

FROM KARNAC BOOKS:

Death Talk: Conversations with Children and Families

[Glenda Fredman](#)

This book tackles head on the often tabooed subject of death. It distils sophisticated clinical work into simple language, and describes simple techniques for talking to children about dying. The author makes sophisticated material accessible to a much wider range of practitioners than trained therapists.

[Love and Loss: The Roots of Grief and its Complications](#)

by [Colin Murray Parkes](#)

Loving and grieving are two sides of the same coin: we cannot have one without risking the other. Only by understanding the nature and pattern of loving can we begin to understand the problems of grieving. Conversely, the loss of a loved person can teach us much about the nature of love. "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 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.

[Grief in Children: A Handbook for Adults: Second Edition](#)

by [Atle Dyregrov](#)

This fully updated second edition explains children's understanding of death at different ages and gives a detailed outline of exactly how the adults around them can best help them cope. Whether a child experiences the death of a parent, sibling, other relation or friend, or of a classmate or teacher, it is important for those caring for bereaved children to know how to respond appropriately to the child's needs. This book deals with a range of common physical and psychological responses and describes the methods of approaching grief in children that have been shown to work best. The author provides guidance on how loss and bereavement should be handled at school, explains when it is appropriate to involve expert professional help and discusses the value of bereavement groups for children and support for caregivers. Illustrated with case studies and incorporating current research, this book is essential reading for parents, carers, counsellors, teachers and all those concerned with the welfare of bereaved children.

[The New Black: Mourning, Melancholia and Depression](#)

by [Darian Leader](#)

New in paperback. What happens when we lose someone we love? A death, a separation or the break-up of a relationship are some of the hardest times we have to live through. We may fall into a nightmare of depression, lose the will to live and see no hope for the future. What matters at this crucial point is whether or not we are able to mourn. In this important and groundbreaking book, acclaimed psychoanalyst and writer Darian Leader urges us to look beyond the catch-all concept of depression to explore the deeper, unconscious ways in which we respond to the experience of loss. In so doing, we can loosen the grip it may have upon our lives.

[Dying, Death and Grief: Working with Adult Bereavement](#)

by [Brenda Mallon](#)

This is a practical course book that links loss, grief and bereavement to counselling skills. In a clear, concise style it provides the theoretical background to attachment and loss and gives case studies, exercises and personal accounts of loss to help the reader develop and enhance core skills when working in this area. This is an essential text for anyone concerned with the impact of grief in adult life. As a valuable teaching resource it can be used in bereavement and loss counselling courses, in Diploma and MA related courses and in palliative care training. Professionals working in a range of settings including universities, hospitals, counselling and education, the community, hospices and nursing homes will benefit from the wide range of examples of loss included in the pages, while practitioners and lecturers will find the contents both informative and thought provoking. *Dying, Death and Grief: Working with Adult Bereavement* takes into account areas that are frequently overlooked in bereavement and loss training such as sexuality, spiritual responses to loss, cultural influences and diversity as well as the nature of chronic and disenfranchised grief. In a style that is compassionate and empathic, the writer takes a difficult subject and makes it both accessible and life-enhancing.

[On Death and Dying](#)

by [Elisabeth Kubler-Ross](#)

One of the most important psychological studies of the late twentieth century, *On Death and Dying* grew out of Dr Elisabeth Kubler-Ross's famous interdisciplinary seminar on death, life, and transition. In this remarkable book, Kubler-Ross first explored the now-famous five stages of death: denial and isolation, anger, bargaining, depression, and acceptance. Through sample interviews and conversations, she gives the reader a better understanding of how imminent death affects the patient, the professionals who serve that patient, and the patient's family, bringing hope to all who are involved.

