

## CORONER RESOURCE WEB PAGE

Death comes to us all. At some point in our lives, we will not only face our own death but also the death of a loved one. Death brings with it a range of emotions.

Grief has been described as a journey to a land called Grief Land, a place that no one wants to visit. Grief is a normal and an expected reaction to any type of loss, not just the death of a loved one. Grief has also been described as a fingerprint, in that how one mourns the loss of someone or something is different for each person. With that in mind, the following resources are offered to assist you in your journey through Grief Land. It is important to not only recognize your loss but also to move forward in your life after your loss. There are many resources available to you for your use. If you find that one resource doesn't meet your need, by all means try something else. Find what works for you. Most importantly, please know that **you are not alone in your grief and that there are people and resources available to assist you in this time of your life.** If we can be of further assistance to you please contact our office.

**The following resources are provided as a service by the Fairfield County Coroner's Office. The Coroner's Office makes these resources available but does not endorse or recommend the use of any specific treatment or medication that may be listed in the books or websites. For questions about any specific treatment or medication, please consult your doctor and/or medical health professional.**

### **Crisis Text Hotline**

If you are in need of someone to talk to, the **Crisis Line** is available 24 hours a day, seven days a week. Call **740-687-8255 (TALK)**.

### **Adult Grief Support Groups**

Fairhope Hospice offers grief services to all residents in the communities they serve (Fairfield, Hocking, Perry, Licking, Athens and parts of Franklin and Pickaway counties). Any community individuals and families are encouraged to use FAIRHOPE's grief services, as well as, families who have lost a loved one through hospice. These groups are open to all who grieve, not just those who use Fairhope for end of life care. They offer a virtual zoom grief group every Tuesday 10:30 am to 12:00 pm. Individual grief support is also offered by appointment in person, by phone, FaceTime, and Zoom. All sessions are free. Register online at [www.fairhopehospice.org](http://www.fairhopehospice.org) or call 740-654-7077.

## **Child and Family Grief Support Groups**

Fairhope's Grief Navigators provide telehealth grief support for children, teens, and families who have experienced the death of a loved one. Call 740-785-6546 to schedule an appointment via phone, FaceTime, or Zoom.

The Baby 1st Network, [www.baby1stnetwork.org](http://www.baby1stnetwork.org) is an online support group which offers support for families who have experienced sudden infant death. Click the loss support link for resources and information.

### **Online Resources**

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

Local hospice for Lancaster and Fairfield County offering a wide range of grief support.

#### **Support groups for survivors of suicide:**

<http://www.survivorsofsuicide.com>

<https://afsp.org>

<https://losscs.org/supportgroups/>

For those considering suicide: Please call The National Suicide Prevention Lifeline 1-800-273-8255 or the Suicide Hotline 1-800- Suicide

If you are depressed please call: 1-800-784-2433

#### **Grief Websites with Resources:**

<https://www.dougy.org/>

<https://whatsyourgrief.com/>

<https://www.compassionatefriends.org> (This is geared towards parents)

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

#### **Medical websites with information pertaining to grief:**

From the WebMD. Website:

<https://www.webmd.com/balance/normal-grieving-and-stages-of-grief#1>

From the Mayo Clinic Website:

<https://www.mayoclinic.org/healthy-lifestyle/end-of-life/in-depth/grief/art-20045340>

### **Complicated Grief as a result of Covid-19**

New research is providing insight into the type of grief people are experiencing because of the Coronavirus. Here are some helpful links to help you. If you believe you are suffering from complicated grief, please seek the help of a mental health professional.

#### **Miscellaneous Articles**

“How to Get Your Fourth Wind.” Wall Street Journal, October 26, 2020. p A 12

A practical article with tips for people weary of Covid. The article suggests ways on how those with “Pandemic Fatigue” can recharge and become more resilient, particularly as one moves into the winter months.

“How to Build Resilience To Weather Hard Times”, by Andrea Petersen. Wall Street Journal. July 14, 2020. pg A 11

An excerpted interview with Rick Hanson who is a clinical psychologist and author of the book Resilient. Drawing on neuroscience, psychology, and mindfulness, Hanson talks about why resilience is important and offers insight on how one can build up their own resilience. His suggestion: deal with the bad, turn to the good, and take in the good. He suggests slowing down and then developing traits of calmness and centeredness. Short daily exercises are also suggested.

