

# *Books and resources on grief and traumatic loss*

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## Books on grief and traumatic loss

***A Grief Observed***, by C. S. Lewis. (HarperCollins. 1989). ISBN: 006065273

***The Grief Recovery Handbook: The Action Program for Moving Beyond Death, Divorce, and Other Losses***, by John W. James and Russell Friedman. (HarperCollins. 1998). ISBN: 0060952733

***Grieving the Loss of Someone You Love: Daily Meditations to Help You Through the Grieving Process***, by Ray R. Mitsch and Lynn Brookside. (Servant. 1996). ISBN: 0892838221

***Growing Beyond Survival: A Self-Help Toolkit for Managing Traumatic Stress***, by Elizabeth G. Vermilyea. (Sidran. 2000).

***Healing After Loss: Daily Meditations for Working Through Grief***, by Martha Whitmore-Hickman. (Avon. 1994). ISBN: 0380773384

***Healing Grief: Reclaiming Life After Any Loss***, by James Van Praagh. (Dutton/Plume. 2000). ISBN: 0525945407. Also available in audio.

***How to Go on Living When Someone You Love Dies***, by Therese A Rando. (Bantam. 1991). ISBN: 055335295

***How We Grieve: Relearning the World***, by Thomas Attig. (Oxford University Press. 1996). ISBN: 0195074564

***I Can't Get Over It: A Handbook for Trauma Survivors***, by Aphrodite Matsakis. (New Harbinger. 1996).

***I Wasn't Ready to Say Goodbye: Surviving, Coping and Healing After the Sudden Death of a Loved One***, by Brook Noel and Pamela D. Blair. (Champion. 2000). ISBN: 1891400274

***The Lessons of Love: Rediscovering Our Passion for Life When it All Seems Too Hard to Take***, by Melody Beattie. (HarperCollins. 1995). ISBN: 0062510789

***Letting Go With Love: The Grieving Process***, by Nancy O'Connor. (Mariposa. 1994). ISBN: 0961371404

***Listening and Helping in the Workplace: A Guide for Managers, Supervisors, and Colleagues***, by Frank Parkinson. (Souvenir. 1995). ISBN:

***Moving Beyond Grief: Lessons from Those Who Have Lived Through Sorrow***, by Ruth Sissom. (Discovery House. 1994). ISBN: 092939091

***On Death and Dying***, by Elisabeth Kubler-Ross. (Scribner. 1997). ISBN: 0684839385

***Post-Trauma Stress: Recovery from Hidden Emotional Damage Caused by Violence and Disaster***, by Frank Parkinson. (Fisher. 2000). ISBN:

***Remembering With Love: Messages of Hope for the First Year of Grieving and Beyond***, by Elizabeth Levang and Sherokee Ilse (Fairview. 1995). ISBN: 0925190861

***A Time to Grieve: Meditations for Healing After the Death of a Loved One***, by Carol Staudacher. (Harper. 1994). ISBN: 0062508458

***To Begin Again: A Journey Toward Comfort, Strength and Faith in Difficult Times***, by Naomi Levy. (Ballantine. 1999). ISBN: 0375400036

***To Walk in God's Ways: Jewish Pastoral Perspectives on Illness and Bereavement***, by Joseph S. Ozarowski. (Aronson. 1995). ISBN: 1568213883

***The Way of the Journal: A Journal Therapy Workbook for Healing***, by Kathleen Adams and Walter Young. (1998). ISBN: 0962916420

***What to Do When a Loved One Dies: A Practical and Compassionate Guide to Dealing With Death on Life's Terms***, by Eva Shaw. (Dickens. 1994). ISBN: 1880741105

***What to Do When the Police Leave: A Guide to the First Days of Traumatic Loss***, by Bill Jenkins. (WBJ. 2001) ISBN: 0966760018

***When Bad Things Happen to Good People***, by Harold Kushner. (Avon Books. 1994). ISBN: 0380603926

### Web sites on grief and traumatic loss

[www.counselingforloss.com/index2.htm](http://www.counselingforloss.com/index2.htm) - Counseling for loss hosts a chat room and offers articles, columns, links, and book reviews on the grieving process.

[www.rivendell.org](http://www.rivendell.org) - Griefnet is supervised by a clinical psychologist, and offers e-mail support groups, a newsletter, links, and a bookstore.

[www.grief-recovery.com](http://www.grief-recovery.com) - The Grief Recovery Institute's web site offers articles and links, as well as information on the Institute's programs and workshops.

