializes in working with people who have suffered losses and bereavement. In this book, she draws on decades of experience to share her many insights, giving clear and compassionate advice on loss and recovery in connection with: Separation, Disasters, Long-Term Handicap, Life-Threatening Illnesses, Death.

The author also focuses on the effects of loss on children and the ways in which adults can offer help and support to youngsters. Each chapter is complemented by case studies and the introductory section of the book is packed with practical advice about how we can help others and ourselves to move from loss to recovery.

Section Three



With Spiritual Dimensions Explored

Book Title: **Death and Bereavement Across Cultures**

Author: **Colin Murray Parkes, Pittu Laugani & Bill Young**

Pages in Book: **261**

Reference Number: **C1**

What can other cultures tell us about death?

How can we help someone from another religion or culture who is facing death?

All societies have their own customs and beliefs surrounding death. In the west, traditional ways of mourning are disappearing, and though science has had a major impact on how and when people die, it has taught us little about the way to die or to grieve. Many who come into contact with the dying and the bereaved from other cultures are at a loss to know how to offer appropriate and sensitive support.

Death and bereavement across cultures provides a handbook which meets the needs of doctors, nurses, social workers, counselors and others involved in the care of the dying and bereaved. Written by international authorities in the field, this important new text

- Describes the rituals and beliefs of the major world religions
- Explains their psychological and historical context
- Shows how customs change by contact with the west
- Considers the implications for the future

The book explores the richness of mourning traditions around the world with the aim of increasing the understanding, which we all bring to the issue of death.

Book Title: **Our Greatest Gift**

Author: **Henri J M Nouwen**

Pages in Book: **125**

Reference Number: **C2**

Is death something so terrible that we had better not think or talk about it? Or is it possible to gradually befriend our dying and death and live towards it with open eyes and open arms, trusting there is nothing to be afraid of?

Dying and death often bring fear. Still, the experience of dying and caring for the dying can become the deepest experience of love.

Henri Nouwen has walked this path with family and friends, and speaks intimately about death as the greatest gift we have to offer. The question he raises is not, “How much can we still do in the years or months we have left to live”, but “How can we prepare ourselves for our death in such a way that our death can become fruitful in the life of others”

In these simple, concrete and very personal reflections, Henri Nouwen opens a new perspective on the words of Jesus: “It is for your own good that I am going, because unless I go the spirit will not come to you” Thus he hopes to encourage the dying to die well and those who care for them to care well.

Book Title: Why Do Christians Find It Hard To Grieve?

Author: Geoff Walters

Pages in Book: 203

Reference Number: C3

The Christian faith should be a source of comfort to bereaved believers. Instead, for many, Christian belief can impose an additional burden of denial and guilt. Funerals become “celebrations” and deep grief evidence of lack of faith.

In this far-reaching study Geoff Walters explores the reasons for this often confused and unhealthy approach towards grief and death amongst Christians. He traces the source of many of the problems to Plato’s belief in the immortality of the soul, which was adopted by the early church and displaced the biblical emphasis on the resurrection of the body.

Through case studies drawn from the Old and New Testaments, modern psychological theory and modern popular Christian literature on grief, he argues that what is most biblical is most therapeutically effective.

The author calls for the practice of a theology of grief based on biblical beliefs, which acknowledge the reality and enormity of death and allow Christians to grieve properly.

Book Title: A Voice for Those Bereaved by Suicide

Author: Sarah McCarthy

Pages in Book: 102

Reference Number: C4

Hearing the news of my husband’s suicide was a shattering experience. It was news that I had been both dreading and preparing myself to receive for some time. When it came, however, I discovered that it had been impossible to prepare myself for that moment; it turned my life upside down and changed it forever.

After Sarah McCarthy’s husband committed suicide, leaving her with four children under ten, she was overwhelmed by loss, despair and anger. But then in slow stages she began to live again, to accept the past and take joy in life. This is the story of a courageous journey in coming to terms with loss.

A Voice for Those Bereaved by Suicide is an honest, moving and valuable book, Suicide has been denied and hidden for too long; Sarah McCarthy's decision to tell her story provides a voice for all those bereaved in this tragic way.

Book Title: **When Bad Things Happen To Good People**

Author: **Harold S. Kushner**

Pages in Book: **176**

Reference Number: **C5**

Out of a faith-shaking and senseless waste of a life comes this remarkable and caring book, which will help many. It has sensible and unorthodox and mind-opening things to say about God – and about ourselves. Its author has wisdom and no bitterness. We can learn from him, about acceptance and guilt and despair and the helplessness we all feel when “none of it makes sense” when we say, “why them?” or worse “why us?” We owe him our thanks.

Book Title: **Good Grief**

Author: **W. Sydney Callaghan**

Pages in Book: **107**

Reference Number: **C6**

“How can grief be anything but bad? How could it ever be good? That it is for many of us bad is a fact of life. That for some it has been transformed into something good is a fact of experience”.

So writes Sydney Callaghan who has tried, during the years of his ministry in Ireland to help both those who suffer, and those who help the sufferers.

Written for “everyday people” this is a moving simple book that will bring comfort and healing.

Book Title: **Growing Through Loss and Grief**

Author: **Althea Pearson**

Pages in Book: **198**

Reference Number: **C7**

All of life involves loss. Reactions to loss frequently follow a common pattern, as can be detected in major traumas such as redundancy, sexual abuse, marriage failure, declining health or bereavement.

From her extensive experience as a psychologist, Dr Althea Pearson explores how the trauma of loss can bring some measure of gain. She sensitively tackles the psychological and spiritual issues associated with all experience of loss, whether great or apparently minor. This wise and practical book is an invaluable guide for counselors and those involved in pastoral care, showing how, even in the devastating wake of loss, hope can be renewed and new beginnings found.

Book Title: **Meaning in Madness**

Author: **John Foskett**

Pages in Book: **177**

Reference Number: **C8**

Mental Illness is a private world, which locks up with the individual and isolates them from family and friends. This can be as frightening for those who try to help as for the patient. John Foskett believes that meaning is to be found in the pastoral encounter, and to equip counselors in the search for that meaning he draws widely on religious and theological insights as well as psychiatric and counseling resources.

Book Title: **Family Matters**

Author: **Sue Walrond-Skinner**

Pages in Book: **171**

Reference Number: **C9**

The movement away from exclusively individual counseling to counseling of the couple has been a significant one, but the further logical shift to engagement with the family group has taken longer to emerge.

This book sets out to describe the theory and practice of family therapy and to illustrate some techniques of working effectively with family problems. The author, an experienced family therapist and an Anglican deacon, believes that a systems approach to counseling families in which the family itself is restructured takes seriously the recent cry that pastoral care is a radical activity which involves the political and social dimensions of change.

Different approaches to counseling families are examined and the process offers a challenge to the Church's comfortable assumptions about family life, which are increasingly questionable in a society where families come in many varieties and forms. This is essential reading for all ministers who want to be more aware of the way families work and interact.

Book Title: **How Can I Help**

Author: **Ram Dass and Paul Gorman**

Pages in Book: **243**

Reference Number: **C10**

Not a day goes by without our being called upon to help one another – at home, at work, on the street; on the phone...we do what we can. Yet so much comes up to complicate this natural response: Will I have what it takes? How much is enough? How can I deal with suffering? And what really helps, anyway?

In this practical helper's companion, the authors explore a path through these confusions, and provide support and inspiration for use in our efforts as members of the helping professions, as volunteers, as community activists, or simply as friends and family trying to meet each other's needs.

Here too are deeply moving personal accounts: a housewife brings zoo animals to lift the spirits of nursing home residents; a nun tends the wounded on the first night of the Nicaraguan revolution; a police officer talks a desperate father out of leaping from a roof with his child; a nurse allows an infant to spend its last moments of life in her arms rather than on a hospital machine.

From many such stories and the authors' reflections, we can find strength, clarity and wisdom for those times when we are called on to care for one another. *How Can I Help?* Reminds us just how much we have to give and how doing so can lead to some of the most joyous moments of our lives.

Book Title: **Meetings at the Edge**

Author: **Stephen Levine**

Pages in Book: **247**

Reference Number: **C11**

In *Meetings at the Edge*, Stephen Levine invites us to eavesdrop on his dialogues with death. Such invitations can be upsetting, but his deft handling of the troubled people he talks with leaves the reader not with a dread of death, but with hope about life.

Stephen has captured the spectrum of emotions and problems which emerge around the dying process in a very clear manner, and one that has practical application for everyone. This is a book on life, a book that integrates death into the context of life.

Book Title: **The Purpose Driven Life**

Author: **Rick Warren**

Pages in Book: **151**

Reference Number: **C12**

The Purpose Driven Life teaches that the only way to discover who you are, and what you're living for, is to understand God's purpose for your life.

The first line puts it bluntly “It’s not about you!” Explains Warren: “looking within yourself for your purpose doesn’t work. If it did, we’d know our purpose by now...The world is on the verge of a spiritual awakening, as people seek the fulfillment they don’t get from fast-track jobs and can’t buy with gold cards. The culture is asking, ‘How do I fill this hole in my heart?’”

Book Title: Healing Relationships

Author: Len Kofler

Pages in Book: 288

Reference Number: C13

This teaching manual is for counselors and carers and is written from the Christian perspective. It is ideal for counselors who wish to know how to incorporate Christian thinking into their counseling methods, while also respecting the background of the client/patient.

Healing Relationships is essentially a practical guide to one-to-one therapy. The approach combines Kofler’s personality model, developed over many years, with Professor Petruska Clarkson’s Theory of the five therapeutic relationships. Exercises are included for the reader and summaries help to clarify and reinforce the text. While Jung, Freud, Rogers, Alder and others provide material for this book, first and foremost it shows counselors how they may be able to point the client towards Christ as a model and mentor, and thus how that damaged person might find true inner healing.

Book Title: Learning to Live With Depression

Author: Elaine Brown

Pages in Book: 79

Reference Number: C14

Depression is a common illness, which affects a large percentage of our population to varying degrees. For some it is incurable and it is always difficult to know what to say to people who are affected in this way.

The traditional response is to tell people to “pull themselves together” – the problem is that this is exactly what someone suffering from depression is unable to do.

Elaine Brown gives practical and spiritual help to fellow sufferers of depression and advises family members on how to react in a helpful way.

Book Title: The New Natural Death Handbook

Author: Nicholas Albery and Stephanie Wienrich

Pages in Book: 382

Reference Number: C15

This book suggests how a family can organize inexpensive and very personal funerals, with or without the help of funeral directors.

It is also an authoritative source on the laws and recommendations surrounding burial on your own land as well as how to set up your own woodland burial ground.

- Guide to all the woodland burial grounds and mail-order cardboard coffins
 - Best funeral directors, cemeteries and crematoria
 - Inexpensive funerals without funeral directors
 - The law on private land burial
 - Wills, Living Wills and forms for Advance Funeral Wishes
 - Caring for someone dying at home
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Section Four



Theory and Skills

Book Title: **Good Grief –**

(Exploring Feelings, Loss and Death with Over Elevens and Adults)

Author: **Barbara Ward and Associates**

Pages in Book: **270**

Reference Number: **D1**

First published in 1987 and now recognized as a classic in its field, *Good Grief* is a unique resource designed to help young people and adults come to terms with all kinds of loss, from divorce to the death of a close friend or relative.

The author's contributions are personal, sympathetic and highly practical, providing sound frameworks for facilitators to work within and aiming to encourage students to use their own experiences in coping with their grief.

Activity based, the book includes poems, games and self-contained activities designed to encourage improvisation and extension. It is primarily designed for those working in mixed ability secondary and adult education, but *Good Grief* will also be invaluable for many other statutory, professional and community organizations, and should become an essential part of the library of any professional working in this area.