#### **Managing Bereavement Around Covid-19**

[www.redcross/virtual-assistance-center](http://www.redcross/virtual-assistance-center)

A new resource offered by the Red Cross giving information and help to all who have been affected by Covid. Resources include mental health information, grief counseling, and links to national and state resources.

<https://complicatedgrief.columbia.edu/professionals/complicated-grief-professionals/overview/>

Guide to Mental Health Resources provided by Columbia University New York (For Mental Health Professionals)

<http://complicatedgrief.columbia.edu/wp-content/uploads/2020/03/MGH-Psychiatry-Guide-to-Mental-Health-Resources-for-COVID-19.pdf>

Mental Health Tips

<http://complicatedgrief.columbia.edu/wp-content/uploads/2020/03/COVID-19-Mental-Health-Tips-HSPH.pdf>

Talking to Children about Covid-19

<http://complicatedgrief.columbia.edu/wp-content/uploads/2020/03/Talking-to-children-about-the-impact-of-COVID-19-HSPH.pdf>

For more information please see the Complicated Grief Center

<https://complicatedgrief.columbia.edu/for-the-public/complicated-grief-public/overview/>

Expressive Writing as a form of coping

Recent studies have shown that expressive writing may be of value as a coping skill to be used by those grieving the death of a loved one. Please see the article: "Feeling Upset? Try This Special Writing Technique." Wall Street Journal, May 31, 2020. Elizabeth Bernstein, author. Bernstein introduces expressive writing to the general public in this article. Resources such as the Pandemic Project (<https://utpsyc.org/covid19/>) is listed as well as other resources. The Pandemic Project is a result of work done at the University of Texas at Austin. The article by Bernstein concludes with helpful tips on how to begin to write expressively.

### **Print Resources**

**Grief and Bereavement:**

**Tuesdays With Morrie: An Old Man, A Young Man, and Life's Greatest Lesson. By Mitch Albom. Broadway Books: New York. 1997. 192 pages. Fairfield County Library. Call No. 378.12 Alb**

This is a book about the last days of Morrie Swartz, who was Mitch Albom's professor in college. Suffering from ALS, Swartz teaches the author lessons about life, ranging from dealing with regrets, family, love, life, forgiveness, and death.

Swartz died from ALS but the lessons he gave live on in this book. Ted Koppel also interviewed Swartz in his last days, and those interviews can be found on YouTube.

**Grief is a Journey: Finding Your Path Through Loss. By Ken Doka. 2016. 265 pages**

A book written by a Lutheran minister and expert in grief counseling. Because each person grieves differently, Doka advocates a personalized approach to grief. He discusses the myths of grief, the emotions of grief, the realities of grief, and the expenses of grief. A grief survey is included so that the reader can understand the process that they are going through. Different styles of grief are explained and specific grief situations are discussed. The book concludes with a helpful chapter on growing personally after grief and a helpful resource section is also included (pp 267-268).

**On Grief and Grieving . By Elizabeth Kubler Ross and David Kessler. Scribner. 2005.**

A sequel to Kubler Ross' "On Death and Dying", this book goes further to explain how the stages of dying make up the framework to learn to live without a loved one. Specific situations are discussed at length that people have experienced in the process of grief. The book concludes with observations by the authors as they consider their own grief.

**Finding Meaning: the Sixth Stage of Grief. David Kessler. 2019. Fairfield County District Library call number 155.937 Kes**

Written by a grief counselor who worked with Elizabeth Kubler Ross. In this book Kessler develops and discusses a sixth stage of grief: finding meaning in grief and loss. Finding meaning helps make sense of grief. Meaning can take many forms. The author suggests that those who find meaning tend to have a much easier time grieving and are more likely to work through the stages of grief. He lists seven thoughts that help guide the mourner in understanding meaning. Each person's grief is unique, with the type of death helping to shape the grief we experience. Part 2 of the book discusses the challenges of grief by seeking to ask the right questions in grief. Part 3 deals with healing from grief and suggests possible ways to rebuild your life after the death of a loved one.