[www.webhealing.com](http://www.webhealing.com) - This site, entitled Crisis, Grief, & Healing, has columns, articles, message boards, links to other resources, and other general information about grief and grieving.

[www.rainbows.org](http://www.rainbows.org) - Rainbows is a national organization that offers support groups for children and adults grieving a family loss. Their web site offers a link to their newsletter that provides helpful information for grieving individuals.

### **Books on grieving children (for parents)**

***35 Ways to Help a Grieving Child***, edited by Dougy Center staff. (Dougy Center for Grieving Children. 1999). ISBN: 189053403X

***Are You Sad Too? Helping Children Deal With Loss and Death***, by Dinah Seibert, Judy C. Drole, and Joyce V. Fetro. (Education, Training and Research Associates. 1993). ISBN: 1560711175

***Children Grieve, Too: Helping Children Cope With Grief***, by Joy Johnson and Marvin Johnson. (Centering Corporation. 1998). ISBN: 1561231061

***Guiding Your Child Through Grief***, by Mary Ann Emswiler and James P. Emswiler. (Bantam Doubleday Dell. 2000). ISBN: 0553380257

***Helping Children Cope With the Loss of a Loved One: A Guide for Grownups***, by William C. Kroen. (Free Spirit. 1996). ISBN: 1575420007

***Life and Loss: A Guide to Help Grieving Children***, by Linda Goldman. (Taylor & Francis. 1999). ISBN: 1560328614

***Lifetimes: The Beautiful Way to Explain Death to Children***, by Bryan Mellonie and Robert R. Ingpen. (Bantam Doubleday Dell. 1983). ISBN: 0553344021

***Never Too Young to Know: Death in Children's Lives***, by Phyllis Rolfe Silverman. (Oxford University Press. 1999). ISBN: 0195109554

***Parenting Through Crisis: Helping Kids in Times of Loss, Grief, and Change***, by Barbara Coloroso. (Harper Resource. 2000). ISBN: 0060198567

***Talking about Death: A Dialogue between Parent and Child***, by Earl A. Grollman. (Beacon Press. 1991). ISBN: 0807023639

***Talking With Children and Young People About Death and Dying: A Workbook***, by Mary Turner. (Jessica Kingsley Publishing. 1998). ISBN: 1853025631

***The Grieving Child: A Parent's Guide***, by Helen Fitzgerald. (Fireside. 1992). ISBN: 0671767623

***When Children Grieve: For Adults to Help Children Deal with Death, Divorce, Pet Loss, Moving, and Other Losses***, by John W. James and Russell Friedman. (HarperCollins. 2001). ISBN:

### Web sites on grieving children (for parents)

<http://dying.about.com/health/dying> – This is the About.com Guide to Death and Dying. The site has extensive information about all aspects of death and dying. There is a section entitled "Children's Grief," which has links to several articles about how children cope with death.

<http://users.erols.com/igold> – The name of this site is "Helping Children Deal with Grief." The site has some information about this subject. It also has a list of books, CD ROMs, and videos that can be ordered on line, as well as information about workshops held around the country.

<http://www.aacap.org/resource/index.htm> – This Web page is part of the American Academy of Child and Adolescent Psychiatry's site. It has a list of links to fact sheets with information about a variety of children's issues. The topics include "Children and Grief" and over one hundred others.

<http://npin.org> – This Web site is called the National Parent Information Network. It has several articles, links, and other resources to help parents find information on the Internet. Search the "Virtual Library's" "Full Text Resources" list for information about how children cope with death.

<http://kidshealth.org> – KidsHealth.org has information about children's physical and mental health. The site has articles, links, and other information for parents, teens, and kids. Use the site's "Looking for Something?" search feature, near the bottom of the main page, to search the site for the keyword "death," to find articles about how children cope with death.