Book Title: **On Death and Dying**

Author: **Elisabeth Kubler-Ross**

Pages in Book: **260**

Reference Number: **D2**

Although most areas of human experience are nowadays discussed freely and openly, the subject of death is still surrounded by conventional attitudes and reticence that offer only fragile comfort because they evade the real issues. Terminally ill people may thus be denied the opportunity of sharing their feelings and discussing their needs with family, friends, or hospital staff. Although receiving devoted medical care, a dying patient is often socially isolated and avoided, since professional staff and students can find contact painful and embarrassing.

Aware of the strains imposed on all sides by this situation, Dr Kubler-Ross established a seminar at the University of Chicago to consider the implications of terminal illness for patients and those involved in their care. Patients invited to talk about their experience often found great relief in expressing their fear and anger and were able to move towards a state of acceptance and peace. The seminar, initially composed of students of medicine, sociology, psychology, and theology, but later joined by hospital staff and relatives of the patient, enabled many members to come to terms with their own feelings and to respond constructively to what the patients had to teach them.

Book Title: **The Anatomy of Bereavement**

Author: **Beverley Raphael**

Pages in Book: **440**

Reference Number: **D3**

This book offers a comprehensive and systematic survey of its subject. Beverley Raphael combines a scholarly approach with an awareness that bereavement is a unique experience for each individual.

...all who work with the bereaved will want to have access to it. The comprehensiveness of this book together with its good reference list and unusually detailed index makes it a timely and important reference book.

Book Title: **Handbook of Counselling (second edition)**

Author: **Stephen Palmer and Gladeana McMahon**

Pages in Book: **599**

Reference Number: **D4**

The *Handbook of Counselling* provides a comprehensive and up-to-the-minute guide for counsellors and those using counselling skills in other professions. The contributors, all experienced practitioners, explore the major arenas and settings in which counselling is practiced as well as the key themes and issues faced by those working in this field.

This, the second edition of the handbook, has been thoroughly revised and updated to reflect the growth and change within counselling over recent years. Six new chapters have been added covering topics such as brief and time-limited counselling, working with adults abused as children, trauma and post-traumatic stress disorder and counselor-client exploitation.

Published in association with the British Association for Counselling, the *Handbook of Counselling* provides a definitive source of information and guidance for counsellors both in training and practice.

Book Title: **The Making & Breaking of Affectional Bonds**

Author: **John Bowlby**

Pages in Book: **184**

Reference Number: **D5**

This selection of key lectures by John Bowlby includes the long and important one that gives the volume its title. Informed by a wide clinical experience, and written with the author's well-known humanity and lucidity, taken together, the lectures provide an invaluable introduction to John Bowlby's thoughts and work.

In addition to the basic principles with which they are mainly concerned, they also contain much practical guidance of use to both parents and members of the mental health professions.

~~Book Title: **The Presenting Past**~~

~~Author: **Michael Jacobs**~~

~~Pages in Book: **238**~~

~~Reference Number: **D6**~~

Loaned to delegate on ABC course and not returned

~~*The Presenting Past* develops the counsellor's skills by looking at the **meaning** behind the words, manner and difficulties which the client presents. Knowledge of past development, and the skill to apply that knowledge to the present and to the particular client are important tools for a counsellor to possess.~~

~~The author translates theoretical material into the everyday practice of the counsellor or psychotherapist, weaving the significance of the first three stages of development into Erikson's model of the Eight Ages of Man, and demonstrating ways in which the client's presenting difficulties, the possibility of past conflicts, and the actual counsellor-client relationship are inextricably linked.~~

~~Many case studies illustrate the material and will reflect the reader's experience of self and client. This book is designed for those who have begun to use basic counselling skills to help their clients talk more freely, and who wish to understand more about the significance of the client's word and presentation.~~

~~Its clear approach makes this book of interest to anyone interested in understanding human growth and development, and to those who wish to relate important analytic insights to everyday life.~~

Book Title: **The Skilled Helper**

Author: **Gerard Egan**

Pages in Book: **445**

Reference Number: **D7**

The Skilled Helper presents a three-stage problem-management model of helping and the methods and skills helpers need to make it work. It is, therefore, a basic text for counsellor and therapist training programmes.

While the model it describes is a "stand alone" model, its principles and methods can also be incorporated into other approaches to helping. Further, ideally the model can be used, not just by helpers, but by clients themselves. Ultimately, no matter what school or approach to helping is used, clients need to manage their own lives more effectively. The effective helper not only helps clients manage problems and develop unused resources and opportunities but also, at least indirectly, helps clients learn a process for managing their concerns better. *The Skilled Helper* model is just such a process.

~~Book Title: **Practical Counselling and Helping Skills**~~

~~Author: **Richard Nelson-Jones**~~

~~Pages in Book: **290**~~

~~Reference Number: **D8**~~

Loaned to delegate on ABC course and not returned

~~*Practical Counselling and Helping Skills* is the thoroughly revised and expanded second edition of the standard book for counsellors, **Practical Counselling Skills**. The text retains its flexible, straightforward approach to the development of counselling skills and new material has been added to demonstrate the importance of helping clients to help themselves.~~

~~All the chapters have been reworked and updated and there are four new chapters 'Further Facilitation Skills', 'A Model for Managing Problems', 'Focusing on Feelings', and 'Life Skills Training'. The text also includes seventy seven exercises that can be practiced individually, in pairs or in groups.~~

~~The book will be an invaluable guide to trainee, voluntary and professional counsellors in any field: from pastoral care to personnel management.~~

Book Title: **I'm Ok – You're Ok**

Author: **Thomas A. Harris**

Pages in Book: **269**

Reference Number: **D9**

This practical guide to Transactional Analysis is a unique approach to your problems. Hundreds of thousands of people have found this phenomenal breakthrough in psychotherapy a turning point in their lives.

In sensible, non-technical language Thomas Harris explains how to gain control of yourself, your relationships and your future – *no matter what has happened in the past*.

Book Title: **The Psychology of Happiness**

Author: **Michael Argyle**

Pages in Book: **256**

Reference Number: **D10**

What constitutes happiness? Why are some people happier than others? Extensive psychological and sociological research has catalogued the importance of social relationships, work and leisure and the effects of wealth, social class, age, sex and nationality.

Michael Argyle draws together for the first time the findings from this fascinating field of study and presents a new theory about the main sources of happiness. The often surprising conclusions and the important practical applications, included suggested methods for enhancing happiness, make this book compulsive reading for both the layperson and the professional.

Book Title: **Human Development** (third edition)

Author: **Eric Rayner**

Pages in Book: **300**

Reference Number: **D11**

For over fifteen years *Human Development* has been an invaluable text for those studying for a wide variety of professional qualifications in social work, health visiting, counselling, marriage guidance, medicine, psychology and education. This third edition has been completely re-written to take into account recent research. The text also reflects developments in society; for example, as a result of changing family patterns, fuller consideration is given to sexual partnering, divorce and single parent families.

Eric Rayner outlines and discusses the crucial phases of human development from before birth, through childhood, adulthood, marriage, middle and old age, to death. He argues that one can only fully learn about others when also thinking about oneself. Thus, his book is an invitation to self-exploration as well as being a source of information. The reader is introduced to widely used concepts, predominately emanating from psychoanalysis and developmental psychology, that anyone thinking seriously about emotional development needs to know and understand. This theoretical discussion is illustrated by many case descriptions.

No “set answers” or easy formulae are provided: rather, the book is an invitation to argument. Underlying the text is the belief that a feeling for the problems of individual development is of fundamental importance for every member of our society. This applies particularly to those responsible for social policies, which inevitably affect individual people.

Book Title: **Starving to Live**

Author: **Alessandra Lemma-Wright**

Pages in Book: **95**

Reference Number: **D12**

Starving to Live has been written for trainees as well as qualified counsellors and counselling psychologists wishing to work in the area of anorexia nervosa. The book offers a brief but comprehensive overview of anorexia, covering research, theory and practice. These aspects are considered in the context of an existential analysis of anorexia, which provides a thorough description of the experience of being anorexic. As well as covering basic facts about anorexia, and the theories which have attempted to explain the paradoxical condition, the book outlines broad guidelines for “good” counselling practice with anorexic clients, and addresses some of the common problems encountered when working with this group.

Book Title: **Counselling & Helping**

Author: **Stephen Murgatroyd**

Pages in Book: **165**

Reference Number: **D13**

Are you a professional or voluntary helper? If yes this book is for you. Without using jargon or technical language, it introduces you to the basic skills of counselling and helping.

There is too much mystery and magic about counselling. *Counselling and Helping* is straightforward in its approach. Case studies are used to show what it is like to be a client, how the counselling process proceeds, and the stresses and strains which every counsellor comes up against. There extracts from sessions with a very depressed client, a distressed adolescent, a conversation between a nurse and a patient in a hospice, and many more practical examples of counselling in action.

What personal qualities does a helper need to cultivate? How does the type of client or the context of work affect the counselling process? When do you decide that the case is beyond your personal skills and experience? What are the professional ethics? When is confidentiality crucial? How do you prevent “helper burn-out”? How can you find out more about counselling and training? These and other crucial questions are discussed in a helpful and sensitive way.

Book Title: **How Sadness Survived**

Author: **Paul Keedwell**

Pages in Book: **176**

Reference Number: **D14**

Is depression a disease, a medical disorder suffered by humans for millennia, or is it a modern western malaise? Actually, neither perspective is helpful in trying to get to grips with this uniquely disabling but intriguing state of mind. The truth is that depression is multifaceted: it can lead to great insights and achievements, as well as great tragedies.

This book is a critical overview of ideas about depression, some new, some old, which fall under the discipline of “evolutionary psychology”. Why should a condition causing so much pain and disability occur so commonly? Rather than being a defect, is depression a part of what it means to be human? Do most types of depression represent an adaptation – an evolved mechanism which improved the survival and reproductive values of humans in our ancestral environment? Has depression been selected? Could it still be useful to us today?

How Sadness Survived spans philosophy, history, anthropology, psychology, psychiatry, sociology and ethology. Its positive, controversial and intriguing assertion is that depression may confer long-term benefits to the sufferer. Its conclusions have important implications for how we should prevent or treat an increasingly common condition, and how we might view the condition in a more constructive way.

Book Title: Continuing Bonds

Author: Dennis Klass, Phyllis R. Silverman & Steven L. Nickman

Pages in Book: 361

Reference Number: D15

This important new book gives voice to an emerging consensus among bereavement scholars that our understanding of the grief process needs to be expanded. The dominant twentieth-century model holds that the function of grief and mourning is to cut bonds with the deceased, thereby freeing the survivor to reinvest in new relationships in the present. Pathological grief has been defined in terms of holding on to the deceased. Close examination reveals, that this model is based more on the cultural values of modernity than on any substantial data of what people actually do.

Presenting data from several populations, twenty-two authors – among the most respected in their fields – demonstrate that the healthy resolution of grief enables one to maintain a continuing bond with the deceased. Despite cultural disapproval and lack of validation by professionals, survivors find places for the dead in their ongoing lives and even in their communities. Such bonds are not denial; the deceased can provide resources for enriched functioning in the present.

Chapters examine widows and widowers, bereaved children, parents and siblings, and a population previously excluded from bereavement research: adoptees and their birth parents. Bereavement in Japanese culture is also discussed, as are meanings and implications of this new model of grief. Opening new areas of research and scholarly dialogue, this work provides the basis for significant developments in clinical practice in the field.

Book Title: On Death and Dying

Author: Elisabeth Kubler-Ross

Pages in Book: 260

Reference Number: D16

Although most areas of human experience are nowadays discussed freely and openly, the subject of death is still surrounded by conventional attitudes and reticence that offer only fragile comfort because they evade the real issues. The dying may thus be denied the opportunity of sharing their feelings and discuss their needs with family, friends, or hospital staff. Although receiving devoted medical care, a dying patient is often socially isolated and avoided, since professional staff and students can find contact painful and embarrassing.

Aware of the strains imposed on all sides by this situation, Dr Kubler-Ross established a seminar at the University of Chicago to consider the implications of terminal illness for patients and for those involved in their care. Patients invited to talk about their experience often found great relief in expressing their fear and anger and were able to move towards a state of acceptance and peace. The seminar, originally composed of students of medicine, sociology, psychology, and theology, but later joined by hospital staff and relatives of the patients, enabled many members

to come to terms with their own feelings and to respond constructively to what the patients had to teach them.