**Surviving Survival: The Art and Silence of Resilience. By Lawrence Gonzales. Fairfield County District Library call number 155.935 Gon.**

This book is a series of short stories of how people have responded to and survived trials. Perhaps the most useful part of the book is Chapter 15, where the author discusses 12 strategies to move forward from trauma. These strategies include practicing mindfulness, patience, staying busy, taking care of oneself, doing

something for others, and staying socially connected. A resource page is included at the back of the book.

**A Grief Received: What to Do When Loss Leaves You Empty Handed. By J L Gerhardt. Fortress Press. 2019. 137 pages**

The author draws on insights gained while personally grieving the death of her brother. The 12 chapters include topics on lamenting, progression through the grief process, and exploring the gifts God gives. Each chapter concludes with reflection and discussion questions. A book suitable to be used in small groups.

**The Other Side of Sadness: What the New Science of Bereavement Tells us About Life After Loss. George Bonanno. Basic Books. 2009. Can be obtained from the Bexley Public Library. Call number 155. 937 Bon**

Bonanno argues that humans are remarkably resilient in responding to loss, trauma, and grief. He traces the history of grief (chapter 2), the purpose of sadness during the grief process (chapter 3) and the value of positive emotions during bereavement. The author states that research shows that approximately 10-15% of bereaved people are likely to struggle with enduring grief reactions. Prolonged Grief Disorder Therapy (PGD) is now a treatment that can help people overwhelmed by grief to return to a normal life (pg 110-112). Bonanno concludes the book with a section looking at how Chinese rituals help those of a different culture cope with grief.

**A Grief Observed by C. S. Lewis. 160 pages**

Reflections of a grieving husband after the death of his wife. In this book, Lewis explores the feelings of grief he is experiencing, with honest insights into one who is grieving. A great resource for those who are grieving so that they may better understand and cope with the grieving process. A classic work that has been used by many for assistance in dealing with grief.

**How to Go on Living When Someone You Love Dies. By Therese Rando. 1988. 332 pages**

A book that addresses the types of grief and how to resolve grief. Issues addressed include talking to children about death, coping with the death of a child, and dealing with the death of a parent or spouse, suggestions on how to resolve one's grief, and the practical problems of grief. Much helpful information is included on how one can cope with grief and how one can move forward in life.

**Grief Works by Julia Samuel. 2017, Fairfield County District Library. 155.937 Sam**

A series of case studies and reflections focused on what others, who have grieved, have learned from their experiences. Reflections include insights into different types of grief experienced by mourners. Reflections include insights into instances when a spouse dies, when a sibling dies, when a child dies, and when facing your own death.

**Healing Your Holiday Grief: 100 Practical Ideas by Alan. D. Wolfelt. Companion Press, 2005**

The book seeks to help people whose grief overwhelms them during special times and holidays. Wolfelt offers 100 practical thoughts and ideas to help the reader not only to understand holiday grief but also ways to express that grief. The reader is guided to look through ideas and apply those ideas that fit with their particular likes and/ or interests. If one idea doesn't work, as the author says, try another, all so that the reader becomes an active participant in his or her own healing.

**Resilient Grieving by Lucy Hone. The Experiment LLC. New York. 2017.**

The author uses the resilient model of healing, giving advice on how the reader can enable the process of healthy grieving. She offers six strategies for coping in the immediate aftermath of death. Based on resilience psychology and the work of George Bonanno (his book is listed below), she offers 10 tools to build resilience in their lives. She differentiates between grief reactions (how we experience loss) and grief responses (how we choose to respond to loss). Secondary losses (dreams, hopes, future life events, and relationships) are explored in Chapter 6. One of the key insights of resilience is that unlike the Kubler-Ross model of death and dying, resilience models look at grief as oscillating between sadness and other emotions. Oscillations can occur frequently throughout the course of a day, meaning that healthy grieving involves a wide array of emotions for those mourning a loss. Resilience shows itself by resilient optimism, an ability to redefine hope, and by practicing mindfulness (paying attention to the present moment in a non judgmental way). Strategies are suggested for implementation. Social support is encouraged for those who mourn, and a helpful section on how to speak to children about death is included. A Resilient Grieving Model diagram is pictured in the back of the book with page numbers cited for reference.

**Tear Soup: A Recipe For Healing After Loss. By Pat Scwiebert and Chuck DeKlyen. Grief Watch. Portland Oregon. 2007.**

A story picture book primarily for adults giving advice for people who are mourning the death of a loved one.