[Night falls Fast: Understanding Suicide](#)

by [Kay Redfield Jamison](#)

[Getting Back to Life When Grief Wont Heal](#)

by [Phyllis Kosminsky](#)

Helps you move on from the process of mourning. This title shows you how to accept your loss, begin your recovery, and live a happier, more meaningful life. Learn to go on with your life after your loved one is gone. This powerful new approach to grief and healing gives you hope and helps you move on from the process of mourning. Based on Phyllis Kosminskys extensive work with patients and her experience dealing with the loss of her mother, *Getting Back to Life When Grief Wont Heal* is deeply felt, sensitively written, and powerfully effective. Through the authors firsthand stories and proven techniques, you will learn how to accept your loss, begin your recovery, and live a happier, more meaningful life.

Sorrow's Profiles: Death, Grief, and Crisis in the Family

by [Richard J. Alapack](#)

Death, grief and sorrow are inevitable in human existence. These basic life imperatives concern us all. How to best understand them in an integrated and comprehensive way? How to negotiate the complexity of the emotion they evoke and the thinking they require? How to come to terms with them while navigating our unique grief-journey? Most importantly, how do we grow as individuals and season as persons as a result of the painful voyage?

The cargo that this book carries differs significantly from the common fare about mourning and grieving. We die alone, but grief is also always a family affair and a happening that affects an entire community. Western thought, far too exclusively individualistic, focuses on the Spartan griever as if performing a heroic act. Our western approach to grief is also quick-fix and fosters a swift ending to it.

This book, on the other hand, showcases the value of grieving as a protracted 'moment and as interpersonally modulated. As the mainstream documents, the process passes through multiple stages and phases. Beyond expanding the time-frame, this book presents grief as a journey, the abiding meaning of which is that we grow through it, becoming fuller and stronger people.

Why People Die by Suicide

by [Thomas E. Joiner](#)

In the wake of a suicide, the most troubling questions are invariably the most difficult to answer: How could we have known? What could we have done? And always, unremittingly: Why? Written by a clinical psychologist whose own life has been touched by suicide, this book offers the clearest account ever given of why some people choose to die. Drawing on extensive clinical and epidemiological evidence, as well as personal experience, Thomas Joiner brings a comprehensive understanding to seemingly incomprehensible behaviour and offers insight, guidance, and essential information to clinicians, scientists, and health practitioners, and to anyone whose life has been affected by suicide.

Three Faces of Mourning: Melancholia, Manic Defense and Moving on

Edited by [Salman Akhtar](#)

Mourning and the importance of the capacity to bear some helplessness, while still finding pleasure in life, are central to this tightly organized volume. The multi-faceted processes involved in mourning and adaptation are addressed.

Living with Grief: Who We are, How We Grieve

Edited by [Kenneth J. Doka](#)

Many factors influence how individuals experience and adapt to loss. Among these are the nature of the loss, the relationship and attachment to the loss, the circumstances surrounding the loss, personal variables and social variables. This volume examines the ways in which these key aspects of identity affect how individuals grieve. Specifically explored are the effects of such variables as culture, spirituality, age and developmental level, class and gender on the ways individuals grieve. The book aims to remind caregivers that special consideration should be paid to such variables in working with clients and designing interventive and supportive programs. Additionally, the book offers reassurance to survivors of loss, reminding them of the many reasons their grief is unique. The book was produced as a companion to the Hospice Foundation of America's fifth annual National Bereavement Teleconference.

Grappling with Grief: A Guide for the Bereaved

by [Penny Rawson](#)

This book looks at different ways of going through a loss of any kind. The author draws examples from her experience as a psychotherapist and counsellor and offers the readers the chance to learn about different ways of grieving, as well as make them see that they are not alone in their grief. The language is free of jargon and the book manages to tackle this difficult subject with the dignity it deserves. The author also offers practical information on the "symptoms" of people faced with loss, her view on the different cycles of grief as well as advice to people close to a grieving person

By Grief Transformed: Dreams and the Mourning Process

by [Susan Olson](#)

