Attachment Informed Grief Therapy Series In Death Dying And Bereavement

Trauma and Expressive Arts Therapy

New Techniques of Grief Therapy: Bereavement and Beyond expands on the mission of the previous two Techniques books, featuring innovative approaches to address the needs of those whose lives have been shadowed by loss—whether through bereavement, serious illness, the rupture of a relationship, or other complex or intangible losses, such as of an identity-defining career. The book starts with several framing chapters by prominent theorists that provide a big-picture orientation to grief work and follows with a generous toolkit of creative therapeutic techniques described in concrete detail and anchored in illustrative case studies to convey their use in actual practice. New Techniques of Grief Therapy is an indispensable resource for professionals working in hospice, hospital, palliative care, and elder care settings; clinicians in broader health-care and mental health-care practices; executive coaches; and students in the field of grief therapy.

The Therapeutic Imagination

Understanding loss and its effects is integral to effective counseling and support in the treatment of grief. This book is both a guide to the key theories of bereavement, and a practical workbook that can be used with clients to help them understand and work through their grief in a positive, transformative way. Divided into two parts, the first section presents current models of grief used by thanatologists, and advice on when to apply them, these models provide a springboard to deepen the conversation with clients, allowing them to discover insights, consider memories and express their pain. In the second part of the book, creative exercises encourage clients to engage with their stories and actively apply their discoveries to their own healing. Offering a straightforward guide to bereavement models and therapeutic approaches, with photocopiable exercises and worksheets, The Creative Toolkit for Working with Grief and Bereavement is a valuable resource for information on grief and how to help grieving clients, and an invitation to explore creative possibilities for healing.

After Suicide Loss

Creating safety, hope, and secure attachment to transform traumatic memories. What makes trauma therapy effective? The answers might surprise you. While therapists have been bombarded with brain science, hundreds of new models, and pressure to use evidence-based techniques, research has demonstrated that the therapeutic relationship ultimately predicts therapy outcomes. This is especially true for traumatized clients. But, what kind of therapeutic relationship? Forming a secure therapeutic alliance with traumatized clients is tricky. How do you help clients trust you after they’ve been abused, betrayed, or exploited? How do you instill hope and convince clients who’ve been devastated by loss to believe that a better life is possible? In this accessible guide, Courtney Armstrong distills discoveries from attachment theory, brain science, and post-traumatic growth into practical strategies you can use to: 1) build trust and a secure therapeutic relationship; 2) transform traumatic memories into stories of triumph and courage; and 3) help clients cultivate resilience and a positive post-trauma identity. Packed with dozens of scripts, step-by-step worksheets, and inspiring client stories, this book gives you tools for each phase of the trauma therapy process and shows you how to: Engage and motivate clients based on their attachment style Manage trauma-related dissociation, anxiety, and anger Transform traumatic memories so they no longer haunt your client Work with different types of trauma, from sexual abuse to traumatic grief Evoke inner resources for healing and positive emotional states Counter compassion fatigue and burnout so you can thrive as a therapist Merely talking about a traumatic event is not enough because the parts of the brain where traumatic, implicit memories are stored don’t understand words. Heartfelt, relational experiences catalyze brain change and buffer the impact of trauma. In this book, Armstrong demonstrates that neuroscience is validating what therapists have suspected all along: the brain changes through the heart.

Attachment

The book is aimed to help people who are dealing with attachment problems and aid understanding into such conditions. It follows the experience of a young boy, Caleb, as he encounters difficulties forming and sustaining healthy relationships and presents a summary of current scientific thought on attachment styles.
Counting Our Losses

Presents a practical guide to dealing with grief; and offers personal case studies and advice that help individuals find peace, acceptance, and strength to move on.

Attachment in Therapeutic Practice

Non-Death Loss and Grief offers an inclusive perspective on loss and grief, exploring recent research, clinical applications, and current thinking on non-death losses and the unique features of the grieving process that accompany them. The book places an overarching focus on the losses that we encounter in everyday life, and the role of these loss experiences in shaping us as we continue living. A main emphasis is the importance of having words to accurately express these ‘living losses’, such as loss of communication with a loved one due to disease or trauma, which are often not acknowledged for the depth of their impact. Chapters showcase a wide range of contributions from international leaders in the field and explore individual perspectives on loss as well as experiences that are more interpersonal and sociopolitical in nature. Illustrated by case studies and clinical examples throughout, this is a highly relevant text for clinicians looking to enhance their support of those living with ongoing loss and grief.

Treating Traumatic Bereavement

here are over 38,000 suicide deaths each year in the United States alone, and the numbers in other countries suggest that suicide is a major public health problem around the world. A suicide leaves behind more victims than just the individual, as family, friends, co-workers, and the community can be impacted in many different and unique ways following a suicide. And yet there are very few professional resources that provide the necessary background, research, and tools to effectively work with the survivors of a suicide. This edited volume addresses the need for an up-to-date, professionally-oriented summary of the clinical and research literature on the impact of suicide bereavement on survivors. It is geared towards mental health professionals, grief counselors, clergy, and others who work with survivors in a professional capacity. Topics covered include the impact of suicide on survivors, interventions to provide bereavement care for survivors, examples of promising support programs for survivors, and developing a research, clinical, and programmatic agenda for survivors over the next 5 years and beyond.