**A Beginners Guide to the End: Practical Advice for Living Life and Facing Death. By B J Miller and Shoshanna Berger. Simon and Shuster Publishing.**

This book offers guidance and action plans for death and dying. Practical information is shared on financial planning for death, how to talk to others about your plans, and how to write a eulogy.

**Child Grief:**

**Grieving for the Sibling You Lost: A Teen's Guide to Coping with Grief with Finding Meaning After Loss. By Erica Goldblatt. Hyatt Instant Help Books. 2015. 194 pg. Worthington Public Library. Call No. 155.937 Gol**

The book is divided into three parts. Part One defines what grief is, discusses the symptoms of grief and how a teen can understand grief. In this first part the author shares examples from teens who have grieved the death of a sibling. Part Two discusses the various coping skills teens use in coping with the death of a brother or sister. Diagnostic exercises are provided for the grieving teen to access their individual coping style. In Part Three the author shares different techniques and strategies for healing. Exercises for the teen to complete are found throughout the book.

**Healing Your Grieving Heart For Teens: 100 Practical Ideas. By Allen D. Wolfelt. Companion Press. 2001.**

The author begins with the premise that each person begins with a Personal Mourning Account (PMA). This is analogous to Steven Covey's premise that people have a Personal Bank Account for mental health. The task is to build up your PMA to withdraw from the account when needed. The author shares 100 ideas for teens to build up their PMA. Simple ideas that can apply to anyone are noted such as being kind to yourself, crying, laughing with friends, and asking for help. An excellent book for anyone experiencing grief. An Express Yourself section is attached at the end of each page to encourage the teen to write about how they are coping.

**35 Ways to Help a Grieving Child. The Dougy Center. 51 pages.**

This short book is filled with practical suggestions on how to help a grieving child. Published by the Dougy Center in Portland, Oregon, which is a national organization dedicated to assisting children and teens in grief. For more information go to [www.dougy.org](http://www.dougy.org)



**Guiding Your Child Through Grief. By Mary Ann Emswiler and James P. Emswiler. Bantam Books. 2000. 272 pg. Southwest Public Library . Call No. 155.937 E85G.**

A book dedicated to help parents, grandparents and others develop skills needed to help children cope in grief. Chapters 2-3 focuses on how children grieve. Physical and behavioral reactions and noted and discussed ( pg 29-43). The ability to communicate with children and why it is important is discussed in Chapter 6. Adolescent grief and its implications and methods to help teens is shared in Chapter 9. The long term effects of grief in children can be found on pages 185-199. Self care tips can be found in Chapter 13 and a Frequently Asked Questions section concludes the book (pg 237-257). A reading list is included in Appendix A. Appendix B lists helps for the professional in helping others deal with grief.

**What Children Need When They Grieve. By Julia Wilcox Rathkey. Three Rivers Press: New York. 2004. 204 pages. Bexley Library 155.937 Rat**

David Rathkey died as a result of the terrorist attacks of 9/11. Julia is David's widow and writes this book to help others who grieve. By focusing on the needs of her grieving children, the author offers practical guidance on how to assist primarily children but also others who grieve. Grieving is an essential part of a child's ability to cope with the death of a parent. The book is for any parent who has to struggle with a grieving child. Helpful suggestions are offered such as: what you can do to help your child grieve (p 48-49), what you can do to help your child face fear (pg. 63-64), guiding your child through loss by utilizing routines of love, honesty and security, along with suggestions as to how others can help. A helpful checklist for family members and a listing of professional resources conclude the book.

**Teens Talk about Suicide Death and Grieving. Ed by Jennifer Landau. Rosen Press. New York. 2018. 61 pages. Pickaway County Library . Call number: Teen 155.937 Teens**

A short resource book designed to assist teens to be able to cope with the death of a parent, grandparent, or friend. In this book, teens discuss the pain and grief associated with loss. A licensed psychologist (Dr. Jan Hettleman) answers questions about how one can process the feelings of grief (pg 32-33). A brief list of hotlines and organizations on who to call for support is listed on pg. 43. The end of the book also lists organizations, websites, and resources for further reading.

