

BOOKS:

ADULTS:

***How to Survive the Loss of a Parent:
A Guide for Adults***

Lois F. Akner, 1993

This book is based on a bereavement support group. Each participant lost a parent in their adult years. Helps adults deal with the death of a parent.

***Nobody's Child Anymore: Grieving,
Caring & Comforting when parents
die***

Barbara Bartocci, 2000

This book talks about the issues adults face when the last parent dies. Provides helpful insight to unexpected feelings that arise within adults as they mourn their loss.

***Last Touch: Preparing for a parent's
death***

Marilyn R. Becker, 1992

Addresses the issues related to an adult who lost a parent. It includes several stories from adult children who have experienced the death of a parent.

Early Winter

Howard Bronson, 1995

Beautifully written by a man who's father died unexpectedly. He discusses the feelings that are brought out during the grieving process. A good book, especially from a male perspective.

***Midlife Orphan: Facing Changes Now
That Your Parents Are Gone***

Jane Brooks, 1999

No matter how old we are, losing a parent hurts. This book addresses the feelings many adults face when they experience the death of their parents, especially when both parents are deceased.

***Dying Well: Peace & Possibilities at
the End-Of-Life***

Ira Byock, MD 1997

This books helps patients and their families deal with end-of-life issues with dignity and hope.

***Grief's Courageous Journey: A
Workbook***

Sandi Caplan & Gordon Lang, 1995

Excellent book to use with an adult client as they work through the grieving process. Helps them identify feelings, emotions, etc. through writing, drawing and discussion.

***Final Gifts: Understanding the
special awareness, needs &
communications of the dying***

Maggie Callahan & Patricia Kelley, 1992

This book provides understanding of the special needs and concerns of those who are dying and ways to be supportive.

***FatherLoss: How sons of all ages
come to terms with the death of their
dads***

Neil Chethik, 2001

Discusses the issues that men deal with when their fathers die and how others can support them.

***At Home With Dying: A Zen Hospice
Approach***

Merrill Collett, 1997

Provides guidance for the caregiver to help a loved one die at home.

***In Lieu of Flowers: A conversation
with the living***

Nancy Cobb, 2000

This book addresses ways the grieving can deal with their grief by finding support from family and friends. Insightful and encouraging.

***Chicken Soup for the Surviving Soul:
101 stories of Courage & Inspiration***

Cranfield, Hansen, Aubery & Mitchell, 1996
Short, easy to read, inspirational stories written by individuals who have survived tragedy or death.

***Chicken Soup for the Grieving Soul:
Stories about Life, Death &
Overcoming the Loss of a Loved One***

Cranfield, Hansen, 2003
Short, easy to read, inspirational stories written by individuals who have survived death of a loved one.

***Give Sorrow Words-A Father's
Passage Through Grief***

Tom Crider, 1996
Provides insight on how one father dealt with the grief of losing his only daughter who was an adult when she died. He talks about the importance of "owning the grief" and talking about it.

***Recovering from the Loss of a Loved
One to AIDS-Help for surviving
family, friends, and lovers who grieve***

Katherine Fair Donnelly, 1994
Written for those who know the pain and isolation of losing a loved one to AIDS. Sensitive written and addresses the special grief related to death by this disease.

Motherless Daughter's

Hope Edelman, 1994
Written by a woman whose mother died of breast cancer, she addresses issues that women may face as they deal with being motherless. Good book for adult women who have lost a mother, at any age, to death.

Letters From Motherless Daughters

Hope Edelman, 1995
As a follow-up to her first book, Hope captures letters that she has received from women who discuss being motherless. Very moving and may be helpful to clients by encouraging them to write about their mothers.

***Companion Through the Darkness:
Inner Dialogues on Grief***

Stephanie Ericsson; 1993
The book is written by a young widow and provides short inspirational reflections on the issues one faces while grieving. A good book for young widows.

Living With A Man Who Is Dying

Jocelyn Evans, 1971
This is a personal memoir in tribute to her husband and the journey they traveled in his illness and death.

Later Courtney

Susan Evans, 1997
Written by a mother who lost her 22 year old daughter in an auto accident. Entries from a journal over a year's time.

***I'm Grieving As Fast As I Can-How
Young Widows & Widowers Can
Cope and Heal***

Linda Feinberg, 1994
Written for young widow/widowers, addresses many of the issues that they face. Looks at the ways their lives have been altered by the death, from raising young children to meeting new people. Good book for someone who is young and widowed.

***When Winter Follows Spring:
Surviving the death of an adult child***

Dorothy Ferguson
This book addresses the unique pain that parents endure when an adult child dies. Provides helpful hints of how to cope with this type of loss.

***Death & Dying or Can You Love Me
Enough to Let Me Go***

This easy to read storybook is for adults who struggle with letting go of their loved one. The book is written by a son who experienced the struggle with his father's death.

Storytelling in Bereavement

Alida Gersie, 1991

This book utilizes storytelling to help understand and deal with grief.

WIDOW to WIDOW

Genevieve Ginsburg, 1995

Written for widows, this book addresses many practical issues they face in adjusting to their new life. Practical and easy to read.

Swallowed by a Snake

Thomas R. Golden, 2000

This book addresses the masculine side of grief and healing. This book includes storytelling and cross-cultural aspects related to male grief.

A Time to Say Good-Bye: Moving Beyond Loss

Mary McClure Goulding, 1996

Written by a social worker who is also a widow. She addresses issues related to the dying process, the funeral and adjusting to life without your loved one.