Creative Arts and Play Therapy for Attachment Problems

A comprehensive exploration of grief by leading researchers and mental health care professionals; grief as an entirely natural response to loss and the consequences when the grief or loss is not openly acknowledged, socially sanctioned, or publicly shared.

A Safe Place for Caleb

Continuing Bonds

The use of the arts in psychotherapy is a burgeoning area of interest, particularly in the field of bereavement, where it is a staple intervention in hospice programs, children’s grief camps, specialized programs for trauma or combat exposure, work with bereaved parents, widowed elders or suicide survivors, and in many other contexts. But how should clinicians differentiate between the many different approaches and techniques, and what criteria should they use to decide which technique to use—and when? Grief and the Expressive Arts provides the answers using a crisp, coherent structure that creates a conceptual and relational scaffold for an artistically inclined grief therapy. Each of the book’s brief chapters is accessible and clearly focused, conveying concrete methods and anchoring them in brief case studies, across a range of approaches featuring music, creative writing, visual arts, dance and movement, theatre and performance and multi-modal practices. Any clinician—expressive arts therapist, grief counselor, or something in between—looking for a professionally oriented but scientifically informed book for guidance and inspiration need look no further than Grief and the Expressive Arts.

Continuing Bonds in Bereavement

Attachment-Informed Grief Therapy bridges the fields of attachment studies and thanatology, unifying theory, research, and practice to enrich our understanding of how and why people grieve and how we can help the bereaved. In its pages, clinicians and students will gain a new understanding of the etiology of complicated grief and its treatment and will become better equipped to formulate accurate and specific case conceptualization and treatment plans. The authors also illustrate the ways in which the therapeutic relationship is a crucially important—though largely unrecognized—element in grief therapy, and offer guidelines for an attachment informed view of the therapeutic relationship that can serve as the foundation of all grief therapy.

Rethinking Trauma Treatment: Attachment, Memory Reconsolidation, and Resilience

An exploration of grief and racial trauma through the eyes of a Black end-of-life caregiver. Most of us understand grief as sorrow experienced after a loss—the death of a loved one, the end of a relationship, or a
change in life circumstance. Breeshtia Wade approaches grief as something that is bigger than what’s already happened to us—as something that is connected to what we fear, what we love, and what we aspire toward. Drawing on stories from her own life as a Black woman and from the people she has midwifed through the end of life, she connects sorrow not only to specific incidents but also to the ongoing trauma that is part and parcel of systemic oppression. Wade reimagines our relationship to power, accountability, and boundaries and points to the long-term work we must all do in order to address systemic trauma perpetuated within our interpersonal relationships. Each of us has a moral obligation to attend to our own grief so that we can responsibly engage with others. Wade elucidates grief in every aspect of our lives, providing a map back to ourselves and allowing the reader to heal their innate wholeness.

**Attachment**

This is a concise, accessible introduction to the basic principles of attachment theory, and their application to therapeutic practice. Bringing together 70 years’ of theory and research, its expert authors provide a much-needed user-friendly guide to attachment-informed psychotherapy. The book covers: The history, research base, and key figures and concepts of attachment theory The key concepts of attachment theory, and their implications for practice Neuroscience implications of attachment and its therapeutic relevance The parallels and differences between parent-child attachment and the therapeutic relationship The application of attachment in adult individual psychotherapy across a number of settings, also to couples and families The applications of attachment to working with complex disorders The applications of attachment in child psychotherapy

**Devastating Losses**

Winner of the 2010 Goethe Award for Psychoanalytic and Psychodynamic Scholarship! This book builds a key clinical bridge between attachment theory and psychoanalysis, deploying Holmes' unique capacity to weld empirical evidence, psychoanalytic theory and consulting room experience into a coherent and convincing whole. Starting from the theory-practice gap in psychoanalytic psychotherapy, the book demonstrates how attachment theory can help practitioners better understand what they intuitively do in the consulting room, how this benefits clients, and informs evidence-based practice. Divided into two sections, theory and practice, Exploring in Security discusses the concept of mentalising and considers three components of effective therapy - the therapeutic relationship, meaning making and change promotion - from both attachment and psychoanalytic perspectives. The second part of the book applies attachment theory to a number of clinical situations including: working with borderline clients suicide and deliberate self-harm sex and sexuality dreams ending therapy. Throughout the book theoretical discussion is vividly illustrated with clinical material, personal experience and examples from literature and film, making this an accessible yet authoritative text for psychotherapy practitioners at all levels, including psychoanalysts, psychiatrists, clinical psychologists, mental health nurses and counsellors.