In her first year of training at the C G Jung Institute (Zurich), Susan Olson suffered the loss of her college-age daughter in a hit-and-run auto accident. This book describes her journey through mourning, guided by a series of vivid and startling dreams. Jung's definition of the dream as 'a harbinger of fate, a portent and comforter, the messenger of the Gods' evolves from academic theory into embodied insight in this chronicle of one woman's encounter with the transforming power of grief. From personal story, this book expands to include premonitory and grief dreams of other mourners, dreams cited in Jung's memoirs, and selections from mythology and literature. Classical and contemporary writers provide their unique perspectives, and illustrations from ancient and modern art enhance the text. On the archetypal level, the Greek myth of the

goddess Demeter and her daughter Persephone evokes the universal and timeless experience of loss and renewal in the crucible of grief. The dreams and stories recounted in this book, together with some provocative hints from Jung's work, suggest that death may usher us through the open door into a world beyond time and space. Dreams of the dead comfort the bereaved, offer tantalising glimpses of the 'hereafter', and deepen our reverence for the eternal mystery of death and rebirth.

Grief in School Communities: Effective Support Strategies

by [Louise Rowling](#)

Bereavement: Studies of Grief in Adult Life: Fourth Edition

by [Colin Murray Parkes](#), [Holly G. Prigerson](#)

The loss of a loved one is one of the most painful experiences that most of us will ever have to face in our lives. This book recognises that there is no single solution to the problems of bereavement but that an understanding of grief can help the bereaved to realise that they are not alone in their experience. This new edition has been revised and extended to take into account recent research findings on both sides of the Atlantic. Parkes and Prigerson include additional information about the different circumstances of bereavement including traumatic loss, disasters, and complicated grief, as well as providing details on how social, religious, and cultural influences determine how we grieve.

Bereavement provides guidance on preparing for the loss of a loved one, and coping after they've gone. It also discusses how to identify the minority in whom bereavement may lead to impairment of physical and/or mental health and how to ensure they get the help they need. This classic text will continue to be of value to the bereaved themselves, as well as the professionals and friends who seek to help and understand them.

Children and Grief : When a Parent Dies

by [William Worden](#)

Drawing upon extensive interviews and assessments of school-age children who have lost a parent to death, this book offers a richly textured portrait of the mourning process in children.

After Suicide : A Ray of Hope for Those Left Behind

by [Eleanora Betsy Ross](#)

Children Also Grieve: Talking About Death and Healing

by [Linda Goldman](#)

"Children Also Grieve" is an imaginative resource, fully illustrated with color photographs, that offers support and reassurance to children coming to terms with the loss of a close friend or relative and to adults who are supporting them through their

bereavement. The combination of narrative and interactive memory book in the first part of the book, is designed to be read and worked through by children. The story tells of the experiences of Henry, the dog of a family whose grandfather has died. During Henry's progress through the different stages of bereavement, he learns strategies for coping with his grief. At various stages of the story, Goldman provides readers with the opportunity to share their own reactions to loss through words and pictures, using specific prompt questions that encourage the exploration of different facets of grief. The second part includes a list of useful vocabulary, to help children express their feelings about bereavement, a bibliography of other useful resources for both children and adults, and a section that will help adults to understand and aid children throughout the grief process. This last section also explains the approach taken in the story, details typical responses to bereavement, and discusses useful ways in which adults can discuss and share grief with children. This book is an invaluable tool for bereaved children and those who care for them.

[Living with Grief after Sudden Loss](#)

Edited by [Kenneth J. Doka](#)

This volume examines the subject of abrupt, unexpected death and its effects and implications for the survivors left behind. Topics covered include: after heart attack and stroke, survivors of suicide, complicated grief in the military, and grief counselling for survivors of traumatic loss.

[Living Beyond Loss: Death in the Family](#)

by [Froma Walsh](#), [Monica McGoldrick](#)

Mental health professionals consider the impact of death on entire family systems, the multiple generational legacies of loss, and the differential impact of a death depending on the developmental timing when it occurs, the impact of loss on family functioning and the reorganization of roles and relationships.

[A teacher's handbook of death:](#)

by [Maggie Jackson](#), [Jim Colwell](#)

This book provides teachers with methods to facilitate open discussions of death and to find ways of talking with children about what happens when someone dies.