Living When A Loved One Has Died

Earl A. Grollman, 1977

This book is written in poetry form and addresses feelings related to death.

Companion to Grief

Patricia Kelley, 1997

Addresses issues related to grief, including workplace grief, helping someone who is grieving and starting new relationships.

The Courage to Laugh: Humor, Hope and Healing in the Face of Death and Dying

Allen Klein, 1998

Written for those who are or have faced the reality of death in their lives. Provides hope and ways to find humor in the face of sadness. Inspirational.

Grandma's Tears-Comfort for Grieving Grandparents

June Cerza Kolf, 1995

Written for any grandparent who has lost a grandchild. Deals with issues and feelings experienced by the grieving grandparent and helps to explain what their adult child must be experiencing.

To Live Until We Say Good-bye

Elisabeth Kubler-Ross, 1978

Moving story about the lives of several dying individuals and how they lived their lives through the dying process. Captured in word and with pictures, this book is an inspiration to those who are dying as well as living.

On Death & Dying)

Elisabeth Kubler-Ross, 1968

The original book about death and dying.

The Wheel of Life

Elisabeth Kubler-Ross, 1997

Ross' s memoirs on living and dying. Traces her life, including the years she has struggled with her own illnesses and her reactions to "dying."

When Bad Things Happen to Good People)

Harold S. Kushner, 1989

Written for all those good people who have experienced bad things in their lives. May be helpful for those who don't understand why "this happened to me."

Acknowledgment: Opening to the grief of unacceptable loss

Peter Leech & Zeva Singer, 1988

Acknowledges the feelings and loss associated with a death and provides different ways to work through the grief.

Grandfather Remembers-Memories for my Grandchildren

Judith Levy, 1987

This book provides the guidelines for grandfathers to provide information that they would like to leave their grandchild. A wonderful way for grandparents to leave a sense of family history, relevant facts and fun information for future generations.

Grandmother Remembers-A Written Heirloom for my Grandchildren

Judith Levy, 1986

See Grandfather remembers.

Doors Close, Doors Open: Widows, Grieving & Growing

Morton Lieberman, 1996

Written for women who have lost their spouse, this book presents common experiences, feelings, etc. that women experience when they become "widowed."

Gathering a Life: A journey of recovery

Jeanne Lohmann, 1989

This book was written by the wife of a cancer patient. She uses short stories to address their struggles to survive his illness and his death. The book helps families identify with the struggles and the grief.

Don't Take My Grief Away from Me

Doug Manning

Addresses the issues of grief and the importance of allowing others to grieve the death of their loved one instead of "minimizing" the loss.'

Losing A Parent-A personal guide to coping with that special grief that comes with losing a parent

Fiona Marshall, 1993

This book is written for adult children who have lost a parent. It covers all types of death from illness to sudden death. Presents real life situations and discusses reactions, feelings, etc.

I Can't Stop Crying

John D. Martin & Frank D. Ferris, 1992

Written for those who have lost a spouse or partner. Captures many of the feelings and emotions that a widow/widower or surviving partner may experience.

I Don't Know HOW to Help Them

Linda Maurer, 1996

Written by a woman who lost her only child, she provides helpful hints for family members and friends to help bereaved parents.

A Broken Heart Still Beats

Anne McCracken & Mary Semel, 1998

A book for parents who have lost a child. Written by two women who have lost children.

Gentle Closings Companion:

Questions & Answers for Coping With The Death of Someone You Love

Ted Menten, 2002

This book helps you find the way to say "good-bye" to someone you love who is dying.

After Goodbye

Ted Menten, 1994

This book helps adults continue on with their life after the death of a loved one. Good for anyone who has lost a loved one.

The Caregiver's Companion: Words to Comfort & Inspire

Betty Clare Moffatt, 2000

An uplifting collection of inspirational essays, interviews and advice for those who provide care for others.

When Parents Die

Edward Myers, 1997

Addresses many different aspects of a death of a parent, from funeral arrangements and estate settlements to coping with life without a parent. Includes issues related to sudden death and suicide as well as illness.

How We Die: Reflections on Life's Final Chapter

Sherwin B. Nuland, 1003

Discusses ways that people die and provides insight on how to live life more fully and meaningfully.

More Than Surviving-Caring for yourself while you grieve

Kelly Osmont, 1990

This is a short booklet that discusses the need to move beyond one's grief. It is feminist in its approach and very directed. (Review prior to use with a client)

Dying At Home: A family guide for caregiving

Andrea Sankar, 1999

Based on the experience of those who have cared for a loved one at home who was dying. Helpful and supportive information.

The TAO of Dying: A Guide to Caring

Doug Smith, 1997

Provides inspiration to those who are dying as well as those who care for them.

Grieving The Death of a Friend

Herald Ivan Smith, 1996

Losing a friend is one of the most significant but unrecognized experiences of grief. This book addresses the special grief that grieving friends experience.

On Grieving the Death of a Father

Herald Ivan Smith, 1994

This book addresses the issues that adult children face when their father dies. Includes adults who lost their fathers as teenagers.

How to say Goodbye: Working through personal grief

Joanne Smith & Judy Biggs, 1990

Provides helpful information about dealing with the death of a loved one.

Beyond Grief

Carol Staudacher, 1987

Discusses issues related to grief and coping mechanisms. This book addresses many types of loss including spouse, parent, child, accidental death and suicide. Affirms feelings related to loss.

Men and Grief-A guide for men surviving the death of a loved one

Carol Staudacher, 1991

This book explores grief from the male perspective. The book discusses reaction to death, how they are "supposed" to react and how they react internally. Provides valuable insight on male grief.