**I Have a Question About Death: A Book For Children with Autism Spectrum Disorder or Other Special Needs. Arlen Grad Gaines and Merideth England Polskey. Jessica Kingsby Publishers. London and Philadelphia. 2017. Pickaway Co. Library Call Number: Juvenile 306.9 Gar**

This book is written by two social workers with experience in social work and hospice work. It is a book designed for children who have autism or other special needs. Part 1 is a storybook, Part 2 is a short picture storybook (written for children who learn best through visual cues) and Part 3 contains helpful suggestions for parents and caregivers. While this is a book designed for children with autism and other special needs, it can also be beneficial for all young children when explaining death.

**Badger's Parting Gifts by Susan Varley. 1984. Harper Books. Can be loaned through the Columbus Metropolitan Library.**

A children's book introducing the topic of death to children. Badger is old and ready to die. He isn't afraid of death, he dreams of running through a long tunnel, feeling free, as if he had fallen out of his body. The next day his friends find out that Badger died. They felt sad, lost, and alone. The friends share memories of the things that Badger did for them and how Badger helped them when he was alive. Each friend had a special memory of Badger. They received the gift of Badger's love that they could now pass on to others. The book is beautifully illustrated. It can be found at the Columbus Library or at [www.harpercollinschildrens.com](http://www.harpercollinschildrens.com)

**Big Cat, Little Cat. by Elisha Cooper. Roaring Brook Press. NY.**

An illustrated book designed to teach preschoolers and young children about the death of a cat and the cycle of life.

### **Mental Health, Anxiety and Depression:**

**Depression for Dummies. Laura L. Smith and Charles Elliott. Wiley Publishing 2003.**

This book follows the "For Dummies" format in the "For Dummies" series. The authors introduce the reader to the nature of depression and then offer practical suggestions in overcoming depression. Recommended to be used in conjunction with visits with a mental health professional. Of note, insights from the field of positive psychology are shared.

**The Anxiety and Phobia Workbook 5th edition. By Edward J. Bourne. New Harbinger Publications. 2010. (a newer edition may be available).**

Anxiety is a common byproduct of grief. This is the "gold standard" book for self help with anxiety and other phobias. Helpful chapters include dealing with

feelings, disorders, and self help. This book is highly recommended by professionals. Although the book doesn't address grief or bereavement per se, the strategies offered can be helpful for anyone.

**I Trust When Dark My Road. Todd Peperkorn, LCMS World Relief and Human Care. 2009, 102 pages**

A pastor discusses his journey and battle with depression. A helpful book showing that depression affects everyone, including people of faith. Appendix I shares ideas of what to do when a loved one suffers depression. Appendix II offers resources for those suffering from depression, anxiety, and other mental illnesses.

**Depression: A Teen's Guide to Survive and Thrive. By Jacqueline Toner and Claire Freeland. 147 pages.**

A book written for teens who are struggling with their emotions and depression. This book is not meant as a substitute for professional help but as a resource guide. The ideas shared are based on Cognitive Behavior Therapy. Self-reflection quizzes and exercises are included. This book was published in 2016 and provides up to date information in the treatment of teen depression.

**Depression and Your Child: A Guide for Parents and Caregivers. By Deborah Serami. 192 pages.**

As one who suffered from depression as a child, the author takes a sympathetic and practical look at mental illness in children. Current trends and treatments are discussed. Myths of depression are examined. A helpful appendix concludes the book (Appendix A has a side effect checklist and Appendix B lists high profile people who have lived with mood disorders in an effort to remove the stigma of mental illness).

**Cognitive Behavioral Therapy for Dummies by Rob Wilson and Rehma Branch, John Wiley and Sons, Oxford 2006.**

This book is a part of the "For Dummies" series. It introduces the reader to Cognitive Behavior Therapy (CBT), it's theory and techniques. Principles and strategies are outlined, helpful chapters include an overview of CBT, tackling negative and toxic thoughts, goal setting, and using CBT when anxious or depressed. This is not recommended as a self help book but as a book to be used as a resource alongside receiving professional help.

**Retrain Your Brain: Cognitive Behavioral Therapy is Seven Weeks: A Workbook for Managing Depression and Anxiety. By Seth J. Gillham. Audio Book.**

A workbook to introduce the listener to CBT skills to be implemented over a seven week program period. The author's goal is to teach skills so that the listener can help themselves. Part 1 introduces the concepts and history of CBT. Part 2 is a seven week plan of action to be implemented. If utilizing this resource, the user will need to provide a personal notebook in order to complete the exercises. The author is a clinical therapist trained in CBT and also has a personal website [sethgillham.com](http://sethgillham.com). The book can be purchased on Amazon.