[Will the Circle be Unbroken? Reflections on Death and Dignity](#)

by [Studs Terkel](#)

[Grief After Suicide: Understanding the Consequences and Caring for the Survivors](#)

Edited by [John R. Jordan](#), [John L. McIntosh](#)

There are over 30,000 suicide deaths each year in the United States alone, and the numbers in other countries suggest that suicide as a cause of death will be around for the foreseeable future. A suicide leaves behind more victims than just the individual, as

family, friends, co-workers, and the community can be impacted in many different and unique ways following a suicide. And yet there are very few professional resources that provide the necessary background, research, and tools to effectively work with the survivors of a suicide. This edited volume addresses the need for an up-to-date, professionally oriented summary of the clinical and research literature on the impact of suicide bereavement on survivors. It is geared towards mental health professionals, grief counselors, clergy, and others who work with survivors in a professional capacity. Topics covered include the impact of suicide on survivors, interventions to provide bereavement care for survivors, examples of promising support programs for survivors, and developing a research, clinical, and programmatic agenda for survivors over the next 5 years and beyond.

Working with Bereaved Children and Young People

by [Brenda Mallon](#)

This book offers a fresh insight into working practices with children and young people who are experiencing the death of a family member, friend, school peer or in their social network. Bridging the gap between theory and practice, the book's practical skills focus is informed by the latest research findings on children and young people's experience of grief. The wide-ranging content includes:

- a comprehensive review of theoretical approaches to bereavement
- the impact of different types of grief on children
- working with children who have been bereaved in traumatic circumstances, such as through criminal behaviour
- skills development.

The list of resources, case studies and exercises encourage critical engagement with the counselling theory and promote reflexive practice. Trainees in counselling, psychotherapy and social work, as well as teachers and mental health workers, will find this an invaluable resource for working with this vulnerable client group.

When Parents Die: Learning to Live with the Loss of a Parent: Third Edition

by [Rebecca Abrams](#)

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. *When Parents Die* speaks to bereaved children of all ages. Rebecca Abrams draws on her personal and professional understandings of parental loss, as well as the experiences of many other adults, teenagers and children, to provide the reader with an honest, compassionate and insightful exploration of the experience of losing a parent. The book 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, including sudden death. An indispensable aid to the bereaved and the many professionals who work with them, this book is

written in a clear and sympathetic style. It has been fully revised for this third edition to take recent research and theoretical developments into account.

[Life After Loss: A Practical Guide to Renewing Your Life After Experiencing Major Loss](#)

by [Bob Deits](#)

Loss can be overwhelming, and recovery often seems terribly daunting, if not impossible. This book provides helpful exercises for navigating the uncertain terrain of loss and grief. This is the 5th edition of the grief/recovery classic - with new information on the new normal, keys to healing, and coping with Alzheimers/dementia.

[A Parent's Guide to Raising Grieving Children: Rebuilding Your Family After the Death of a Loved One](#)

by [Phyllis R. Silverman](#), [Madelyn Kelly](#)

When children lose someone they love, they lose part of their very identity. Life, as they knew it, will never be quite the same. The world that once felt dependable and safe may suddenly seem a frightening, uncertain place, where nobody understands what they're feeling.

In this deeply sympathetic book, Phyllis R. Silverman and Madelyn Kelly offer wise guidance on virtually every aspect of childhood loss, from living with someone who's dying to preparing the funeral; from explaining death to a two year old to managing the moods of a grieving teenager; from dealing with people who don't understand to learning how and where to get help from friends, therapists, and bereavement groups; from developing a new sense of self to continuing a relationship with the person who died. Throughout, the authors advocate an open, honest approach, suggesting that our instinctive desire to protect children from the reality of death may be more harmful than helpful. Children want you to acknowledge what is happening, to help them understand it, the authors suggest. In this way, they learn to trust their own ability to make sense out of what they see.

Drawing on groundbreaking research into what bereaved children are really experiencing, and quoting real conversations with parents and children who have walked that road, the book allows readers to see what others have learned from mourning and surviving the death of a loved one. In a culture where grief is so often invisible and misunderstood, the wisdom derived from such first-hand experience is invaluable.