A Time to Grieve-Meditations for healing after the death of a loved one

Carol Staudacher, 1994

This book has beautiful meditations related to loss and feelings.

Start the Conversation

Provides helpful ways to "begin the conversation" about death and dying. Good book for families.

The Courage to Grieve

Judy Tatelbaum, 1984

Generic to any type of grieving. Excellent book for clients.

You Don't Have to Suffer

Judy Tatelbaum, 1990

A handbook for moving beyond life's crisis. The book provides insight on how previous losses in one's life may cause a barrier to dealing with a current crisis. Good book for those who are about a year removed from the death and appear to be stuck in their grief process.

I Remember...I Remember

Enid Samuel Traisman, 1992

A keepsake journal for adults. A simple, beautiful way for memories, feelings, and other thoughts to be recorded.

The Death of a Wife: Reflections for a grieving husband

Robert Vogt, 1996

Written for men who have lost a spouse. Written by a man who struggled with the pain of emptiness and loss after his wife died.

When There Are No Words-Finding your way to cope with loss & grief

Charlie Walton, 1996

Written by a parent who lost two young adult children two weeks before Christmas. Their deaths were accidental but drugs played a role. Male grief and the impact on the family is discussed.

Good Grief

Granger E. Westberg, 1971

This concise book discusses the loss of a loved one and may help people deal with everyday losses.

ANTICIPATORY GRIEF:

Living With Grief When Illness is Prolonged

Kenneth J. Doka, Ph.D., 1997

Presents several brief articles on different types of illness that might prolong the grieving process such as Alzheimer's, ALS, Cancer, Etc. Good reference book if preparing a presentation for caregivers.

CHILDREN & TEENS:

When I'm Afraid

Jane Aaron, 1998

Short, easy to read book that helps children understand the fear of being afraid & what they can do when they are afraid. Good for use by professionals working with young children. Pre-school-elementary.

When I'm Angry

Jane Aaron & Barbara Gardiner, 1998

Short, easy to read book that helps children understand what they can do when they are angry. Good for use by parents or professionals working with young children. Helps them identify and discuss feelings. Pre-school-elementary.

Someone Special is Very Sick

Jim & Joan Boulden, 1995

Workbook written for younger children to help them deal with the serious illness of someone special.

When I Die, Will I Get Better?

Joeri & Piet Breebaart, 1993

Beautifully written story about illness & death in terms young children can understand. Instead of children, the Rabbit family is featured. Preschool-elementary age children.

Bye, Mis' Lela

Dorothy Carter, 1998

Story about a caregiver who dies. Helps children understand death. Features African-American children & adults. Elementary age group.

Everett Anderson's Goodbye

Lucille Clifford, 1983

Describes how a little boy feels after his father dies. Good book for elementary students to read or to be read to pre-school children. The family is African-American and appropriate for a culturally diverse group.

I Had A Friend Named Peter

Janice Cohn; 1987

This book helps children understand the death of a friend their age. Age appropriate for pre-school-elementary school. There is a summary of information for parents and educators.



Just A Heartbeat Away-When A Mother Dies of Aids

Gabriel Constans, 1996

A story book to use with children who are dealing with a death of a loved one related to AIDS. In the book, it seems that the mother dies rather quickly after her diagnosis. This might be difficult for children who watched their loved one die a slow death. Ages middle to junior high.

I'm Mad

Elizabeth Crary, 1992

Written for primary grades to help children deal with their anger. Elementary school age.

I'm Scared

Elizabeth Crary, 1994

Written for primary grades to help children deal with their feelings of being afraid. Elementary school age.

Boogeyman in the Basement

Kathleen Duey & Ron Berry

Helps children confront their fears in a safe way. Elementary school age.

Nana Upstairs & Nana Downstairs

Tomie dePaola, 1973 (

Multi-generation family deals with the death of a great-grandma. Elementary school age.

Glad Monster, Sad Monster

Ed Emberley & Anne Miranda, 1997

Book helps children talk about feelings. The book has fold-out masks for use by children to help them talk about their feelings.

Holidays & Special Days

Jessie Flynn, 1994

Storybook with suggestions to help young children celebrate special occasions after the death of a loved one. Preschool to elementary age.

Sophie

Mem Fox, 1994

A story about life & death. A little African-American girl comes to understand life & death when her grandfather dies. Preschool-elementary age children.

Good Grief: Helping Groups of Children When A Friend Dies

Sandra S. Fox

Written for those who work with children. The book provides activities to facilitate group discussion and things to look for that might indicate a need to refer the child(ren) for additional counseling.

Part of Me Died, Too: Stories of Creative Survival Among Bereaved Children & Teens

Virginia Lynn Fry, 1995

Discusses ways children and teens survived the death of a loved one. Includes death of father, mother, grandparent, pet, friend and includes deaths from AIDS, murder, suicide and illness.

Beyond the Ridge

Paul Goble; 1993

A short story about death based on Indian legacy. Comforting story that could be read to pre-school to elementary age children.

When A Friend Dies: A book for teens about grieving & healing

Marilyn Gootman, 1994

Simply & concisely discusses teen grief and ways for them to heal. Answers common questions & addresses fears and feelings. Appropriate for Jr./Sr. High.

Talking About..Death

Earl & Sharon Grollman

Workbook to help children deal with a death. An aid for parents or professionals who are working with a grieving child. Elementary school age.

The Next Place

Warren Hanson, 1997

Easy to read book that shares what “the next life” will be like, an imaginary journey. Good for use of primary-middle school age children as well as adults.