### **Grief recovery from a suicide:**

**Grief Works by Julia Samuel. 2017, Fairfield County District Library. 155.937 Sam**

A resource (cited above) which also has helpful information on suicide grief (pg 128ff), tips and suggestions on how to help others grieve (pp 218-232), a section on resources for further reading ((pp 238-257).

**A Grief Like No Other: Surviving the Violent Death of Someone You Love. Kathleen O'Hara, 2006. Fairfield County District Library Call Number 155.937 Oha**

Offers a glimpse into the trauma of violent and sudden death of a loved one. Seven stages are proposed in seeking to cope with violent death. A book written to help guide and navigate the griever through the grief process. Types of therapies used in dealing with violent death are listed on pages 51-89. A helpful section on the symptoms of Post Traumatic Stress Syndrome disorder can be found on pp 68-71. A resource page and further reading suggestions are listed on pp 199-212.

**A Long Shadowed Grief: Suicide and Its Aftermath. By Harold Ivan Smith**

The author is a survivor of suicide. He addresses the questions around suicide and the part spirituality plays in the grief of a suicide. Offers a Christian perspective while being sensitive to other faiths. He offers assurance that survivors do heal.

**Suicide: Prevention, Intervention, and Postvention. By Earl Grollman. 1988 143 pages**

While this book is over two decades old, it offers helpful insights into suicide and how to cope with a suicide.

**The Wilderness of Suicide Grief. By Alan D. Wolfelt. Companion Press. 2010. 126 pages.**

A book written for those who have experienced the suicide of a family member or friend. The misconceptions of grief and suicide are discussed in Chapter 2. The feelings of loss one experiences as a result of suicide are discussed in Chapter 4. The author explains the six needs of mourning one experiences in Chapter 6. The processing of grief in reconciling the death of a loved one is particularly helpful (pg. 109-113). A Suicide Survivor's Bill of Rights is listed on pg 123-126 to conclude the book.

### **Grief recovery from the death of a child:**

#### **Surviving the Loss of a Child. By Elizabeth Brown, 2010.**

A book about the reality of the harshness of the death of a child. Every year a quarter of a million children die in America. This book is helpful in discussing how parents can move through the grief process. The key to surviving the loss of a child is to accept the grief process and move forward through the process. Healing from grief is presented as a choice. Dangers in the process are identified and there is a helpful section on sibling grief. Discussion questions for small groups are included in the Appendix.

#### **Five Cries of Grief: One's Family's Journey to Healing After the Tragic Death of a Son. By Merton P. Strommen and A. Irene Strommen. Augsburg 1993. 99 pgs**

A father and mother tell their story of how they coped with the death of their son. They shared how they experienced grief at various times and intensities during their period of mourning. The list of five stages or cries of grief: The cry of pain, longing, for supportive love, for understanding, and for significance. They describe grief as a minor chord in the midst of the major chords of life. In the view of the authors, grief can bring spiritual growth.

#### **The Problem of Suffering: A Father's Hope by Gregory Schulz. Concordia 2012. 144 pgs. A CD is also available for caregivers.**

A Christian pastor shares his struggles of pain and loss over the death of his son. The author is able to articulate the pain of a parent and verbalizes his feelings toward God. He shares how he is able to be comforted in his grief. An excellent book dealing with grief, bereavement, and suffering. A study guide is also included in the CD.

### **Grief recovery from the death of a spouse:**

**Emotional Well Being in Recently Bereaved Widows by Toni Bisconti. Located in the Journals of Gerontology, Series B, Volume 59, Issue 4, July 2004, pg 158-167.**

A journal article by a professor who has studied the process of grieving the death of a spouse. This article notes that the death of a spouse later in life is rated as the most stressful event in life. This study looks at how a widower adjusts. Many different emotional and psychological states are experienced during the grieving process. The state of widowhood brings with it a state of emotional imbalance. It is suggested that to cope with this type of grief, one must learn to manage one's emotions. Working through grief is an active process.