Filled with compassion and common sense, *A Parent's Guide to Raising Grieving Children: Rebuilding Your Family after the Loss of a Loved One* offers readers a wealth of solace and sound advice, and even - where one might least expect it - a measure of hope.

[Grieving Beyond Gender: Understanding the Ways Men and Women Mourn: Revised Edition](#)

by [Kenneth J. Doka](#), [Terry L. Martin](#)

n this work, Doka and Martin elaborate on their conceptual model of "styles or patterns of grieving" - a model that has generated both research and acceptance since the publication of the first edition in 1999. In this revision, Doka and Martin explore the different ways that individuals grieve, noting that gender is only one factor that affects an individual's style or pattern of grief. The book differentiates intuitive grievers, where the pattern is more affective, from instrumental grievers, who grieve in a more cognitive and behavioral way, while noting other patterns that might be more blended or dissonant. The model is firmly grounded in social science theory and research. A particular strength of the work is the emphasis placed on the clinical implications of the model on the ways that different types of grievers might best be supported through individual counseling or group support.

[Voices of Strength: Sons and Daughters of Suicide Speak Out](#)

by [Judy Z. Fox](#)

Statistics show that there is one suicide every 16.1 minutes, and thus, six new survivors of that suicide every 16.1 minutes. In this deeply moving but also practical book, authors Judy Zions Fox and Mia Roldan share the results of their survey of children of a parental suicide. Exploring the ways their lives have been affected and addressing the emotional, psychological, and physical effects, daughters and sons of all ages - from children to adolescents to adults - reveal their reactions. The authors link these responses to the insights of therapists, clergy, a criminal investigator, and others - friends, classmates, work colleagues, relatives - as they discuss what is helpful to suicide survivors and what is not. "Voices of Strength" helps survivors make sense of life's least understandable act and shows them how to heal by focusing on comfort, memories, recovery, and hopes for a productive future.

[Great Answers to Difficult Questions About Death: What Children Need to Know](#)

by [Linda Goldman](#)

Death is never an easy subject for discussion and adults often struggle to find the right words when talking about it with children. This book explores children's thoughts and feelings on the subject of death and provides parents and other caring adults with guidance on how to respond to difficult questions. The author explores some of the most common questions children ask about death and provides sensitive yet candid answers, phrased in a way that children will be able to understand and relate to. Each chapter is devoted to a particular issue, such as religious beliefs, coming to terms with terminal illness, and the fear of forgetting someone when they are gone. The book recognizes the emotions and reactions of children and family members and includes separate conclusions for parents and children. This guide offers useful advice for parents and carers and will also be of interest to counsellors and other professionals working with children.

[Helping Teens Work Through Grief](#)

by [Mary Kelly Perschy](#)

The second edition of Helping Teens Work Through Grief provides a more complete and updated manual for facilitators of teen grief groups. It includes additional background information about developmental aspects of teens, the process of grief, aspects of

trauma and its effects on teens, the value of a group, determining the group-appropriateness of particular teens, and parental involvement.

[It's OK to Be Sad - Activities to Help Children Aged 4-9 to Manage Loss, Grief or Bereavement:](#)

by [Margaret Collins](#)

When a child faces a problem with health or disability we are quick to offer support or change our expectations. Sadness, distress, anxiety, whether transient or long-term, can have significant effects on every child but they are invisible and the support or adjustments might not be in place. In this great resource Margaret uses stories about 20 different life events to: illustrate the range of feelings give permission for the expression of feelings encourage empathy towards others demonstrate that loss is a common experience for us all. The work balances an acknowledgement of the need to express sorrow and sadness with an opportunity to consider how to do something positive for oneself or helpful to others.

[The Bereaved parent](#)

by [Harriet sarnoff Schiff](#)

[Talking with Children and Young People About Death and Dying: A Resource Book](#)

by [Mary Turner](#)

"Talking with Children and Young People about Death and Dying" is a popular resource designed to help adults talk to bereaved children and young people. Mary Turner explains the various aspects and stages of bereavement and offers useful insights into the concerns of children experiencing grief or facing an imminent bereavement. She addresses children's common fears and worries, dreams and nightmares, and acknowledges the effect of trauma on the grief process. This second edition includes a new section for adults on understanding the distress of a bereaved child and also a list of useful contacts. It is a fully photocopiable workbook that enables adults to deal with these issues sensitively and explains, for example, how to choose appropriate words to support the child. It will empower and equip adults working with bereaved children to encourage them to communicate their pain and understand the often contradictory emotions aroused by the death of someone close to them.