When Something Terrible Happens-Children can learn to cope with grief

Marge Heegaard; 1991

This journal for children helps them identify and discuss their feelings. It allows them to draw and write about their feelings. For young children.

When Someone Very Special Dies

Marge Heegaard; 1988

This journal assists young children in identifying and talking about their grief. It allows them to draw and write about their feelings.

When Someone Has a Very Serious Illness.

Marge Heegaard, 1991

This journal assists young children in identifying and talking about their fears when someone they love is very ill.

The Brightest Star

Kathleen Maresh Hemery, 1998

Story about a young girl whose mother died. She struggles with defining her family without her mother when she has a school project to complete. Appropriate for elementary-middle school.

Losing Uncle Tim

Mary Kate Jordan, 1989

This book addresses a death related to AIDS and is geared towards elementary to middle school age children. Deals with the feelings a child has when they lose a family member to AIDS.

Kathy's Hats

Trudy Krisher, 1992

Story of a young girl who gets sick and needs chemotherapy. She loses her hair and finds comfort in the variety of hats that she can wear. Elementary-middle school age children.

How It Feels When A Parent Dies

Jill Krementz ; 1981

This book is written with stories from children who explain how they felt when they lost a parent. A very inspirational book for use with middle-high school age children/teens.

What is a feeling?

David W. Krueger, MD, 1993

Multicultural book that helps children identify feelings and talk about them. Elementary-middle school age.

Daddy's Chair

Sandy Lanton, 1991

Written for young children who have lost a parent, especially a father. Explains Jewish tradition related to death and helps a young boy deal with his father's death from cancer.

For Those Who Live-Helping children cope with the death of a brother or sister

Kathy LaTour; 1983/1991

This book talks about the grieving that occurs when a child or young adult dies in a family. It deals with the different feelings that might be experienced and how family dynamics might change. Middle to Junior High school level.

Learning to Say Good-By: When A Parent Dies

Eda LeShan; 1976

This book seems appropriate for middle-junior high children. Addresses issues such as “what about me?”; “the fear of being left alone” and many other thoughts.

Forever In My Heart

Jennifer LeVine, 1992

A story that helps children participate in life as a parent dies. Integrates story-telling and art to help the child deal with his loss. Elementary school age.

Liplap's Wish

Jonathan London; 1994

A storybook about death for children.
Age appropriate for pre-school to elementary.

Why Did Grandma Die?

Trudy Madler; 1980

This is a story about the death of a grandmother and the effect it had on her school age granddaughter. Elementary to middle school age children.

On the Wings of a Butterfly

Marilyn Maple, 1992

A story about life & death. Young girl has cancer & dies but she comes to understand her life & death by the meaning of butterflies. Middle school age children.

Listen for the Fig Tree

Sharon Bell Mathis, 1974

Story about an African-American teenager who must deal with the death of her father & her mother's grief. Written as a novel, deals with poverty, blindness and aspects of grief. Appropriate for Jr/Sr high.

Lifetimes: The Beautiful Way to Explain Death to Children

Byron Mellonie & Robert Ingpen; 1983

This story book tells of the life and death cycle through the use of story and pictures. Appropriate for pre-school-elementary age children.

Aarvy Aarvark Finds Hope

Donna O'Toole; 1988

The book addresses life, friendship and death. Elementary to middle school age children will enjoy this book.

Mommy's in the Hospital Again

Carolyn Stearns Parkinson, 1996

Discusses the feelings a young boy experiences as his mother deals with a chronic illness. The family helps him deal with his feelings about "Mom being sick." K-5th grade.

When A Pet Dies

Fred Rogers, 1988

Help children understand the death of pet by a story. Preschool-elementary age children.

A Birthday Present for Daniel

Juliet Rothman, 1996

Beautiful story about a young child who's brother died. Captures changes that occur in a family when a child dies. Elementary-middle school age children.

Love, Mark

Mark Scrivani; 1988

This book is written for children in letter form, answers questions related to grief. Elementary to junior high age.

Love, Mark II

Mark Scrivani; 1990

Builds on Love, Mark. See above .

What's Wrong with Grandma?

Margaret Shawver, 1996

A story about a family who learns to deal with Grandma's Alzheimer's disease. Helps children understand about memory loss and the disease. Middle-junior high school.

What's Heaven

Written for the child who has lots of questions about "life after death" and where people & animals go when they die. Written for pre-school-elementary children.

The Saddest Time

Norma Simon, 1986

Summarizes several types of death, how children were told and how they handled the death. A story book for elementary children.

After Charlotte's Mom Died

Cornelia Spelman, 1996

Addresses the pain and loneliness that a young girl feels after her Mom died. Her Dad is grieving and she doesn't know how to help or where to turn. After a fight at school, the girl & her father seek guidance from a therapist to help them deal with their grief. Elementary to middle school age.

See you in heaven

Rev. Joe Stripling, 1998

When a little boy is diagnosed with cancer, he searches for the meaning of God. Written from a faith perspective. Appropriate for pre-school-elementary.

Fire in My Heart, Ice in My Veins: A journal for teenagers experiencing a loss

Enid Samuel Traisman; 1992

This is a journal that will assist teenagers in recognizing and owning their feelings related to loss. Early to mid teens would benefit from this journal.

Dear Bruno

Alice Trillin, 1996

A sick dinosaur tries to cheer up a fellow dinosaur who has cancer. A book of hope and helpful hints for the young who are dealing with cancer. Elementary-middle school age.

Saying Goodbye to Daddy

Judith Vigna, 1991

A story book for pre-school to elementary age children. A little girl mourns the death of her father.