Book Title: Meaning Reconstruction & the Experience of Loss

Author: Robert A. Neimeyer

Pages in Book: 359

Reference Number: D17

Debunking the notion that an invariant sequence of stages of grief occurs among all who experience the death of a loved one, this groundbreaking volume clearly demonstrates that highly individual processes of meaning making are at the heart of grief dynamics.

Leading the reader through earlier conceptions of grief and mourning in which successful grieving is viewed as withdrawal of psychic energy from the deceased, this book stresses the healthy role of continued symbolic bonds as well as the appreciation of life-enhancing growth as one integrates the lessons of loss.

A prominent theme presented in this volume is that symptoms in the bereaved individual have meaning-making significance and that meaning reconstruction in response to loss is the central process in grieving. More scientifically oriented readers will find comprehensive discussions of research programmes supporting these tenets, particularly those linking grief with responses to loss involved in trauma. Practitioners will find clinically informed models and ample case descriptions to bridge concepts with real people suffering real losses. All will find new paradigms for approaching loss and reconstruction of meaning in a respectful, revealing way that has significance both personally and professionally.

Book Title: Loss (Attachment and Loss: Volume 3)

Author: John Bowlby

Pages in Book: 472

Reference Number: D18

With this volume John Bowlby completed the trilogy *Attachment and Loss*, his extremely influential work on the importance of the parental relationship to mental health.

This groundbreaking study examines the ways in which young children respond to temporary or permanent loss of a mother figure and the expressions of anxiety, grief and mourning which accompany such loss. The theories presented differ in many ways from those advanced by Freud and elaborated by his followers, so much so that the frame of reference now offered for understanding personality development and psychopathology amounts to a new paradigm.

Book Title: **Once Upon a Group**
Author: **Michael and Maggie Kindred**
Pages in Book: **80**
Reference Number: **D19**

This book is aimed at providing a light-hearted and amusing approach to a subject, which can be quite heavy. We hope that it offers an easily digestible way of gaining insights into how groups tick, while at the same time helping to overcome some of the anxieties and doubts which can make people shy away from anything to do with groups and their workings. Even the mention of some of the *in words* and jargon concerning group behaviour can be enough to put some of us off for life!

Groups are a universal phenomenon. However, the patterns, customs and acceptable content may differ widely in different cultures and races. Group members and facilitators need to bear this in mind when planning and running their groups. The material in this book is written within western white culture and needs adapting to each user group, including people who use manual languages.

Book Title: **On Becoming a Counsellor**
Author: **Eugene Kennedy**
Pages in Book: **337**
Reference Number: **D20**

This exceptional and extraordinarily comprehensive work is an indispensable book for all those who, without extensive psychological training, must deal with troubled individuals – the confused, the grieving, the suffering, the immature, who so often turn to teachers, doctors, nurses, lawyers, clergy, and frequently to old friends.

Such persons may not be able to treat deep and long-standing emotional difficulties. They may not, in fact, be able to spend extended periods of time with many of those who seek their advice and assistance. But they can, Eugene Kennedy insists, be more human with these individuals, marshalling their own resources of the spirit and capitalizing on the strength of their own best instincts. This book is designed to help the helpers do exactly that by providing them with insights and practical applications of basic psychological knowledge.

In more than 40 chapters the author sets forth the basic rules of sound, effective counselling in such areas as anxiety, neurosis, depression, obsession, marriage counselling, death, bereavement, suicide, schizophrenia, alcoholism and drugs. The meaning and symptoms of real emergencies are explored as are the aspects of interviewing, diagnosis, referral and emotional involvement.

“Understanding”, writes the author, “is at the heart of all good therapy. Understanding transmitted through the discipline of counselling skills helps bewildered people to see themselves in better perspective”.

On Becoming a Counsellor is the book which helps counsellors use the energy of their own understanding in a measured but powerfully effective manner.

Book Title: Transactional Analysis Counselling in Action

Author: Ian Stewart

Pages in Book: 173

Reference Number: D21 (two copies)

This book is a practical guide to the use of transactional analysis in counselling. It is aimed at counsellor trainers and their trainees, as well as practicing counsellors who are interested in developing transactional analysis skills.

Transactional analysis is notable for its clarity of concept and simplicity of language. It offers an approach that promotes understanding and immediately catches the imagination. Yet underlying this surface appeal is a closely reasoned theoretical structure. Since the pioneering work of Eric Berne in the 1950s and 60s, transactional analysts have continued to innovate. This book emphasizes powerful new techniques and concepts in transactional analysis that have been developed during the past two decades.

Illustrating by means of an actual case history, Ian Stewart describes the systematic process of counselling in transactional analysis. He traces the client's progress from first contact and intake, through diagnosis and treatment planning to contract making and the implementation of the planned treatment sequence.

Each phase of the treatment process is explained clearly and accessibly. The descriptions of technique are reinforced by "self-supervision" sequences: sets of self-assessment questions that readers can use to sharpen their skills in transactional analysis.

Book Title: Training and Supervision for Counselling in Action

Author: Windy Dryden and Brian Thorne

Pages in Book: 182

Reference Number: D22

Both training and supervision are of central importance within the professional practice of counselling. Counsellors need to be properly trained, and once trained they must be nourished and sustained through supervision.

This clear and accessible book explores the issues involved in both the training and supervision of counsellors, and in the preparation of those who are to undertake supervisory and training roles.

Leading trainers and supervisors from different counselling traditions discuss the responsibilities, professional questions and practical approaches involved, and a trainee and supervisee give the book an insider's view of what it feels like to be in these positions.

The closing chapter deals with the important issue of training for counsellor trainers and supervisors.

The number of training courses is growing and counsellors *must* undergo supervision if they are to be accredited by professional bodies. This book will prove to be an invaluable resource for those wishing to be trained and seek supervision, and for those already engaged in supervision and training. It will also serve as a reliable guide for those who are seeking to establish new counselling courses in the years ahead.

Book Title: **The Presenting Past (second edition)**

Author: **Michael Jacobs**

Pages in Book: **242**

Reference Number: **D23**

The revised edition of this best-selling book not only introduces much more material about the basic psychodynamic themes of trust and dependency, authority and autonomy, and cooperation and competition, but also makes a major break with development stages, preferring to show how the real issues that concern people are present at every point in life.

As in the highly successful first edition, the themes are lavishly illustrated with case examples, and the useful appendix is extended. This edition contains a completely new chapter on the way the major themes appear at different points in the process of counselling and therapy.

Book Title: **The Skilled Helper (third edition)**

Author: **Gerard Egan**

Pages in Book: **391**

Reference Number: **D24**

This is a 3-stage model or framework offered by Egan as useful in helping people solve problems and develop opportunities. The goals of using the model are to help people 'to manage their problems in living more effectively and develop unused opportunities more fully', and to 'help people become better at helping themselves in their everyday lives.' Thus there is an emphasis on empowerment. Also the person's own agenda is central, and the model seeks to move the person towards action leading to outcomes, which they choose, and value.

This model is not based on a particular theory of personality development, nor on a theory of the ways difficulties develop. It is a framework for conceptualising the helping process, and is best used in working on issues in the recent past and the present.

The Egan model aims to help the speaker address 3 main questions:

1. *'What is going on?'*
2. *'What do I want instead?'*
3. *'How might I get to what I want?'*

As with any model, it provides a map, which can be used in exploring, but which is not the territory itself. The Egan model and mentoring are not synonymous; the model can be used in many kinds of helping relationships, and mentoring/co-mentoring can be done using other models, (or none!). The model can and should be used flexibly. The model works best if attention is paid to Rogers' 'core conditions', the helpers approach to the speaker being based on genuineness, respect, and empathy, and if principles of good active listening are remembered throughout.

Book Title: The Theory and Practice of Counselling Psychology

Author: Richard Nelson-Jones

Pages in Book: 533

Reference Number: D25 (Two Copies)

In this comprehensive and meticulously compiled text, Dr Nelson-Jones focuses on the needs of the practicing counsellor. Providing a thorough introduction to the theoretical concepts that underlie counselling psychology, he proceeds to a discussion of the fundamental counselling relationship and additional ways of developing the counsellor's professional skills and knowledge.

Humanistic, behavioural and psychoanalytic models of counselling are examined with timely material on occupational choice and development theory. Valuable self-referent exercises encourage the reader to assess the relevance of this material to their own lives. The comprehensive practice session stresses the role of counselling psychologists as *decision makers*, continuously having to make role, treatment and responding decisions in the light of their professional knowledge and the expressed needs of their clients. After a discussion of assessment, practical approaches are suggested which are relevant to counselling clients with relationship, educational and learning, career and occupational and choice problems. Group counselling and recent developments in psychological education are reviewed, and there is a survey of the provision of counselling services in Britain and of the development of professional associations in Britain, North America and Australia.

The Theory and Practice of Counselling Psychology is extensively referenced and contains numerous practical exercises, discussion topics and essay questions that will make it valuable not only to the professional counsellor but also as a teaching text.

Book Title: Love and Loss

Author: Colin Murray Parkes

Pages in Book: 430

Reference Number: D26 (Two copies)

Love and Loss, the result of a lifetime's work, has important implications for the study of attachment and bereavement. In this volume, Colin Murray Parkes reports his innovative research that enables us to bring together knowledge of childhood attachments and problems of bereavement, resulting in a new way of thinking about love, bereavement and other losses. Areas covered include:

- Patterns of attachment and patterns of grief
- Loss of a parent, child or spouse in adult life
- Social isolation and support

The book concludes by looking at disorders of attachment and considering bereavement in terms of its implications on love, loss, and change in a wider context, it also provides implications for our understanding of depression and other psychological problems.

Love and Loss is essential reading for professionals working with bereavement and other traumatic losses, as well as graduate students of psychology, psychiatry and sociology.

Book Title: **Bereavement (Second Edition)**

Author: **Colin Murray Parkes**

Pages in Book: **265**

Reference Number: **D27** (Three copies)

All of us will experience some form of bereavement during our lifetime. But the fact that this is likely – does not make it any easier to bear or to cope with.

Often the bereaved have feelings of guilt, anger or bewilderment. They may want to either give or accept blame; some undergo anxiety and disbelief; they may attempt to 'locate' the loved one or communicate with them; finally, in most cases, they will reconstruct their lives as their grief diminishes.

This compassionate and probing study examines the emotions of widows over twelve years of research. It has now been updated with details of more recent investigations into bereavement and the beneficial effect of the hospice movement on the terminally ill and their families. It is the standard work on the subject and will be of immense value to the bereaved themselves and the doctors, priests, social workers and friends who seek to help and understand them.

Book Title: **Bereavement (Third Edition)**

Author: **Colin Murray Parkes**

Pages in Book: **271**

Reference Number: **D27a**

How many of us feel at a loss when faced with a bereaved friend or relative?

For professionals, family and sympathetic friends alike, helping bereaved people can be daunting. This classic text enables us to understand grief and grieving. How is bereavement affected by age, gender, manner of death, personal psychology and culture? What are the signs of pathological grieving which can lead to mental illness? And how can carers provide genuine help without interfering with the painful but necessary 'work' of mourning?

The main text sets out the arguments with the utmost clarity, while a specialist appendix provides further details of the scientific and technical evidence. This updated and expanded edition includes discussions of many forms of loss and of the roots of psychiatric problems following bereavement; it also takes full account of the latest research by Parkes and his fellow experts. Widely recognized as the most authoritative work of its kind, this valuable and compassionate study has long been used in the training of doctors, nurses, clergy, social workers and funeral directors.

Book Title: **Grief Counselling and Grief Therapy**
(**Second Edition**)

Author: **J William Worden**

Pages in Book: **183**

Reference Number: **D28** (Four copies)

Why should mental health professionals be interested and involved in the area of bereavement?