**Reflections of a Grieving Spouse. H. Norman Wright. Harvest House 2009. 200 pages.**

A Christian perspective on bereavement. This book is an orderly reflection of grief in the experience of the author after the death of his wife. Each chapter has a page dedicated for the user of the book to reflect and write on their own experience. Other topics in the book include the anniversary of a death, the emotions of grief, the struggles of grief, the challenges of a caregiver, and moving forward in rebuilding your life after death.

**Grief Recovery from a violent death and/or trauma:**

**A Grief Like No Other: Surviving the Violent Death of Someone You Love. Kathleen O'Hara. Marlow and Company. 2006. Can be obtained at the Fairfield District Library. Call number 155.937 Oha**

A book written to help guide a person through the dark times of a violent death, it offers a glimpse into the trauma of a violent and sudden death of a loved one. Seven stages of trauma are proposed which include eight qualities of coping with trauma, three principles to practice in finding a way out of the trauma of grief, and how to embrace moving forward. The book can be read through from the beginning at stage one, or by beginning at any stage to help navigate through the grief process. The book includes a helpful section on the symptoms of Post Traumatic Stress Disorder (PTSD) on pages 68-71 as well as resources for further reading on pages 199-212.

**The PTSD Workbook for Teens: Simple Effective Skills for Healing Trauma. by Libby Palmer. Instant Help Books 2012.**

A workbook designed for teens working through trauma. Each chapter is divided into three parts: For You to Know, For You to Do, and More to Do. Helpful features include a checklist to be used to identify if you have PTSD.

## **Coping with Grief:**

**Talking About Death: A Dialogue Between Parent and Child. By Earl Grollman. Beacon Press, Boston. 1990.**

A guidebook for adults and parents to read together, featuring a read-along story and answers to questions children have about death. Chapters include how children process death at their different stages of development. The author gives direct, simple, honest, and age appropriate answers that children have about death. Also includes a helpful section on how a parent can explain the death of a pet to a child. At the end of the book, the author includes guidelines for bereaved adults and contact information for further help. Seeing as the book was originally published in 1990, a few resources may be no longer available.

## **Child Grief and Bereavement:**

**Finding the Words: How to Talk to Children and Teens about Death by Alan Wolfelt. Companion Press. 2013. 138 pages**

A practical book addressing the issue on how to talk to children about death, funerals, suicide, cremation, homicide, and other end of life issues. The author explains how different age groups react to different situations. There are chapters dedicated to each issue, offering helpful words, phrases, and model conversations that can be used in talking to children.

**Healing the Hurt, Restoring the Hope. By Suzy Yehl Marta. 332 pages.**

A guidebook for parents, teachers, and other caring adults to provide help and encouragement to youth and teens who have suffered loss. The book is divided into three sections. Section one is designed to help adults recognize grief in children, looks at grief from the perspective of a child, and addresses the myth that children are not affected by death. Section Two offers age appropriate grief strategies from Rainbows. Section Three offers help for youth in adapting their lives moving forward. A chapter on troubleshooting troubled behavior in children during the grief process is shared at the conclusion of the book.

## **Substance Abuse:**

**Alcoholics Anonymous: Fourth edition. Alcoholics Anonymous World Services. 2001.**

This book is the basic text for AA as well as other substance abuse help organizations. Called the "Big Book", the first eleven chapters form the foundation for AA. Of note are chapters five which lists the Twelve Step Program (**pg 59**), and chapter six (putting the plan into action) and chapters 8-9 (a word to families who

have loved ones suffering from substance abuse. The book concludes with personal stories of those who have used this method to battle addiction. A helpful appendix is found at the back of the book which lists the 12 Step Program in both long and short form. If you need to contact AA please call 740-653-4869.

**Pet Loss:**

**The Grief Recovery Handbook for Pet Loss. By Russell Friedman, Cole James, and John James. Taylor Trade Publishing, 2014. 147 pg. Pickerington Public Library Call No. 155.937 Fri**

Using the Grief Recovery Method the authors have created a resource for pet grief. Myths about grief are examined and dispelled. Helpful exercises are included in this book. For more information on the Grief Recovery Method, please see **The Grief Recovery Handbook**, by the same authors. The book can be loaned from the Columbus Public Library. Call No. 155.937 J22g 2009.

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