To Hell With Dying

Alice Walker; 1988

This book features African-American children and their family members. The book is written from the perspective of a young woman who was deeply touched by a neighbor and his love for children in the neighborhood. It is a book of hope. Middle to junior high school age children.

Red Ribbon

Sarah Weeks, 1995

Book & audio tape about a young girl who learns about the meaning of a red ribbon when a neighbor becomes ill. This book could be helpful for adults to discuss AIDS with children. Elementary-middle school age.

Cool Cats, Calm Kids

Mary Williams, 1996

Relaxation & stress management for young children. Helpful hints for to help teach children about relaxation. Elementary-middle school age.

After the Funeral

Jane Loretta Winsch, 1995

Multicultural book to help children understand their feelings after the loss of someone significant in their life. Encourages children to share their thoughts, feelings & fears. Preschool-elementary school age children.

We Don't Like to Remember Them as a Field of Grass: A book by children who have had a loved one murdered

From the Dougy Center, 1991

A simple workbook to help children deal with a death when a loved one was murdered. Workbook style integrates storytelling & pictures to share their loss.

PARENTS:

Explaining Death to Children

Earl Grollman; 1967

This book is written for parents and professionals who work with children. Provides information on the stages of understanding by children based on their age.

Talking About Death

Earl Grollman, 1990

Written for parents or those who work with children. Addresses ways that death can be discussed with children.

A Collection of Letters to Bereaved Parents

Letters written by parents to parents who have lost a child. Includes death from various illnesses and accidents.

How Do We Tell The Children? A Parents Guide to Helping Children Understand and Cope When Someone Dies

Dan Schaefer & Christine Lyons
1987

This book assists parents in discussing death with their children.

The Bereaved Parent

Harriet Sarnoff Schiff; 1977

This book is written for parents who have lost a child. It addresses many of the problems and challenges they will face as they deal with the death of their child.

PROFESSIONAL REFERENCES:

Beyond the Innocence of Childhood: Helping Children & Adolescents Cope with Life-Threatening Illness and Dying

David Adams & Eleanor Deveau 1995
Three book series that addresses many issues children and teenagers face as they deal with illness and death. Insightful and useful information related to development and age-appropriate discussions.

The Art of Healing

Childhood Grief: School based expressive arts program

Anne Black & Penelope Simpson
Adams; 1993

Usable ideas for helping children express their feelings through art. Includes a facilitator's guide and offers 4 different sections related to specific issues. Offers a step-by-step process to facilitate grief counseling within a school setting.

The Last Dance: Encountering Death & Dying 1999

Lynne Despelda & Albert Strickland,
Provides valuable information on various cultures and how they view death. Good resource book.

The Path Ahead: Reading in Death & Dying

Lynne Despelda & Albert Strickland,
1995

A collection of short articles related to death & dying. Articles include multicultural, social issues, medical ethics & decision making, violence, suicide, & personal dimensions of loss. Good reference book.

Children Mourning, Mourning Children

Kenneth Doka; 1995

Excellent book for professionals to use in dealing with the many aspects and ways children mourn. Good for school counselors. Includes a helpful bibliography.

Living With Grief: At Work, At School, At Worship

Kenneth Doka, 1999

Addresses the issues of loss in various settings and the impact grief has in all aspects of our lives.

Living With Grief: Who We Are; How We Grieve

Kenneth Doka & Joyce Davidson; 1998
Provided by the Hospice Foundation of America, this book explores grief from various perspectives including religious beliefs, ethnic backgrounds, socio-economic situations as well as helping those with developmental disabilities. A good reference book for understanding various & diverse groups.

Fernside Idea Book: A Guidebook for Group Facilitators

A practical guidebook produced by Fernside, a Center for Grieving Children. Provides ideas for groups, activities, etc.

Afraid to Ask: A book for families to share about Cancer

Judylaine Fine, 1986
Provides easy to understand information about cancer & treatments. Also provides easy to understand explanations of several types of cancer. Good for use with families & children in a family session or with adults to share with their children. Information about the various types of cancer may be valuable to share with clients & their families.

Coping When a Parent Has AIDS

Barbara Draimin; 1993
Provides helpful information to assist children & teenagers deal with AIDS in their family.

The Grieving Child

Helen Fitzgerald; 1992
This book is a guide for educators and parents. It addresses anticipatory grief as well as life after a death has occurred in a family.

Bereaved Children & Teens

Earl Grollman; 1995
This book is an excellent support guide for professionals and parents. The book is divided into 3 major sections, each dealing with age-appropriate issues, including religious traditions.

Straight Talk About Death for Teenagers

Earl Grollman; 1993
This book is for teenagers but would compliment group or individual counseling. It may help the teen identify some areas of concern and generate questions.

Bereavement Support Group Program for Children)

Beth Haasl & Jean Marnocha; 1990
This is a leader's guide for facilitating a support group for children who are mourning. Provides ideas for topics and projects to assist with group discussion.

A Child Shall Lead Them-Lessons in Hope From Children With Cancer

Diane Komp, MD, 1993
Integrates stories of children with cancer with biblical hope and modern medicine. Inspirational stories for those who work with children with chronic or terminal illnesses.

Lucy Lettuce

Patrick Loring & Joy Johnson, 1994
This book uses "puns" to tell a story of grief and recovery. Great to use with children as well as adults. Therapeutic use of storytelling.

How to Help Children Through a Parent's Serious Illness

Kathleen McCue, 1994 (2 copies)
A valuable resource for professionals to share with families who have children and want to help them deal with a serious illness in their family. Provides ways to share information, integrate children into the process, etc.