Grieving over death is a natural and necessary process that most people are able to experience – and emerge from – in a healthy manner. However, many people lack the support they need to help them resolve the pain of mourning, and grief often surfaces as the underlying cause of various problems. *Grief Counselling and Grief Therapy*, well known as a classic text on the subject, has now been expanded and updated to include new counselling techniques and new areas of treatment, providing an invaluable resource for all those working with the bereaved.

Additional Book added to Library July 2012

Book Title: **Grief Counselling and Grief Therapy**
(**Third edition**)

Author: **J. William Worden**

Pages in Book: **202**

Reference Number: **D28a**

Most people emerge from the natural grieving process in a healthy manner. However, many people do not receive the support they need to overcome the pain of mourning. They feel they are trapped in their grief – feelings which later surface as the underlying cause of physical and mental problems. For these people mental health treatment is their way back to healthy life.

The 3rd edition of *Grief Counselling and Grief Therapy* provides counselling techniques to help identify and treat the grief of the bereaved. This updated version incorporates:

- A refined basic model of mourning, including not only the Tasks of Mourning but also the Mediators of Mourning
- Information on special types of mourning including complicated grief, children's violent death, grief and the elderly, and anticipatory grief
- The use of dreams in grief work

Grief Counselling and Grief Therapy is an essential resource for all those working with the bereaved.

Book Title: **Unresolved Grief**

Author: **John C. Gunzburg**

Pages in Book: **399**

Reference Number: **D29** (Two Copies)

People can grieve not just from the death of a loved one, but from a wider arena of loss which includes divorce, moving away, missing friends and even losing a possession of great monetary or sentimental value. This book defines unresolved grief and then explores the process of therapy.

Through richly descriptive cases, John Gunzburg examines how people can use their own resources to resolve grief and loss. Many examples are given of how therapist and client can use their creativity, working together to resolve grief. Options and directions for the future leave the reader optimistic and with skills to realize this positive view.

Unresolved Grief is written for therapists of all disciplines who are dealing with grieving clients. It promotes an effective therapy of unresolved grief through numerous case studies, clear discussion of material and creative exercises aimed at encouraging readers to examine their own casework.

Additional Book added to Library since Catalogue was produced

Book Title: **On Death and Dying**

Author: **Elisabeth Kubler-Ross**

Pages in Book: **260**

Reference Number: **D30**

Although most areas of human experience are nowadays discussed freely and openly, the subject of death is still surrounded by conventional attitudes and reticence that offer only fragile comfort because they evade the real issues. The dying may thus be denied the opportunity of sharing their feelings and discussing their needs with family, friends, or hospital staff. Although receiving devoted medical care, a dying patient is often socially isolated and avoided, since professional staff and students can find contact painful and embarrassing.

Aware of the strains imposed on all sides by this situation, Dr Kubler-Ross established a seminar at the University of Chicago to consider the implications of terminal illness for patients and for those involved in their care. Patients invited to talk about their experience often found great relief in expressing their fear and anger and were able to move towards a state of acceptance and peace. The seminar, initially composed of students of medicine, sociology, psychology and theology, but later joined by hospital staff and relatives of the patients, enabled many members to come to terms with their own feelings and respond constructively to what the patients had to teach them.

Additional Book added to Library since Catalogue was produced

Book Title: **Standards and Ethics for Counselling in Action
(Second Edition)**

Author: **Tim Bond**

Pages in Book: **263**

Reference Number: **D31**

Standards & Ethics for Counselling in Action is the highly acclaimed guide to the major responsibilities of which trainees and counsellors in practice must be aware before working with clients. Tim Bond outlines the values and ethical principles inherent in counseling and points out that the Counsellor is at the centre of a series of responsibilities: to the client, to him/herself as a counsellor and to the wider community.

Now revised and updated, the second edition examines issues fundamental to the process of counselling. Wide-ranging ethical problems are discussed and advice is given for resolving these dilemmas. Topics covered include:

- confidentiality
- legal aspects of counselling
-
- working with suicidal clients
- false or recovered memory
- record keeping
- the importance of adequate supervision

Full of practical information and guidance, the second edition of *Standards and Ethics of Counselling in Action* will be essential reading and a continuing source of reference for all those involved in counselling training and practice.

Additional Book added to Library since Catalogue was produced

Book Title: **Talking with Bereaved People**

Author: **Dodie Graves**

Pages in Book: **203**

Reference Number: **D32**

It is often hard to know what to talk about with a bereaved person after you've offered your condolences, and many avoid talking about the deceased for fear of upsetting the bereaved relative.

With good active listening, empathic exploration and a willingness to talk about the hard issues, you can embark on sensitive communication with the bereaved.

This user-friendly book offers a practical framework for conversing with bereaved people, either with individuals or in a group setting. The author uses a table of six elements to give guidance to the listener about where they might be in the conversation, and how to move forward with the bereaved person.

For each element, suggested techniques that include creative activities and possible open questions to help the bereaved person express and explore their grief, are offered.

The approach is underpinned throughout by theory, with reflective exercises for the reader to do individually or in peer groups, plus anecdotes and case vignettes.

Talking with Bereaved People is an essential toolkit for anyone working with bereaved people outside of the formal counselling room, such as social workers, voluntary bereavement agencies, church pastoral teams, hospice and hospital visitors and staff.

Additional Book added to Library since Catalogue was produced

Book Title: **The Red Book of GROUPS**

Author: **Gaie Houston**

Pages in Book: **123**

Reference Number: **D33**

This book is dedicated to the many counsellors, trainers, managers, lecturers, nurses, social and community workers, doctors, supervisors, clerics, teachers and others who find themselves running some kind of informal supportive group, and would like to do it better.

Information technology is no substitute for presence, contact and shared activity. So, paradoxically, it increases the need for face-to-face groups in which, what goes on between people, is looked at and perhaps changed for the better.

Here is a down-to-earth description of some likely experiences in such a group, the theory behind what is going on, and exercises on topics from co-operating to confronting, from fantasy to finishing.

Additional Book added to Library since Catalogue was produced

Book Title: **Understanding Your Grief**

Author: **Alan D. Wolfelt**

Pages in Book: **164**

Reference Number: **D34**

When someone you love dies, it can be hard to understand your often complex – and painful – thoughts and feelings. This compassionate guide, written by one of North America’s leading grief educators, will help you understand the normal and necessary journey we call grief.

Understanding Your Grief describes ten touchstones that are essential physical, emotional, cognitive, social, and spiritual actions for you to take to help yourself heal:

1. Open to the presence of your loss
 2. Dispel misconceptions about grief
 3. Embrace the uniqueness of your grief
 4. Explore your feelings of loss
 5. Recognize you are not crazy
 6. Understand the six needs of mourning
 7. Nurture yourself
 8. Reach out for help
 9. Seek reconciliation, not resolution
 10. Appreciate your transformation
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Additional Book added to Library November 2012

Book Title: **John Bowlby & Attachment Theory**

Author: **Jeremy Holmes**

Pages in Book: **243**

Reference Number: **D35**

Attachment Theory is one of the most important theoretical developments in psychoanalysis since Freud. Formulated by John Bowlby, it combines the rigorous scientific empiricism of ethology with the subjective insights of psychoanalysis, and has had an enormous impact on child development, social work, psychotherapy, psychology and psychiatry.

John Bowlby and Attachment Theory provides a valuable overview and summary of Bowlby’s life and work, examining the origins of his ideas and exploring the relationships between psychoanalysis and Attachment Theory.

Additional Book added to Library April 2013

Book Title: **Grief Counselling & Grief Therapy**

Author: **J. William Worden**

Pages in Book: **129**

Reference Number: **D36**

Grieving over the death of a loved one is a natural and necessary process that most people are able to cope with and emerge from in a healthy manner. Others, however, do not have sufficient support in the period following bereavement, and may need professional help in resolving the pain of mourning.

In *Grief Counselling and Grief Therapy* the author describes the mechanisms of grief and the procedures for helping the bereaved to accomplish the “tasks of mourning” and move through the process of normal grieving. He goes on to explain how the serious and disturbing problems related to exaggerated, chronic, masked, and delayed grief reactions can be recognized, and appropriate help offered. Such problems can be particularly acute in the event of special types of loss, such as suicide, sudden death, and abortion and the intense reactions likely under such circumstances are also considered.

In presenting these complex issues in a practical and concise way, the author has provided an invaluable guide for all those whose work brings them into contact with bereaved people.

Additional Book added to Library April 2013

Book Title: **Grief of Tears**

Author: **Susan Lendrum and Gabrielle Syme**

Pages in Book: **199**

Reference Number: **D37**

Gift of Tears is designed to help the helper – nurse, doctor, teacher, police officer or counsellor, or perhaps just the next-door neighbour. Everyone at some time or other has to cope with the grief of others, or finds themselves confronting unresolved grief of their own. This book sets loss counselling in its broad theoretical context and gives expert practical guidance for further development and training.

Additional Book added to Library April 2014

Book Title: **Living with Death and Dying**

Author: **Elisabeth Kubler-Ross**

Pages in Book: **181**

Reference Number: **D38**

Living with Death and Dying was written at the insistent request of patients, readers and parents of dying children, asking for more help in understanding the different languages used by terminally ill adults and children in trying to convey their inner knowledge and needs.

The author, a world renowned authority on the care of the dying, sets out to clarify the theme of children and death for the benefit of parents, relatives, the medical profession and social workers who may have to cope with this most poignant of situations.

Written in a conversational and, for the most part, anecdotal style, the book discusses the way children regard death and how they relate it to their own lives; how they understand the idea of their own death or that of a sibling or parent; what “language”,

both verbal and non-verbal, they use in the presence of death; what their needs are, when faced with death, in respect of love, reassurance, and above all, honesty. Many of the author's revelations may be surprising, some may even shatter the preconceived notions of adults, and are all the product of actual experience with death and the dying.

Children are refreshingly free of cant in the presence of death, and the tone of the book emerges as both realistic and reassuring.

Section Five



Bereavement – Specific Topics

Book Title: **Death, Dying & Bereavement**

Author: **Donna Dickenson and Malcolm Johnson**

Pages in Book: **321**

Reference Number: **E1**

This remarkable and novel collection, which combines academic research with professional and personal reflections, will be of great interest to all those concerned with the issues surrounding death, and in particular, to those directly involved in the support of dying or bereaved people, whether as paid carers, family members, friends or volunteers.

Death, Dying and Bereavement addresses both the practical and the more metaphysical aspects of death. Topics such as new methods of pain relief, guidelines for breaking bad news, and current attitudes to euthanasia are considered, while the mystery of death and its wider implications are also explored.

A highly distinctive interdisciplinary approach is adopted, including perspectives from literature, theology, sociology and psychology. There are wide-ranging contributions from those who come into professional contact with death and bereavement – doctors, nurses, social workers and counsellors. In addition there are more intimate personal accounts from carers and from bereaved people.

By drawing together information, reflection and experience, this authoritative text will broaden your understanding of a subject area that society has chosen to deny. For Professionals and students in nursing, medicine, social work, the clergy, counselling and the care of dying or bereaved people, it is essential reading.

Book Title: **Death, Dying and Bereavement (Second Edition)**

Author: **Donna Dickenson, Malcolm Johnson & Jeanne Samson Katz**

Pages in Book: **388**

Reference Number: **E1a**

The fully revised and updated edition of this bestselling collection combines academic research with professional and personal reflections in addressing both the practical and the more metaphysical aspects of death.

A highly distinctive interdisciplinary approach is adopted, including perspectives from literature, theology, anthropology, sociology and psychology. While reviewing such topics as methods of pain relief, guidelines for breaking bad news, and current attitudes to euthanasia and do-not-resuscitate orders, the mystery of death and its wider implications are also explored. There are wide ranging contributions from those who come into professional contact with death and bereavement – doctors, nurses, social workers and counsellors, in addition to more intimate personal accounts from carers and from bereaved people.

By drawing together information, reflection and experience, this authoritative text will broaden your understanding of a subject area that western society is accused of denying. For professionals and students in nursing, medicine, social work, funeral directors, the clergy, counselling and the care of dying and bereaved people, it is essential reading.