### Books on grief and loss for children

***After Charlotte's Mom Died***, by Cornelia Spelman. (Whitman. 1996). ISBN: 0807501964

***Despair on Thursdays!: The Children's Grief-Management Book***, by Adolph J. Moser. (Landmark. 1996). ISBN: 0933849605

***Gentle Willow: A Story for Children About Dying***, by Joyce C. Mills and Michael Chesworth (Illustrator). (American Psychological Association. 1993). ISBN: 0945354541

***Geranium Morning: A Book about Grief***, by E. Sandy Powell. (Lerner. 1991). ISBN: 087614542X

***Gran-Gran's Best Trick: A Story for Children Who Have Lost Someone They Love***, by L. Dwight Holden (American Psychological Association. 2001). ISBN: 0945354169

***Healing Your Grieving Heart for Kids: 100 Practical Ideas***, by Alan D. Wolfelt. (Companion Press. 2001). ISBN: 1879651270

***Help Me Say Goodbye: Activities for Helping Kids Cope when a Special Person Dies***, by Janis Silverman. (Fairview Press. 1999). ISBN: 1577490851

***I Don't Have an Uncle Phil Anymore: A Story About Death, Grieving, and Cherishing, Written Especially for Children***, by Marjorie Pellegrino. (American Psychological Association. 1998). ISBN: 1557985596

***Sad Isn't Bad: A Good-Grief Guidebook for Kids Dealing with Loss***, by R.W. Alley. (Abbey Press. 1998).

***What on Earth Do You Do when Someone Dies?*** by Trevor Romain. (Free Spirit. 1999). ISBN: 1575420554

***When Dinosaurs Die: A Guide to Understanding Death***, by Laurie Krasny Brown. (Little Brown. 1998). ISBN: 0316119555

***When Someone Very Special Dies: Children Can Learn to Cope with Grief Workbook***, by Marge E. Heegaard. (Woodland Press. 1992). ISBN: 0962050202

### Web sites on grief and loss for children

[www.griefnet.org/KIDSAID/welcome.html](http://www.griefnet.org/KIDSAID/welcome.html) – This is a place on the Internet where bereaved children can meet and discuss their feelings and experiences. The site provides peer support, books, stories, poetry, and a variety of other features.

[www.smartlink.net/~tag/index.html](http://www.smartlink.net/~tag/index.html) – This is a site designed for teenagers who have experienced the loss of a loved one. The site offers links, products, news, and information.

[www.groww.com](http://www.groww.com) – This is a site for children and teenagers who have lost a parent or grandparent. The site includes a chat room, resource list, library, memorials, and tributes to those who have died.

### **Books to help children cope with a traumatic event**

***The Scared Child: Helping Kids Overcome Traumatic Events***, by Barbara A. Brooks and Paula M. Siegel. (Wiley. 1996). ISBN: 0471082848

***Children Changed by Trauma: A Healing Guide***, by Debra Whiting Alexander. (New Harbinger. 1999). ISBN: 1572241667

***Children and Trauma: A Guide for Parents and Professionals***, by Cynthia Monahan. (Jossey-Bass. 1997). ISBN: 0787910716

***Too Scared to Cry: Psychic Trauma in Childhood***, by Lenore Terr. (Basic Books. 1992).

***When Nothing Makes Sense: Disaster, Crisis, and Their Effects on Children***, by Gerald Deskin. (Fairview. 1997). ISBN: 1577490274

***Working With Traumatized Children: A Handbook for Healing***, by Kathryn Brohl. (Child Welfare League of America. 1996). ISBN: 0878686339

### **Web sites to help children cope with a traumatic event**

[helping.apa.org/therapy/traumaticstress.html](http://helping.apa.org/therapy/traumaticstress.html) – This Web site covers managing traumatic stress and tips for recovering from disasters and other traumatic events.

[abcnews.go.com/sections/living/DailyNews/wtc\\_children010912.html](http://abcnews.go.com/sections/living/DailyNews/wtc_children010912.html) – This Web site from ABC News provides information on explaining a disaster to children.

*[www.msnbc.com/local/kshb/m90818.asp](http://www.msnbc.com/local/kshb/m90818.asp) – This page provides tips on talking to children about the tragedy on September 11th, 2001.*

*[www.talkingwithkids.org/television/twk-news.html](http://www.talkingwithkids.org/television/twk-news.html) – This Web resource was made to help parents talk with their kids about troubling news stories.*

*[fyi.cnn.com/2001/fyi/teachers.ednews/09/12/children.tragedy/index.html](http://fyi.cnn.com/2001/fyi/teachers.ednews/09/12/children.tragedy/index.html) – This Web site provides advice for parents talking with their children about traumatic situations.*

*[www.counseling.org/consumers\\_media/facts\\_childtrauma.htm](http://www.counseling.org/consumers_media/facts_childtrauma.htm) – This page is offered through the American Counseling Association and provides guidelines for helping children come to grips with traumatic incidents.*