Facing Changes: Falling apart & coming together again in the teen years

Donna O'Toole, 1995

Addresses issues of grief & loss by providing information and questions for the teen to answer related to their loss. Practical guide for use in a classroom or support group setting. Professionals working with teens.

Tear Soup: A recipe for healing after loss

Pat Schweibert & Chuck DeKlyen, 1999

This is a story book that can be used with adults as well as children. Provides great insight on the emotions experienced by the bereaved. A great teaching tool to use with professionals or in groups.

Interventions with Bereaved Children

Susan C. Smith & Sr. Margaret Pennells, 1995

Guide for parents & professionals working with children who are grieving. Assists with chronic or terminal illness and death.

Bereavement: It's Psychosocial Aspects

Schoenberg, Gerber, Wiener, Kutscher, Peretz & Carr; 1977

This book provides a clinical approach to dealing with bereavement issues. May be a good reference preparing for a presentation.

Loss & Grief in Medicine

Bailliere Tindall; 1978

Deals with various types of loss related to medical conditions or genetics, including surgeries, infertility and many other situations.

Helping Bereaved Children: A Handbook for Practitioners

Nancy Boyd Webb 1993

Provides different techniques to use with children to help them deal with the death of a loved one, including parent, grandparent, sibling, other relatives or friends.

Healing the Bereaved Child

Alan Wolfelt; 1996

This book balances the role of grief counselor and provides helpful hints for working with children who are grieving. The book includes a great bibliography with age appropriate books.

Biopsychosocial Aspects of Bereavement

Sidney Zisook, 1987

Professional assessment book geared towards those who are dealing with a group of students to help them gather pertinent information.

SUDDEN DEATH:

Living With Grief After Sudden Loss

Kenneth Doka; 1996

This book presents a series of short situations in which a death occurred including suicide, disasters, heart attack, etc. Good book to refer in order to understand more of the dynamics of sudden death.

SUICIDE:

Suicide Survivors' Handbook

Trudy Carlson, 1995

A guide for the bereaved and those who wish to help them. Written by a mother whose 14 year old son committed suicide.

Suicide: Prevention, Intervention and Postvention

Earl Grollman; 1971

This book addresses the issues of suicide and is written for professionals who are working with the survivors or their family members.

Making Sense of Suicide: An indepth look at why people kill themselves

David Lester, 1997

Based on modern research, this book examines suicide and the reasons someone may choose to take their own life. This book may be helpful to professionals more than survivors.

A Message of Hope for Surviving the Tragedy of Suicide

Patricia Harness-Overley, 1992

Written by a woman whose 18 year old son committed suicide. She takes a year long approach to help others deal with the feelings and emotions related to a death by suicide. Good for use by survivors of suicide.

OTHER REFERENCES:

Tuesdays with Morrie: An old man, a young man & life's greatest lesson

Mitch Albom, 1997

Highlights the relationship that a dying professor has with one of his former students. They met on Tuesday's and discussed the importance of life. The professor dies from ALS (Lou Gerhig's disease) Based on a true story.

Disenfranchised Grief: Recognizing Hidden Grief

Ken Doka, 1989

Discusses the various types of losses that may not be recognized due to relationships shared by the person who died and the griever. Helpful for professionals.

Healing Essence

Mitchell Gaynor, 1995

A cancer doctor's practical program for hope and recovery.

Diagnosis Cancer: Your Guide to the First Few Months

Wendy Schessel Harpham, MD, 1998

Written by a physician and cancer survivor, provides helpful hints in a question and answer format.

After Cancer: A Guide to Your New Life

Wendy Schlessel Harpham, MD, 1994

Provides practical advise and helpful hints for cancer patients and/or their loved ones related to life after a cancer diagnosis.

When A Parent Has Cancer

Wendy Schessel Harpham, MD, 1997

This book is a guide for parents who also have cancer. This book would be valuable for anyone working with children who are dealing with cancer in their family.

"Don't Ask for the Dead Man's Golf Clubs:" What to do and say (and what not to say) when a friend loses a loved one

Lynn Kelly, 2000

This book takes a humorous approach to help others know what to say and do when a loved one or friend's life is touched by death.

The Jewish Way in Death & Mourning

Maurice Lamm, 1969

Explains Jewish tradition related to death and the grieving process. Easy to follow for those who want to understand more fully the Jewish tradition.

Coping With Cancer

John Packo, 1991

Twelve creative choices for those dealing with cancer. This is a scripture based approach to healing.

Gilda's Disease

Steven Piver, 1996

Written by a doctor who provides a medical perspective on ovarian cancer. Includes the personal experience of Gene Wilder based and his wife, Gilda Radner.

Letting Go-Reflections on Dying

Morrie Schwartz, 1996,
Reflections by Morrie Schwartz who was a college professor. He was diagnosed with ALS-Lou Gerhig's disease and he faced his death with courage, wit and wisdom. Very inspirational.

Living Beyond Breast Cancer

Marisa & Ellen Weiss, 1997
Written as a survivor's guide for when treatment ends and the rest of your life begins. Addresses issues many breast cancer patients and their families face.

The Art of Condolence: What to write, What to say, What to do at a time of loss.

Leonard & Hilary Zunin, 1991
Provides insightful ways to express feelings and thoughts when someone experiences a death. A nice reference book for those who work in the field of bereavement.

***BEREAVEMENT SUPPORT GROUPS,
HOLIDAY HELPS AND MEMORIAL
SERVICE REFERENCES:***

Planning Memorial Celebrations

Rob Baker, 1999
Provides helpful suggestions for services immediately following a death as well as services that occur at a later time.