Book Title: Bereavement at Work

Author: David Charles-Edwards

Pages in Book: 213

Reference Number: E2 (Two copies)

3,500 people die every day in the U.K. Their death may affect the workplace in many ways. If an employee dies or the partner of an employee, their manager will need to sort out the difficult practical issues that arise from death. How should one refer to what has happened? What influence does religion have? How much time for emotional recovery is reasonable? These are just some of the issues discussed in this book.

This book breaks new ground in placing bereavement on the management agenda rather than leaving a company's response to chance. It is an essential guide for anyone in an organization who has to take responsibility in case of death, from managers, human resource and occupational health specialists, to welfare officers and trade union representatives.

Book Title: The Death of an Adult Child

Author: Jeanne Webster Blank

Pages in Book: 313

Reference Number: E3

This new work addresses the phenomenon of parental grief in general, emphasizing the experiences of parents of children who died at ages eighteen and over. The author, Jeanne Webster Blank, wrote this work because she needed help in dealing with her grief after her 39 year old daughter died of breast cancer. It was at this time she found very few sources of information dealing exclusively with the problems faced by parents whose adult child died.

This is not a clinical study; it is based solely on the personal experiences of the author and some sixty other bereaved parents who answered her questionnaire. This book demonstrates that bereaved parents share many similar reactions to their adult child's death; it lets grieving parents know it is acceptable to feel and act the way they do; it attempts to explain what is happening to them; it tells them what others have done to help themselves; it assures them that someday they will be better, though never completely the way they were before their loss. If these grieving parents gain understanding of their condition, if they stay alert to their emotional needs, care for

their bodies, and just “keep on keeping on” they can gradually restructure their lives and find at least partial healing.

The stories of some of those who answered the questionnaire appear throughout the text and in their entirety at the back of the book. They are transcribed almost exactly in their original form, with minimal editing, to reflect the true feelings and thoughts of the contributors.

Book Title: **Merely Mortal**

Author: **Sarah Boston and Rachael Trezise**

Pages in Book: **214**

Reference Number: **E4**

‘The British are born but they do not die’. The subject of death has become the late twentieth-century taboo. Nowhere can one discuss it freely – at work, in the pub, round the kitchen table, in the bedroom or even late at night when the children cannot hear. And one certainly cannot talk about it in front of the dying or bereaved themselves.

The new taboo has a public and private face. *Merely Mortal* shows how we are, through the media, confronted by more death than any society before. Yet we live our lives assuming we are immortal – only, inevitably, to find out otherwise. Drawing on many personal testimonies, the book shows how our ostrich-like attitude and embarrassment condemn the dying and the bereaved to loneliness.

Should people be told that they are dying? What does one say to the bereaved? How long does one grieve for? These are just some of the questions tackled by the authors of this book, which looks at the growth of services dedicated to caring for the dying and supporting the bereaved, as well as giving detailed information on what to do following a death – the legal requirements, costs and choices.

Merely Mortal is a compassionate study of an experience that will confront us all.

Book Title: **Am I Allowed to Cry?**

(A study of bereavement among people who have learning difficulties)

Author: **Maureen Oswin**

Pages in Book: **158**

Reference Number: **E5**

Coping with bereavement is one of the most overwhelming problems faced by people with learning difficulties. For some it may mean leaving home for the first time in their lives, often without explanation, to live in institutions where staff may have little understanding of their loss and sadness. The death of a loved person may be combined with the loss of all that is familiar in their world.

Maureen Oswin has carried out years of research into a subject which has remained unaccountably neglected in relation to people with learning difficulties. In this poignant and yet helpful book she describes bewildered men and women kept in ignorance of a parent's death, unable to understand why their father or mother is no longer there; lonely widows left to cope single-handed with a severely handicapped son or daughter, ignored by the support services at a time when they are most in need of help; people with learning difficulties taken into institutions where their natural grief is treated as 'problem behaviour'.

While the author is sympathetic to the problems faced by staff in coping with bereaved people with learning difficulties, she is highly critical of their training, which often fails to respect the very normal feelings of the people in their care. Everybody, in situations of grief, is likely to behave in a way that is out of character, yet people with learning difficulties are rarely accorded the understanding shown to others.

In a practical and optimistic chapter, the author sets out guidelines for change and improvement in training, attitudes and services. Her advice, based on many years of experience, should create a standard, which will do much to help people with learning difficulties in their time of grief.

Book Title: **The Forgiveness Formula**

Author: **Kathleen Griffin**

Pages in Book: **225**

Reference Number: **E6**

We all have people we need to forgive. We all have someone who has done us real wrong, maybe a parent, lover or friend. They may be long dead or very much alive. But until we learn to forgive them, the pain they caused us sits heavily in our heart. Not letting go does more damage than you'd think.

If we want to change the world we do it one person at a time. If you want to change your world, you need to start with yourself. *The Forgiveness Formula* is a practical and innovative approach to confronting and letting go of the pain and anger caused by trauma and betrayal in our lives. By showing you what happens when you don't forgive and taking you step-by-step through the process, Kathleen Griffin helps you re-map your world, finding a new freedom and lightness to move on. She discusses the place of restitution and justice in forgiving, the importance of forgiving and *remembering*, and, perhaps more importantly, how we must learn to forgive ourselves.

The Forgiveness Formula provides the vital framework to creating a more fulfilling, liberated and empowered way to live your life. Your past does not have to define your future.

Book Title: **Loss and Learning Disability**

Author: **Noelle Blackman**

Pages in Book: **180**

Reference Number: **E7**

The emotional life of people with learning disabilities is a subject that has only begun to be thought about during the last decade. This important book addresses the central issue of how people with learning disabilities can be affected by loss and bereavement.

Noelle Blackman draws on her extensive clinical experience of working with people with learning disabilities who have often been left alone to struggle with the pain of bereavement, or whose behaviour in response to their grief has been misunderstood.

Accessible, impassioned and highly informative, the book includes pro-active strategies to prevent grief complications, and therapeutic interventions for helping people when the grief process “goes wrong”

It will be of benefit not only to those supporting people with learning disabilities: care-workers, psychiatrists, psychologists, therapists, families – but also to those committed to overcoming the stigma currently placed on people with disabilities, to make our society a fairer, kinder place for everyone.

Book Title: **When Parents Die** (Second Edition)

Author: **Rebecca Abrams**

Pages in Book: **197**

Reference Number: **E8 (Two Copies)**

The death of a parent marks an emotional and psychological watershed in a person’s life. For children and teenagers, the loss of a parent if not handled sensitively can be a lasting trauma, and for adults too a parent’s death can be a tremendous blow.

First published in 1992, this new edition of *When Parents Die* will speak to bereaved children of all ages. Rebecca Abrams draws on her personal and professional understanding of parental loss, as well as the experiences of many other adults, teenagers and young children, to provide the reader with an honest, compassionate and insightful exploration of the experience of losing a parent.

This new edition covers the entire course of grieving, from the immediate aftermath of a parent’s death through to the point of recovery, paying particular attention to the many circumstances that can prolong and complicate mourning.

The previous edition of *When Parents Die* has established itself as an indispensable aid to the bereaved and the many professionals who work with them. Written in a clear and sympathetic style, this new edition has been fully revised and updated to take account of recent research and theoretical developments.

Book Title: **An Intimate Loneliness**

Author: **Gordon Riches & Pam Dawson**

Pages in Book: **220**

Reference Number: **E9**

- What impact does a child's death have on family relationships?
- How might differences in the way mothers and fathers deal with bereavement contribute to increased marital tension?
- Why are bereaved siblings so deeply affected by the way their parents grieve?

An Intimate Loneliness explores how family members attempt to come to terms with the death of an offspring or brother or sister. Drawing on relevant research and the author's own experience of working with bereaved parents and siblings, this book examines the importance of social relationships in helping them adjust to their bereavement. The chances of making sense of this most distressing loss are influenced by the resilience of the family's surviving relationships, by the availability of wider support networks and by the cultural resources that inform each's perception of death.

This book considers the impact of bereavement on self and family identity. In particular, it examines the role of shared remembering in transforming survivors' relationships with the deceased, and in helping rebuild their own identity with a significantly changed family structure.

Problems considered include: the failure of intimate relationships, cultural and gender expectations, the 'invisibility' of fathers' and siblings' grief, sudden and 'difficult' deaths, lack of information, and the sense of isolation felt by some family members.

This book will be of value to students on courses in counselling, health care, psychology, social policy, pastoral care and education. It will appeal to sociology students with an interest in death, dying and mortality. It is also aimed at professionally qualified counselling, health and social workers, informed voluntary group members, the clergy, teachers and others involved with pastoral care

Book Title: **Sudden Unexpected Death in Epilepsy**

Author: **Denise Chapman, Brendan Moss,
Rosemary Panelli, Russell Pollard**

Pages in Book: **97**

Reference Number: **E10**

For many years it has been known that people with epilepsy can die suddenly and unexpectedly, a phenomenon now known by the term SUDEP.

Over the last ten years SUDEP has become more widely discussed within the medical profession and beyond. This community conversation was promoted by Epilepsy Bereaved and is gaining momentum around the world.

An internet search produces over 13,000 SUDEP references to journal articles, forums, and information posted by epilepsy organizations or health-related sites. As researchers continue to seek the elusive cause, families affected by SUDEP reach out to others to share information and experience.

Written for anyone with an interest in epilepsy, *Sudden Unexpected Death in Epilepsy* – a global conversation, draws together considered observations on the many issues surrounding SUDEP.

Book Title: The Lone Twin

Author: Joan Woodward

Pages in Book: 165

Reference Number: E11

Twins hold fascination for many people. We are intrigued by their closeness. But what happens when twins are separated, especially by death? Twin mortality is high, but it is not uncommon for a lone twin's loss at any age to go unmarked. They need extra help and support to take them through the loss of their 'other half'. The loss of a twin can be devastating to the survivor.

Working as an attachment therapist, Joan Woodward uses John Bowlby's theories as her conceptual base. She suggests that the highly significant attachment that twins frequently make with each other may begin for many twins before birth. She takes the reader through their closeness and on to the experience of death and bereavement. The book includes parental attitudes to the surviving twin, the surviving twin's guilt, the ability to cope and the effect of loss in childhood and in adulthood. Of particular interest, perhaps, are those who lost their twin at birth. Throughout, the book is illustrated by the words of surviving twins: affecting accounts of their experiences of bereavement.

This is an important and rare book for many professionals – counsellors, psychotherapists and teachers – who come into contact with bereaved twins and yet have little understanding of the dynamics of twinship and of twin loss. Written in jargon-free language, it is also for the twins themselves, their families, partners and friends.

This book gives lone twins the chance, for the first time, to have their voices heard, and professionals the opportunity to develop more effective ways of supporting them.

Book Title: Men Don't Cry...Women Do

Author: Terry L. Martin & Kenneth J. Doka

Pages in Book: 188

Reference Number: E12

Do men and women grieve differently? This new text offers a refreshing change from the popular gender stereotypes of grief, emphasizing that there are many healthy ways

to cope with grief. Two specific patterns of grieving are examined: an intuitive pattern where individuals experience and express grief in an affective way (stereotyped as female); and an instrumental pattern where grief is expressed physically or cognitively (stereotyped as male). A third pattern representing a blending of these two is also introduced. The authors vehemently point out that such patterns are related to, but not determined by, gender, and each has distinct strengths and weaknesses.

Organized into three main parts, this topical text begins by defining terms, introducing and delineating the grief patterns, and rooting the book's concept in contemporary theories of grief. A second section speculates on factors that may influence individuals' patterns of coping with loss (e.g. personality, gender, culture, etc). The final part considers implications and therapeutic interventions likely to be effective with different types of grievers.

Book Title: Losing a Parent

Author: Fiona Marshall

Pages in Book: 146

Reference Number: E13

Grief is always painful, and always unique, but losing a parent is different, a special kind of grief. With the death of a parent a part of oneself is lost – a connection with our past and our roots, with who we are. We are forced to confront our own mortality, to face the world in a new way.