[Good Grief Rituals: Tools for Healing](#)

by [Elaine Childs-Gowell](#)

[The healing journal through grief: Your journal of hope and recovery](#)

by [Phil Rich](#)

[Still Here with Me: Teenagers and Children on Losing a Parent](#)

Edited by [Suzanne Sjoqvist](#)

This book is a moving and thoughtful anthology of the experiences of thirty children and teenagers who have lost a parent. In their own words, children and young people of a variety of ages talk openly and honestly about losing their mother or father. They describe feelings of pain, loss and anger, the struggle to cope with the embarrassed reactions and silence of others, and the difficulties involved in rebuilding their lives. They also share happy and loving memories of their parents, and talk about the importance of remembering while learning to accept their parent's death. The accounts cover a variety of circumstances in which a parent died, including death from cancer, heart attack and involvement in an accident. Taboo experiences which are often avoided about are also covered, including death through alcoholism, natural disaster, war, suicide, and domestic violence. The book displays a courageous and insightful group of children and young people who prove that it is possible to talk openly about these subjects without stigma. "Still Here with Me" will be a valuable source of information and comfort to young people who are struggling to cope with the loss of a parent. It will also provide insights into the needs of grieving children for parents, teachers, social workers and other professionals.

[How We Grieve: Relearning the World](#)

by [Thomas Attig](#)

This work promotes understanding of grieving persons, encourages active coping and guides those who help bereaved persons. It argues that grieving is a process of relearning the world in the aftermath of loss. Real life stories are used to illustrate the power of this idea. Thomas Attig promotes understanding of grieving persons, emphasizes respect for their individuality, encourages active coping, and guides those who help bereaved persons. Thomas Attig argues that grieving is not a clinical problem to be solved or managed by others; rather, grieving is a normal process of relearning the world (physical surroundings, relationships with others including the deceased and God, and oneself) in the aftermath of loss. This author utilizes real life stories to illustrate the power of the idea of relearning the world.

[Living your Dying](#)

by [Stanley Keleman](#)

[Meaning reconstruction and the experience of loss:](#)

Edited by [Robert A. Neimeyer](#)

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

[Pet loss and human emotion: Guiding clients through grief](#)

by [Cheri B. Ross](#), [Jane Baron-Sorenen](#)

[Finding a Way Through when Someone Close has Died](#)

by [Pat Mood](#), [Lesley Whittaker](#)

The supportive and interactive style of this book will make 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.

[Death and bereavement across cultures](#)

by [Colin Murray Parkes](#), [Pittu Laungani](#)

Exploring mourning traditions around the world, this study describes the rituals and beliefs of major world religions. It explains their psychological and historical context, shows how their customs have changed on contact with the West, and considers the implications for the future.

[Talking with children and young people about death and dying: A workbook](#)

by [Mary Turner](#)

Designed specifically for the use of counsellors and therapists working with children who have suffered bereavement. This workbook can be used as a basis for opening discussions, and as a medium for helping children and young people to communicate and understand death and dying.

[An intimate loneliness: Supporting bereaved parents and siblings](#)

by [Gordon Riches](#), [Pamela Dawson](#)

This text explores how family members attempt to come to terms with the death of an offspring or brother or sister. It examines the importance of social relationships in helping parents and siblings adjust to their bereavement.

[Ambiguous loss: Learning to live with unresolved grief](#)

by [Pauline Boss](#)

New in paperback. Frozen sadness - what we have when we cannot really know what we have lost. This is what Pauline Boss illuminates, explores, and helps to ease. The loss could be a loved one still alive yet lost physically: a soldier son missing in action, or a constantly travelling spouse.