Six Simple Weeks: A Caring Manual for Support Group Leaders

Eloise Cole and Joy Johnson, 2001
This book is based on a six week bereavement support group model. Provides helpful hints on how to begin a group and how to structure each week.

Holiday Hope: Remembering Loved Ones During Special Times of the Year

Fairway Press, 1998
This book provides helpful hints on how to deal with all the special holidays that occur during the year after the death of a loved one, including anniversaries, birthdays, etc.

Effective Support Groups: How to plan, design, facilitate and enjoy them

James Miller, 1998
Provides many help suggestions on how to start and facilitate a bereavement support group.

Death & Grief: Healing Through Group Support

Harold Ivan Smith, 1995
This book walks leaders and participants through a healing group experience. This book provides religious references for those interested in providing a church group.

Holiday Help: A Guide for Hope & Healing

Darcie Sims and Sherry Williams, 1996
Simple activities to help families cope with the holidays.

How To Start and Lead a Bereavement Support Group

Alan Wolfert; 1997
Provides a "step-by-step" approach to starting and facilitating a bereavement support group.

VIDEOS:

It is important to review the tapes prior to use with a client or patient. Some tapes are educational, others are supportive. Some deal specifically with cancer while others are for those who are facing and accepting the fact that they are actively dying.

ANTICIPATORY GRIEF:

Living Fully Until Death

This tape interviews two dying patients, one of cancer and one of ALS. The film follows these two people for two years and the effect on them and their families as they face their illness and the choices they must make. A good video for patients and their families. (28 minutes) 1996

ABC News Special: Lessons in Living with Morrie Schwartz

Ted Koepel interview Morrie Schwartz over a six month period as he prepares for the progression of his ALS disease and his death. Inspirational video. (1 hour) 1996

Date Line Special: Preparing for Death

Interview's a woman who prepared for her death by video taping stories for her daughter. She prepared tapes to be viewed by her daughter when she was older. Her daughter is 3. The young woman is about 35 and died of breast cancer. (30 minutes) 1998

ADULTS:

The Courage to Grieve

A creative living, recovery and growth through grief video by Judy Tautelbaum. The video is based on her book and would be useful for support groups, presentations and professional training. (45minutes) 1994

Men and Grief

Eight men who have experienced grief in their lives discuss what it feels like to be a man and to grieve. The losses include wives, children, parents, & siblings. The group is diverse in age and ethnic background. Deaths were sudden as well as anticipated. Appropriate for groups, individuals and for training sessions. (60 minutes) 1995

ADULT CHILDREN:

Grown Up Tears: Adults Grieving the Death of a Parent

This video interviews 6 adults who lost one of their parents from a variety of illnesses or sudden death. It addresses their relationship with the deceased parent and how they have felt since the death. Deaths occurred from 3 weeks to 4 years. Does not address the stages of grieving. (28 minutes) 1994

CANCER:

Castles in the Sand: Facing Leukemia

Josh Littman, a newscaster who was diagnosed with leukemia in 1986 utilized his journalistic skills to capture the process of dealing with his diagnosis. His journey is captured on film, through the experience of his family, the medical team and his friends. Josh died from leukemia a year after his diagnosis. The film deals realistically with the disease and the effect it has on the patient, the family and those who are involved with the care of the patient.

Not recommended for patients diagnosed with leukemia but might be helpful for follow-up/bereavement for surviving family members or for use with staff training. (60 minutes) 1995

Three Days Out: Four Women, One Struggle

This two set series discusses the struggles that four women faced as breast cancer patients. They are part of a breast cancer support group who partakes in a "ropes course, outward bound" type of experience. The videos interview four women who discuss the challenges they faced with their diagnosis and treatment. (Video 1-34 minutes; Video 2-22 minutes) 1997

ABC News Special: The Race for a Cure

Provides an update on the latest treatments and drugs that are being developed as well as interviews with patients and survivors. Good tape for educational presentations and use with some clients. (45 minutes) 1998

Handle with Care: Living with Metastatic Cancer (1998)

Dramatization of how it feels to deal with metastatic cancer. Very well done, captures multitude of feelings. (26 min.)

Unwanted Challenges: Facing a Cancer Diagnosis

This video interviews seven individuals whose lives have been affected by cancer. Five have cancer and two are family members. This video would be useful for newly diagnosed individuals and their families in order to help them deal with their emotions and discuss the effect it could have on their families. Unfortunately, this video is not a multi-cultural tape. (25 minutes) 1996

CHILDREN/TEENAGERS:

Children Grieve, Too (1996)

A good tape for use with teachers, counselors, parents or a general audience in order to help them understand how to talk with children about death and how to allow children to mourn. Culturally diverse. (30 min.)