The work of grief can take years, and produce unexpected changes. All too often the complex realities are glossed over with platitudes and easy answers, but in this valuable book Fiona Marshall explores the ways in which we look for meaning in what has happened, and how pain can ultimately yield insight.

Beyond the sadness and loss, and feelings of abandonment, rage, guilt and anger, many people have eventually come to see the death of a parent as the beginning of a new strength and maturity.

Book Title: Coping with Suicide

Author: Maggie Helen

Pages in Book: 113

Reference Number: E14

Everyone who commits suicide leaves behind between five and eight people significantly affected by their death. When someone you love takes their own life, it can be almost impossible to take in. Other people may be embarrassed or disapproving. Support is sometimes hard to find.

Coping with Suicide offers those who are left behind – the 'suicide survivors' – insight into their feelings, support in grieving and guidance to the help available. If you have lost someone to suicide, this book shows that you are not alone in your distress and offers a glimmer of hope for the future.

Book Title: **When a Baby Dies** (Revised Edition)

Author: **Nancy Kohner and Alix Henley**

Pages in Book: **244**

Reference Number: **E15**

When a Baby Dies describes the tragic and bewildering experience of losing a baby through late miscarriage, stillbirth or neonatal death. Each year, many thousands of parents are bereaved in this way, yet almost all feel isolated by their grief and by the shocking, incomprehensible fact that the beginning of life can also be its end.

Based on the experiences of bereaved parents, the book is liberally illustrated with stories and quotes taken from many hundreds of letters and interviews. Parents themselves speak about what happened when their baby died, how they felt, what helped them, and how they helped themselves.

This compassionate, perceptive book offers understanding of what it means to lose a baby and the grief that follows. It offers support to bereaved parents and insight to the professionals who care for them. This new revised edition also includes fully updated medical information about the known causes of perinatal death, recommendations for professional practice and sources of further information and support for parents.

Book Title: **Post-Trauma Stress**

Author: **Frank Parkinson**

Pages in Book: **178**

Reference Number: **E16**

The aftermath of a disaster inevitably leaves hidden damage. To prevent this stress having long-term effects immediate action is crucial. In this fascinating book Frank Parkinson examines the experience of post-trauma stress and outlines Critical Incident Debriefing, the method he uses to help people survive situations of crisis.

We all experience stress from the moment we are conceived until the day we die and stress is an essential and normal part of our daily lives. However, dealing with danger and fear in our personal lives, or the lives of those close to us, can produce the 'flight or fight' response when stress enables us to either run away or stay and face the problem.

There are many situations in life where the stress generated becomes 'dis-stress' and we may find it very difficult to cope. This can be the result of a bereavement, divorce, moving home, being made redundant or some other incident involving change or loss. This stress can then be experienced as post-trauma stress, because the feelings generated at the time of the incident have not gone away, but have become more difficult and distressing. Most people will cope, but some do suffer various disturbing symptoms, not just for a short time, but sometimes for the rest of their lives. Our coping mechanisms work, but more successfully for some than for others. However, it must be emphasized that post-traumatic stress reactions are not abnormal or signs of weakness or inadequacy; they are normal responses to abnormal events. Some will react and others will not, but both are normal.

Book Title: **A Special Scar** (First Edition)

The Experiences of People Bereaved by Suicide

Author: **Alison Wertheimer**

Pages in Book: **234**

Reference Number: **E17**

Every year more than 8,000 people in Britain take their own lives. But what happens to the families and friends – the survivors of suicide? Because of the stigma attached to suicide, they have remained a largely hidden group, yet there are likely to be more than 80,000 new survivors annually, people whose lives have been profoundly affected by the suicide of someone close to them.

A Special Scar describes the experiences of survivors of suicide, including the parents, children, siblings and spouses of suicide victims. It reveals the particular problems which this group of bereaved people face: the stress of coping with the police, with post-mortems, inquests, and the resulting media publicity; the negative attitudes of friends and the community at large; the survivor's own feelings of shame and stigma; and the guilt and anger which many experience. A final chapter and resource section suggest how survivors can be helped and supported by those around them.

Book Title: **A Special Scar** (Second Edition)

The Experiences of People Bereaved by Suicide

Author: **Alison Wertheimer**

Pages in Book: **270**

Reference Number: **E17a** (Two Copies)

Every 85 minutes someone in the UK takes their own life, but what happens to those left behind? In a society where suicide is often viewed with fear or disapproval, it can be difficult for those personally affected by a suicide death to come to terms with their loss and seek help and support.

A Special Scar looks in detail at the stigma surrounding suicide and offers practical help for survivors, relatives and friends of people who have taken their own life. Fifty bereaved people tell their own stories, showing us that, by not hiding the truth from themselves and others, they have been able to learn to live with the suicide, offering hope to others facing this traumatic loss. This revised edition includes new chapters on:

- Counselling survivors of suicide
- Group work with survivors

This second edition incorporates the latest research findings, which have added significantly to our understanding of the impact of suicide, an area which the UK Government has targeted for action in the mental health arena. This new edition will continue to be an invaluable resource for survivors of suicide as well as for all those

who are in contact with them, including police and coroner's officers, bereavement services, self-help organisations for survivors, mental health professionals, social workers, GPs, counsellors and therapists.

Book Title: Grieving After the Death of Your Baby

Author: Nancy Kohner & Jenni Thomas

Pages in Book: 46

Reference Number: E18

This is a book about what it feels like to grieve after the death of a baby. In the book, parents talk about how they felt in the weeks, months and years after their baby's death.

It is also a book about expressing grief. Although everyone has to find their own way to grieve, it is sometimes hard to know what to do with such overwhelming and painful feelings. The book describes the many different ways parents have found of expressing their feelings and remembering their baby.

Grieving after the death of your baby has been written for parents, and for their families, friends and all who care about them.

Additional Book added to Library since Catalogue was produced

Book Title: Begin Again - A Book for Women Alone

Author: Margaret Torrie

Pages in Book: 150

Reference Number: E19

Although there are three million widows in Britain, there is little available to them in the way of sound advice on the many problems which confront them. This practical and understanding book will therefore meet a very real demand.

Widowhood for many is an entirely new life, sometimes greatly overstrained by lack of money and often characterized by much loneliness. So much about the widow's life has been hidden or withdrawn, and, understandably perhaps, few have wished to examine the background of grief and tragedy. Furthermore, knowledge that her situation is often an embarrassment to others has sometimes given the widow cause to retire from the community.

But the widow is no different from other women. Nor are her children different from others, although they do know what it means to lose a father and live without his support.

Mrs Margaret Torrie, founder of Cruse, writing from her ten years experience of guiding a counselling service for widows, thinks that the widow's main problems are essentially the rebuilding of bridges, even of creating new bridges, into the

community life around. If she is to be happy, the widow must find the way to live with an open door and an extended family. She should try, in effect, to *begin again*. “If she does” Mrs Torrie says “she may indeed find that she is truly needed in a world where kindness and goodwill are often in short supply”.

In her book Mrs Torrie throws light on the experience of bereavement as women and children know it in the pattern of the welfare state. With a wealth of practical help and advice, she shows how widowhood may be faced on the emotional, practical and social levels, so that it may cease to be a despoiling experience and become an open door to a worthwhile future. *Begin Again* is thus a book of hope.

Additional Book added to Library since Catalogue was produced

Book Title: **Sudden Death**

Author: **Bob Wright**

Pages in Book: **180**

Reference Number: **E20**

Bob Wright is a Clinical Nurse Specialist in the Accident and Emergency Department at Leeds General Infirmary.

He has developed his experience in counselling and as a workshop facilitator over a number of years in this country as well as in Australia and the USA. He now enjoys an international reputation as an advisor and workshop facilitator and is often called in to help with those involved in major disasters.

In recent years he has been involved in helping those affected by the Zeebrugge, Bradford and Lockerbie tragedies. He is much in demand as a conference speaker on “Crisis Theory” and has taken part in two television documentaries on the subject. The author of many journal articles, his previous book *Caring in Crisis*, has enjoyed great success in both English and French language editions.

This unique experience has allowed Bob Wright to develop a deep and caring insight into the problems which surround any life-taking crisis. Those who read this book will find that it helps them to understand and confront the problems which may affect all who are left to cope with the business of living following involvement in the shock and tragedy of sudden and unexpected death.

Additional Book added to Library April 2014

Book Title: **Bereavement – Studies of Grief in Adult Life**

Author: **Colin Murray Parkes**

Pages in Book: **249**

Reference Number: **E21**

.All of us will experience some form of bereavement during our lifetime. But the fact that this is likely – even anticipated – does not make it any easier to bear or to cope with.

This book is based on research, over twelve years, into the feelings and reactions of widows. Dr Parkes describes the typical manifestations of grief, the ways in which we attempt to mitigate it, the emotions of guilt and anger that complicate it and the gradual reconstruction of the individual's world as grief declines.

Section Six



Children's Grief

Book Title: **Badger's Parting Gifts**

Author: **Susan Varley**

Pages in Book: **23**

Reference Number: **F1 (2 copies)**

Badger's friends learn to come to terms with his death in this moving story by Susan Varley, who makes a stunning debut to children's picture books. Her enchanting illustrations are the perfect foil for the poignant text.

Book Title: **Death**

Author: **Karen Bryant-Mole**

Pages in Book: **32**

Reference Number: **F2**

Death answers many of the questions children ask when someone they love dies or when they hear about death. It helps to make sense of the feelings of loneliness, fear and grief that surround what can be a painful experience. Most of all the book is a message to those children who are wondering what is happening – you are not alone.

Book Title: **The Mountains of Tibet**

Author: **Mordicai Gerstein**

Pages in Book: **30**

Reference Number: **F3**

The Mountains of Tibet follows the adventures of a small boy who grows up to be a woodcutter. When he dies, he discovers that life after death includes the opportunity to live again. Now he has to choose where he most wants to live, and what he most wants to be.

Book Title: **Mayfly Day**

Author: **Jeanne Willis & Tony Ross**

Pages in Book: **25**

Reference Number: **F4**

Mayfly might only have one day to live, but she enjoys every moment, observing all the life around her, and rejoicing in her own. As she soars over the sky at dawn she bathes in the golden light and she dances to the music of the universe.

Book Title: **Talking About Death**

Author: **Earl A. Grollman**

Pages in Book: **118**

Reference Number: **F5** (Two Copies)

Talking About Death: A Dialogue between Parent and Child

Why do people die? How do you explain the death of a loved one to a child?

A compassionate guide for adults and children to read together, featuring a read-along story, answers to questions children ask about death, and a comprehensive list of resources and organisations that can help.

Earl Grollman's classic *Talking about Death* provides sensitive and helpful advice for families coping with loss.

Book Title: **How it Feels When a Parent Dies**

Author: **Jill Krementz**

Pages in Book: **111**

Reference Number: **F6**

This collection of moving and completely believable statements by eighteen bereaved children, in their own words, will be valuable to other bereaved children – and also to the surviving parent and relatives. It will comfort them deeply to hear how others have gone through the same loss. In fact this book will be revealing and rewarding for all parents, even if there has been no tragedy, because it will help them to understand their own children's everyday feelings.

Book Title: **The Secret C**

Author: **Julie A. Stokes**

Pages in Book: **32**

Reference Number: **F7**

Cancer in the family is hard for everyone. It is particularly hard when children are involved. How can adults explain what is happening when often they themselves are trying to come to terms with the implications of the diagnosis?

And what can children do when they want information but sense they need to protect their parents from their questions?

Book Title: **When Mum Died**

Author: **Sheila Hollins & Lester Sireling**

Pages in Book: **31**

Reference Number: **F8**

When Mum Died is a full colour cartoon book with a gentle but straightforward approach to death in the family. The authors are both consultant psychiatrists with an interest in grief and bereavement in people of all ages, and especially people with learning disabilities.

The story is told in pictures alone for individual interpretation. If you are reading the book with someone who has a learning disability, try encouraging them to tell the story in their own way. A suggested text is provided at the end for people who prefer a ready-made story.

The pictures tell the story of the death of a parent in a simple but moving way. Adolescents and adults with learning disability will find the pictures are meaningful with or without the text. The book will help to inform readers about the simple facts of death and about feelings of grief.

For bereaved readers the story may parallel their own experience. Parents, friends or professionals will be able to help them share their own story of loss, and guide them to new hope in their own futures – just as the story ends on an optimistic note. The story begins and ends in the family photograph album, and readers are encouraged to turn to their own albums later.

Teachers and families have difficulty finding children's books, which look at the taboo subject of the death of a parent. Children without learning difficulties will also appreciate this book which adopts a more direct approach to death than is usual.

Book Title: **When Dad Died**

Author: **Sheila Hollins & Lester Sireling**

Pages in Book: **31**

Reference Number: **F9**

When Dad Died is a full colour cartoon book with a gentle but straightforward approach to death in the family. The authors are both consultant psychiatrists with an interest in grief and bereavement in people of all ages, and especially people with learning disabilities.

The story is told in pictures alone for individual interpretation. If you are reading the book with someone who has a learning disability, try encouraging them to tell the story in their own way. A suggested text is provided at the end for people who prefer a ready-made story.

The pictures tell the story of the death of a parent in a simple but moving way.

Adolescents and adults with learning disability will find the pictures are meaningful with or without the text. The book will help to inform readers about the simple facts of death and about feelings of grief.

For bereaved readers the story may parallel their own experience. Parents, friends or professionals will be able to help them share their own story of loss, and guide them to new hope in their own futures – just as the story ends on an optimistic note. The story begins and ends in the family photograph album, and readers are encouraged to turn to their own albums later.

Teachers and families have difficulty finding children's books, which look at the taboo subject of the death of a parent. Children without learning difficulties will also appreciate this book which adopts a more direct approach to death than is usual.

Book Title: Healing Your Grieving Heart – For Teens

Author: Alan D. Wolfett

Pages in Book: 104

Reference Number: F10

100 Practical Ideas – simple tips for understanding and expressing your grief.

When you're a teen, the death of someone you love can be especially difficult. Being a teen is hard enough; being a grieving teen can feel completely overwhelming. This book was written to help you understand and deal with your unique grief. It gives you lots of really simple, practical ideas and suggested activities. Flip to any page and help yourself on your journey through grief today.

Book Title: Straight Talk about Death for Teenagers

Author: Earl A. Grollman

Pages in Book: 146

Reference Number: F11

If you are a teenager whose friend or relative has died, this book was written for you. Earl A. Grollman explains what to expect when you lose someone you love.

He discusses:

- Normal reactions to the shock of death, including disbelief, anger, panic, and loneliness.
 - How grief can affect your relationships with family, friends and classmates
 - How participating in a funeral can help
 - Surviving birthdays and anniversaries
 - How you can work through your grief and begin to live again
-

Book Title: **The Forgotten Mourners**

Author: **Sister Margaret Pennells & Susan C Smith**

Pages in Book: **60**

Reference Number: **F12**

Children have long been the “forgotten mourners”. This book raises awareness of the issues involved for bereaved children, highlighting their needs and their emotional and behavioural responses when a bereavement occurs.

Each section gives easy access to the relevant information, and the books clear and concise presentation of practical guidelines will be of enormous use to teachers, social workers and all those working in the field of child bereavement, particularly when faced with difficult situations. The book concludes with an outline of working methods and provides a useful resource list.

Book Title: **Facing Grief – Bereavement and the Young Adult**

Author: **Susan Wallbank**

Pages in Book: **117**

Reference Number: **F13**

Aimed specifically at the 18 – 28 age group and those around them, *Facing Grief* deals frankly, sensibly and compassionately with effects of bereavement on the young adult.

The particular needs and experiences of young adults, many of whom will be taking on fresh responsibilities, buying their own homes and starting families, are examined in detail. At a time when life promises so much, a major bereavement can be devastating. The author provides useful addresses of organisations and societies who can give support and advice at this crucial time.

Bereavement brings with it a multitude of different physical and emotional demands. From the practical business of arranging the funeral and sorting out legal complexities of the will to the distressing and confusing feelings connected with losing a loved one, this will provide a useful guide for both the bereaved and those who work with them.

Book Title: **Healing Your Grieving Heart *for Teens***

Author: **Alan D.Wolfelt**

Pages in Book: **106**

Reference Number: **F14**

100 Practical Ideas – simple tips for understanding and expressing your grief

When you’re a teen, the death of someone you love can be especially difficult. Being a teen is hard enough; being a grieving teen can feel completely overwhelming.

This book was written to help you understand and deal with your unique grief. It gives you lots of really simple, practical ideas and suggested activities. Flip to any page and help yourself on your journey through grief today.

Book Title: **Finding a Way Through When Someone Close Has Died**

Author: **Pat Mood & Lesley Whittaker**

Pages in Book: **79**

Reference Number: **F15**

Created for children by children, this unique workbook is both written and illustrated by young people and teenagers who have experienced the death of someone close to them. They offer advice, based on their own experiences, on how to cope with the practical and emotional upheavals of bereavement. Guidance on how to seek external support and a list of helpful agencies are also provided.

The supportive and interactive style of this book makes it a valuable source of help and encouragement for bereaved children and teenagers. It will also be useful to adults seeking to understand how children and teenagers experience bereavement.

Book Title: **Water Bugs and Dragonflies**

Author: **Doris Stickney**

Pages in Book: **23**

Reference Number: **F16**

Water Bugs and Dragonflies is a delightfully simple way of explaining death to children. By using the analogy of the water bug's short life under water as man's time on earth and their emergence as dragonflies into the bright sunlit world above the water as man's life after death.

Doris Stickney effectively conveys her belief that life's most basic truths are found in a simple story.

The booklet also contains advice for parents, as well as prayers for both parents and children, and is illustrated with black and white drawings by Gloria Ortiz.

Book Title: **Helping Children Cope with Grief**

Author: **Rosemary Wells**

Pages in Book: **104**

Reference Number: **F17**

Every day many children lose someone close to them – a parent or grandparent, a brother or sister. Nothing can take away the pain of loss, but there is a great deal that a caring adult can do to avoid the long-term distress, which can be caused by hidden fears and anxieties.

This book is for anyone who wants to help a child who is coping with grief – parents, teachers, nurses, doctors and friends. For the problems special to terminal illness or sudden death, for the misunderstandings that can arise from a well-meant remark, Rosemary Wells uses her insight and experience to give practical help and sympathetic advice.

Book Title: I'll Always Love You

Author: Hans Wilhelm

Pages in Book: 29

Reference Number: F18

This is a story of a boy and his best friend.

All the family love Elfie but he knows she's his dog, and they do everything together. But as the boy grows taller, Elfie gets rounder – and slower – until one day she's not there anymore.

In this moving and comforting story a young boy faces the loss of his great companion – but remembers what he always told her “I'll always love you”

Book Title: Beginnings and Endings with Lifetimes in Between

Author: Bryan Meltonie and Robert Ingpen

Pages in Book: 37

Reference Number: F19

There is a beginning and an ending to everything that is alive. In between is a lifetime. It is the same for people as it is for plants and animals, even for the tiniest insects.

That is the theme of Lifetimes – a moving and beautiful book for all children and their parents.

Lifetimes is important for everyone because it helps us to remember, to understand, and to explain that dying is as much a part of living as being born.

Book Title: The Lonely Tree

Author: Nicholas Halliday

Pages in Book: 30

Reference Number: F20

This beautiful and moving story follows the first year in the life of a lone evergreen tree growing in the heart of the ancient oak woodland of the New Forest. The evergreen is befriended by the oldest oak who has lived for hundreds of years.

When winter arrives all the oak trees must go to sleep, but of course evergreens never sleep. Finally after a long, cold and lonely winter, spring brings both sadness and joy to the little tree.

Join the old oak, the barn owl, the ponies and the squirrels in this enchanting, universally praised, life affirming tale.

Book Title: **The Day the Sea Went Out and Never Came Back**

Author: **Margot Sunderland**

Pages in Book: **40**

Reference Number: **F21**

This book does not have any description. Aimed at very young children, it appears to be about the Sea disappearing and then a Dragon building a rock-pool in its memory.

Book Title: **Healing Children's Grief –**

Surviving a Parent's Death from Cancer

Author: **Grace Hyslop Christ**

Pages in Book: **264**

Reference Number: **F22**

In this unique book, Grace Christ relates the powerfully moving stories of eighty-eight families and their 157 children (ages 3 to 17) who participated in a parent-guidance intervention through the terminal illness of one of the parents from cancer. Using extensive case examples throughout, *Healing Children's Grief* provides a detailed examination of how children and adolescents cope with this loss. Covering a critical 20 month period, from 6 months before to 14 month's after the death of a parent, Christ reports that the majority of the children successfully adapted to the loss during the subsequent months after the death.

This book is divided into two major sections. The first summarizes the theoretical background and methodology. The second presents the findings of the five developmentally derived age groups (3-5, 6-8, 9-11, 12-14, and 15-17). Using qualitative analytic methods, these findings clarify important differences in children's grief and mourning processes, in their understanding of events, in their interactions with families, and their varying needs for help and support. *Healing Children's Grief* provides practical guidance and direction for professionals and physicians, nurses, social workers, therapists, guidance counselors and teachers.

Book Title: **Interventions with Bereaved Children**

Author: **Susan C. Smith and Sister Margaret Pennells**

Pages in Book: **342**

Reference Number: **F23**

The book contains contributions from some of the most experienced practitioners in the UK and USA, working with children and young people in situations of loss and grief. The aim of this book is to provide its readers with a useful resource guide to practical interventions with bereaved children. It succeeds eminently in its task in considering various causes of bereavement and various methods of responding to needs: individual, family, group and educative approaches. This book is helpful to anyone working with children and families, having experienced bereavement, in a social work, counselling or therapeutic context, as well as from a palliative care, social services, psychiatric, family therapy or educational setting. This work makes a very valuable contribution to the literature and reinforces the belief that ‘children are survivors’.

Additional Book added to Library July 2012

Book Title: **Sad isn't Bad**
Author: **Michaeline Mundy**
Pages in Book: **30**
Reference Number: **F24**

A good-grief guidebook for kids dealing with loss

You've asked for it. Parents and Teachers everywhere have asked for it. Now grieving kids will have a friendly and loving guide – written by an expert – to help them cope with loss. Best of all, this book is illustrated in the world acclaimed “Elf-help” style of artist R.W.Alley.

Sad isn't bad offers children of all ages (and the people who love and care for them)

Additional Book added to Library July 2012

Book Title: **Then, Now and Always**
Author: **Julie A Stokes**
Pages in Book: **266**
Reference Number: **F25**

Firmly based on theory, research and practice, this book presents the accumulated experience and wisdom of a community bereavement service for children who are faced with the consequences of a family death.

It presents creative ideas about how to facilitate the grieving process, cope with difficult feelings, preserve important memories and share experiences with other bereaved families.

Additional Book added to Library July 2012

Book Title: **Granpa**

Author: **John Burningham**

Pages in Book: **30**

Reference Number: **F26**

The special friendship between one small girl and her grandfather is captured in this gently humorous, touching story that will delight adults and children alike.

Section Seven



Miscellaneous

Book Title: **The Wheel of Life**
Author: **Elisabeth Kubler-Ross**
Pages in Book: **288**
Reference Number: **G1**

Dr Elisabeth Kubler-Ross shot to world fame in 1969 upon publication of her seminal work, *On Death and Dying*. Since then, through her groundbreaking work with the terminally ill she has brought comfort and understanding to millions. Now, confronted with her own death, she offers a work that is as inspiring, insightful and incendiary as anything she has written in the past.

In this moving, much anticipated memoir Elisabeth Kubler-Ross traces the events that shaped her intellectually and spiritually – events which lead her to explain the ultimate truth that death does not exist but is a transformation. From her work in war-ravaged Poland to her pioneering counselling of the terminally ill, her legendary seminars and her eye-opening discussions with people who had been revived after death, we learn how each experience provided her with a new piece of the puzzle.