A Child's Grief

This video interviews several children as part of a support group. They discuss their feelings and reactions to the death of their siblings or parents. The video also interviews a few parents about the death and how they perceive the situation. This tape would be helpful for teachers, parents and other professionals who work with children. Parts of the tape would be helpful for children to view. Age appropriate for elementary to middle school age children. (45 minutes) 1994

A Child's View of Grief

Narrated by Alan Wolfelt, children teach adults about allowing children to grief. Good for use with parents, educators or professionals. Also good for use with children in order to get them to talk about their feelings. (25 minutes) 1996

The Fall of Freddie the Leaf

Culturally diverse film that addresses the issues of life and death, from the view of the changing seasons. Appropriate for school age children through adults. (17 minutes) 1985

Standing Tall: A video about teen grief (1994)

This tape interviews six teens who have lost a loved one including a grandfather, brother, father, aunt and cousin. Types of deaths include natural death, cancer, suicide and homicide. The tape could be helpful in starting conversations about death and dying. (20 minutes)

What About Me? Kids and Grief

This is an excellent video for use with children and those who work with children. The video interviews a group of multi-cultural children about their grief. The kids talk about the effect an illness has on the family or how the death affected the family. This is a powerful video for pre-school to junior high children. (18 minutes) 1993

The Tomorrows Children Face When A Parent Dies

This video interviews children, elementary to collage age, who lost a parent due to illness or sudden death. This is an excellent video for professionals who work with children as well as for use with children who have lost a parent. (47 minutes) 1997

OTHER:

A Ray of Hope-Facing the Holidays Following A Loss

People who have loss a spouse, fiancée, parent or other loved one discuss ways they prepared for significant holidays following the death of a loved one. Narrated by Paul Alexander who discusses ways people can adjust and prepare for “holidays.” General use. (38 minutes) 1997

Before I Die: Medical Care & Personal Choices (1997)

A panel of specialist discuss decisions that patients and family members face when a chronic or terminal illness is diagnosed. The video is a PBS special that addresses emotional as well as practical issues related to end-of-life decisions. Useful for training sessions, group presentations and for some patients/family members. (60 minutes)

Common Threads-Stories from the Quilt (1989)

Tells the story of five individuals who died or are dying from AIDS. The “story tellers” include a wife, partner, parents, significant other and a patient. Relays the pain of death related to this disease. Some of the facts are dated but the information and emotions are relevant for today. A good teaching tape about AIDS and the emotions related to the diagnosis and death. (79 minutes)

DEATH: The Trip of a Lifetime

4 tape series that addresses various aspects of death & dying. **First video, The Chasm**, explores death and dying from 12 different countries/cultures. It also highlights an elementary school that teaches a course on death & dying. **Second video, The Good Death**, explores how people view a “good death”, including various cultures. **Third video, Letting Go**, explores funerals and the rituals associated with funerals in various cultures. **Fourth Video, Going for Glory**, explores how different

cultures manifest belief in “afterlife” and how their belief may affect their life in this world.

The videos would be helpful for training staff about culturally diverse views on death. (Each video is 60 minutes) 1993

Ethical Issues: Who Lives? Who Dies? Dateline. (1997)

A Dateline interview which deals with several ethical situations related to end of life issues. Video is good for group presentations, ethical presentations, or for teaching purposes. (50 minutes)

Harbor of Hope

This video interviews people who are dealing with chronic illnesses such as cancer, MS, AIDS, etc. The video emphasizes the power of hope and a positive attitude when dealing with a chronic illness. (37 minutes) 1994

Invincible Summer-Returning to Life After Your Loved Has Died

Narrated video that integrates nature, music & words to discuss the pain of loss. The stages of grief are shared as is the fact that grief is universal. Good for mediation or for use with a client in between visits. General loss is discussed and can be used with mixed bereavement groups. Appropriate for those who lost a loved one in the past year. (16 minutes) 1989

It's In Every One of Us (1987)

Meditative video based on the song of the same name, features faces of people who display loss, despair, hope, laughter and happiness. Good for use with groups as a way to start conversation or to conclude a presentation on a hopeful side. Appropriate for all ages. (5 minutes)

Living With Grief: Children Mourning, Mourning Children

Panel discussion sponsored by the National Hospice Organization. Discusses children & grief and how parents, educators and other professionals can help children deal with grief. (60 minutes) 1993

The Pitch of Grief (1985)

Several adults discuss their loss, including how they were told of the death and how they dealt with their feelings. Good for use with clients, groups or professionals. (27 minutes)

Rainbow's Remedy (1992)

Parts of this video will be good to use with children or teens while other parts would be good for adults. It would also be good to use if you are doing a presentation for those who will be facilitating bereavement support groups. Preview prior to use. (22 minutes)

Shadowlands

A film about C.S. Lewis when his wife died from cancer. A moving film about the struggles faced when a couple deals with cancer. (73 minutes) 1985

To Touch A Grieving Heart

Good video to use with professionals or those who facilitate bereavement support groups. Addresses issues of death from several perspectives and provides insight to what the bereaved feel. (40 minutes) 1995

We Will Remember: A meditation for those who live on

A short meditative video that uses nature scenery to discuss memories and the fact the "memories" will always be a part of the life of someone who lost a loved one. (10 minutes) 1992

Whitewater: The Positive Power of Grief

Utilizes nature to discuss the experience of death and loss. The film is narrated and does not provide a "discussion" format. Good for use with an individual client or with a support group. Best use is with those who lose someone in the past year. (12 minutes) 1991

Whose Death Is It Anyway

A look at the human side of end-of-life decision making in an emotionally charged PBS special. Includes professionals & family members. (1 hr) 1996

WIDOWS/WIDOWERS:

The Longest Journey

Widows/widowers describe their personal journey after the death of their spouse. The video includes widows and widowers, young and old, culturally diverse. Integrates some "docudrama" to highlight feelings, emotions, etc. Professionals address issues of grief and loss throughout the video. Discusses new relationships and remarriage. The effect of the death on other family members is briefly discussed. (53 minutes) 1992

You're Not Alone: Coping with the death of a spouse

This video interviews five people who have lost a spouse. Some of the deaths were expected while others were not. This is not a culturally diverse tape. Would be good to use with a support group. (40 minutes) 1995