Book Title: **I Heard the Owl Call My Name**
Author: **Margaret Craven**
Pages in Book: **133**
Reference Number: **G2**

Mark Brian, a young Anglican priest who has not long to live, is sent to the Indian village of Kingcome in the wilds of British Columbia.

While sharing the hunting and fishing, the festivals and funerals, the joys and sorrows of a once proud tribe, Mark learns enough of life to be ready to die.

On a cold winter evening when he hears the owl call his name, Mark understands what is to come...

Book Title: **Selected Poems**
Author: **Margaret Torrie**
Pages in Book: **64**
Reference Number: **G3 (2 copies)**

A collection of poems written by Margaret Torrie, founder of Cruse Bereavement Care.

Book Title: **Poems for Today**

Author: **Margaret Torrie**

Pages in Book: **43**

Reference Number: **G4**

Born of a Swiss mother and English father, Margaret Torrie has, all her life, been involved in community concerns. She has combined her interest in social work and the peace movement with as time allowed, writing and painting, publishing books, poetry and holding exhibitions of her paintings.

Book Title: **Living Awake**

Author: **Margaret Torrie**

Pages in Book: **80**

Reference Number: **G5**

Margaret Torrie is a woman of wide interests, whether in community work, international affairs, literature or the arts. She cares deeply for what she has called “the fulcrum of a person’s life”. For her, as this collection of her writing shows, this is both religious and scientific in its perception. Retirement for her has offered a unique opportunity to examine more closely the route men and women have followed in the span of history we know in the 1900’s. Fragments of thinking as they are, they reflect much of interest with an undoubted stimulus to personal review and discussion.

Book Title: **My Years with Cruse**

Author: **Margaret Torrie**

Pages in Book: **125**

Reference Number: **G6**

In the first months of the life of our organisation for widows and their children the media thrust us into the public eye. As a result it very quickly became essential to have a name. Unfortunately such was the rejection of widowhood and all it stood for at that time, that our group of widows and widowed mothers would not carry any name readily associated with their lot.

It happened soon after that I switched on the Radio just as the story of a widowed mother and the cruse of oil was being read. Its symbolism was remarkable. “How would the name Cruse do?” I asked the group later. They were delighted with it and, try as we have at intervals throughout the years; we have never found a better substitute.

Book Title: **Voices of Cruse**

Author: **Sara Richards**

Pages in Book: **192**

Reference Number: **G7**

This book began as a history of Cruse Bereavement Care to mark its 50th anniversary, but soon became the “voices” of those who have been bereaved and those who have worked with them. Through their reminiscences, it describes how the charity that began through the determination of one woman to “do something for widows” has grown into one that is internationally recognized for its work with bereaved people.

It is a book to dip into for anyone that has suffered bereavement or has ‘walked alongside’ a bereaved person. Both its poetry and its recollections demonstrate how devastating losing someone can be and the help that Cruse can give. The young people’s poems, especially, show their need to have a way of expressing their feelings in the adult world.

This is a book about restoring hope when all seems lost.

Section Eight



DVD's

DVD Title: **Behind Every Headline is Heartache**

Producer: **Cruse**

Running Time: **57 minutes**

Reference Number: **DVD1 (4 copies)**

This DVD has been produced to help and improve the understanding of anyone supporting someone who has been bereaved by a “death” in service. It touches on some of the processes that take place with the military and the range of people affected. Death is a bewildering life-changing event. Life in the military is also bewildering to those who have no experience of it. We hope that this DVD will give you an insight into some of the issues face by those bereaved by a death in the Armed Forces and some of the factors that might complicate the grieving process.

While many military deaths are from natural causes, many happen in operational areas far away from home, with the added complications of repatriation, inquests and the ongoing intrusion of the media. Most of those who die in the Armed Forces are fit young people with their lives ahead of them.

The DVD is in three parts; the first section (22 minutes) is made up of cameos from various people’s stories, while the second part (27 minutes) is a young widow’s personal account, from the time she heard the news, to after the inquest. Part three (8 minutes) touches on the issues faced by those supporting repatriations.

DVD Title: **Teenage Grief**

Producer: **Leeds Animation Workshop**

Running Time: **13 minutes** (*DVD also includes a booklet*)

Reference Number: **DVD2 (3 copies)**

Teenagers already have to cope with huge changes in themselves and their lives. Adjusting to the death of a close friend or family member at the same time may feel like too much for them to handle.

For parents whose children are starting to look grown up and behave independently, it can be difficult to know when they need to be left to deal with things on their own, and when they need support. Teenagers often keep quiet about their intense feelings, or become anxious or aggressive. Some begin to take risks or get into trouble.

This short animated film contains six separate episodes about young people, from a wide range of backgrounds, facing different kinds of bereavement.

- Adam’s grandmother is elderly and dies in hospital
- Emily’s mother dies after a long illness
- Nasreen’s father has a sudden, fatal heart attack
- Marcus sees his sister killed in a road accident
- Laura loses a friend through suicide
- Nathan’s mother is murdered by her ex-boyfriend

The pack, which includes a 13 minute animated film and booklet, aims to help parents and others understand the way young people grieve and how best to support them. It is suitable for parents, families, groups and classes.

DVD Title: **Grief in the Family**

Producer: **Leeds Animation Workshop**

Running Time: **14 minutes** (*DVD also includes a booklet*)

Reference Number: **DVD3**

When someone dies, life for those who were close to them will never be the same again. Bereavement is particularly hard for families. At a time when children are in need of extra support, so are their parents and carers.

This short animated film looks at the ways children and young people respond to grief, and what the adults around them can do to help. It gives parents and carers an insight into the process of grieving, its physical and emotional effects, and the special needs of children and young people. Stressing the importance of listening to children and answering their questions honestly, it encourages the development of communication and a supportive family environment.

The pack is designed as a resource for those working with families and bereaved children. It raises awareness and facilitates discussion in parenting education classes, training courses or schools. It is also suitable for viewing at home by parents, carers and children.

DVD Title: **Homework**

Producer: **Zara Waldeback**

Running Time: **12 minutes**

Reference Number: **DVD4**

All 9 year old Katie wants to do is her homework. But dad is rubbish at history and little sister Tess keeps distracting her with childish stories. Only mum would have been able to help, but mum isn't here anymore. She has gone away and Katie slowly realizes the only way to reach her is to let go of the facts and delve into the storytelling world. If only it wasn't so scary...

DVD Title: **Not Too Young to Grieve**
Producer: **Leeds Animation Workshop**
Running Time: **15 minutes** (*DVD also includes a booklet*)
Reference Number: **DVD5**

When someone dies, it affects everyone in their family, even if they are very young. Children under five have feelings just as strong as those of older people. Although they are unable to communicate or understand fully what is happening, they will be deeply affected by the loss of a parent, sister or brother. At the same time, those looking after them are also likely to be suffering from grief and shock.

This short animated film looks at the ways very young children respond to grief, and what the adults around them can do to help. It gives parents and carers an insight into the child's grieving process, its physical and emotional effects. And the various needs of babies, toddlers and young children.

The pack is designed for parents, carers, nursery workers, and everyone working with families and bereaved children. It is suitable for viewing at home and also for use in parenting education, bereavement support, and professional and voluntary training.

Section Nine



Video's

Video Title: **Homework**

Producer: **An Osmotic Film (written by Zara Waldeback)**

Running Time: **12 minutes**

Reference Number: **VID1**

All 9 year old Katie wants to do is her homework. But dad is rubbish at history and little sister Tess keeps distracting her with childish stories. Only mum would have been able to help, but mum isn't here anymore. She has gone away and Katie slowly realizes the only way to reach her is to let go of the facts and delve into the storytelling world. If only it wasn't so scary...

Video Title: **Grief in the Family**

Producer: **Leeds Animation Workshop**

Running Time: **14 minutes**

Reference Number: **VID2**

When someone dies, life for those who were close to them will never be the same again. Bereavement is particularly hard for families. At a time when children are in need of extra support, so are their parents and carers.

This 14 minute animated video looks at the ways children and young people respond to grief, and what the adults around them can do to help. It gives parents and carers an insight into the process of grieving, its physical and emotional effects, and the special needs of children and young people.

The video shows families from a wide range of backgrounds dealing with bereavement. It offers practical advice to parents who need to learn how to find support for themselves, while helping their children to express their feelings and handle confusing emotions. Stressing the importance of listening to children and answering their questions honestly, it encourages the development of communication and a supportive family environment.

Video Title: **One Day at a Time**

Producer: **Yorkshire Television**

Running Time: ***Not specified***

Reference Number: **VID3**

Personal experiences of faith and coping with terminal illness and chronic disablement.

Video Title: **When Our Baby Died**
Producer: **The Child Bereavement Trust**
Running Time: ***Not specified***
Reference Number: **VID4**

Of all deaths, the death of a baby is especially hard to accept. Parents often feel overwhelmed by their grief and very isolated.

This thirty-minute video has been made up to help them feel less alone and understand more about how they feel.

They may have had a miscarriage or terminated a pregnancy because of abnormality; their baby may have been stillborn or have died soon after birth; or the death may have come later – a cot death, or the result of illness or accident.

When Our Baby Died has been made for parents, and for their families, friends and all who care about them.

In the video, parents, grandparents and children talk about their feelings. They explain what the death of their baby has meant to them and how it has changed their lives, and they describe some of the things they have done to express their grief, mourn for their baby, and find support for themselves.

Video Title: **Post Traumatic Stress Disorder**
Producer: **Dr Andrew Macaulay**
Running Time: ***Not specified***
Reference Number: **VID5**

The programme illustrates the nature of the problem and the principles of management. It has been made for a professionally interested audience who may have little experience of such situations. The main teaching points are highlighted using graphics and captions.

Part One takes a recent railway accident as the main example but also includes other disasters, both man-made and natural. There are interviews with experts and survivors intercut with appropriate live footage. Also included is a section on battle-stress using examples from recent conflicts.

Part Two reviews the impact on staff and treatment options.

Video Title: **The Life That's Left**
Producer: **CCTV Video**
Running Time: ***Not specified***
Reference Number: **VID6**

There is no description as to the contents of this video

Video Title: **It Will Be Ok**
Producer: **Childhood Bereavement Network**
Running Time: ***Not specified***
Reference Number: **VID7**

Nine young people discuss bereavement, grief and the support they received at the time of bereavement. They identify the things that have changed and the things that have helped them to cope and move on.

This is the Childhood Bereavement Network's third video addressing the needs and experiences of bereaved children and young people. This participatory film has been entirely developed, directed and filmed by nine young people aged 13 to 18 from around the country.

Young people have made this resource to help their peers in identifying emotions and behaviours, which they may experience after a bereavement. The film aims to provide support to other bereaved children and young people by emphasizing that they are not alone and that their feelings are normal.

The participants openly discuss the effect of bereavement on their lives, behaviour and emotions. They talk about the people and things that have changed since they were bereaved, enabling them to realise "it will be ok".

The film is suitable for bereaved children and young people to use in a supported environment. It is also a useful resource for the practitioners, parents and carers supporting them.

Video Title: **"You'll Always Remember Them...Even When You're Old"**

Producer: **Children Bereavement Network**
Running Time: ***Not specified***
Reference Number: **VID8**

Each year, many thousands of children and young people experience the death of someone important to them.

This video, produced by the Childhood Bereavement Network, features a group of children from a range of backgrounds, all of whom have been bereaved of a parent – talking about the kind of support they received following the death.

By giving a voice to these bereaved children and enabling them to describe their varied experiences, this video hopes to raise awareness of their needs and encourage discussion of how appropriate support might be offered in a range of different settings and circumstances.

The video has been described as a resource for anyone who is working with or supporting children and young people. It can be used as an aid to developing the understanding of children and young people through the PSHE curriculum in schools. Parents and other carers may also find it useful. The video is divided into different sections to facilitate training and discussion