**Techniques of Grief Therapy**

The introduction of the continuing bonds model of grief near the end of the 20th century revolutionized the way researchers and practitioners understand bereavement. Continuing Bonds in Bereavement is the most comprehensive, state-of-the-art collection of developments in this field since the inception of the model. As a multi-perspectival, nuanced, and forward-looking anthology, it combines innovations in clinical practice with theoretical and empirical advancements. The text traces grief in different cultural settings, asking questions about the truth in our interactions with the dead and showing how new cultural developments like social media change the ways we relate to those who have died. Together, the book’s four sections encourage practitioners and scholars in both bereavement studies and in other fields to broaden their understanding of the concept of continuing bonds.

**Superhero Grief**

First published in 1996. Routledge is an imprint of Taylor & Francis, an informa company.

**Disenfranchised Grief**

This wide-ranging book on art therapy and grief provides everything an art therapist needs to feel confident in creating an effective treatment plan. It features fourteen clear-cut protocols, outlining 4-8 week curriculums for working with Complicated Grief, and explains the theory which informs the practice, including popular and evolving models such as Attachment Theory, Mindfulness, Dialectical Behavioral Therapy (DBT) and Art Therapy Relational Neuroscience (ATR-N). Suitable for a variety of settings and clinical populations, the book breaks through the analytical jargon of the field and provides first-person narratives of art therapists exploring their own experiences of grief and client case studies.

**Principles and Practice of Grief Counseling, Second Edition**

Superhero Grief uses modern superhero narratives to teach the principles of grief theories and concepts and provide practical ideas for promoting healing. Chapters offer clinical strategies, approaches, and interventions, including strategies based in expressive arts and complementary therapies. Leading researchers, clinicians, and professionals address major topics in death, dying, and bereavement, using superhero narratives to explore loss in the context of bereavement and to promote a contextual view of issues and relationship types that can improve coping skills. This volume provides support and psychoeducation to students, clinicians, educators, researchers, and the bereaved while contributing significantly to the literature
on the intersection of death, grief, and trauma.

Exploring in Security

Psychological trauma can be a life-changing experience that affects multiple facets of health and well-being. The nature of trauma is to impact the mind and body in unpredictable and multidimensional ways. It can be a highly subjective that is difficult to explain with words. It also can impact the body in highly individualized ways and result in complex symptoms that affect memory, social engagement, and quality of life. While many people overcome trauma with resilience and without long term effects, many do not. Trauma’s impact often requires approaches that address the sensory-based experiences many survivors report. The expressive arts therapy—the purposeful application of art, music, dance/movement, dramatic enactment, creative writing and imaginative play—are largely non-verbal ways of self-expression of feelings and perceptions. More importantly, they are action-oriented and tap implicit, embodied experiences of trauma that can defy expression through verbal therapy or logic. Based on current evidence-based and emerging brain-body practices, there are eight key reasons for including expressive arts in trauma intervention, covered in this book: (1) letting the senses tell the story; (2) self-soothing mind and body; (3) engaging the body; (4) enhancing nonverbal communication; (5) recovering self-efficacy; (6) rescripting the trauma story; (7) making meaning; and (8) restoring aliveness’’—

Attachment-Informed Grief Therapy

Praise for the First Edition: “The book is well-written, interesting, informative, thorough, and useful! As an educator for 43 years, this is the sort of text that I would be pleased to use in my classroom. I would highly recommend this book! It is an important contribution to the field!”-- Gerry R. Cox , PhD, Illness, Crisis and Loss This core, introductory textbook for undergraduate and graduate-level courses is the first to combine the knowledge and skills of counseling psychology with current theory and research in grief and bereavement. The second edition has been updated to reflect important new research and changes in the field, including insights on complicated grief, resilience after adverse life experiences, and compassion-based approaches to death, loss, and grief. It discusses the implications of the DSM-5’s omission of the bereavement exclusion for the diagnosis of a major depressive disorder. A completely new chapter on the social context of loss addresses social messages, grieving rules, workplace policies, and the disenfranchisement of many aspects of normal, health grief. The text also touches upon some of the therapies that have been developed by major researchers in the field to address complicated grief. New case scenarios further enrich the second edition. The text is grounded in the belief that grief counseling is distinct from other therapeutic issues because it is an adaptive response rather than a form of pathology. It describes the unique aspects of grief as a normal response to losses both death and non-death related, and views the goal of counseling bereaved individuals as one of facilitating the unfolding of the healthy and adaptive aspects of the process as it manifests itself within each client. The book introduces various theories of bereavement and examines different therapeutic modalities that can be used in the context of grief and loss. Specific counseling practices that facilitate successful interventions are discussed, particularly that of “presence,” considered by the authors to be the primary therapeutic stance when working with bereaved individuals. The text also addresses grief counseling with special populations, ethical issues, and self-care concerns for counselors. Case studies, discussion and reflection questions, and suggested additional resources are included in each chapter. New to the Second Edition: New insights on complicated grief, DSM categorizations of grief, resilience, and compassion-based approaches to death, loss, and grief A completely new chapter on the social context of loss, including social messaging, grieving rules, and workplace policies New case scenarios Addresses the unique aspects of grief after suicide and homicide Distinguishes grief/complicated grief from depression and trauma New information on the role and use of grief support groups New information on the use of social media and privacy issues Newly developed models of compassion-based response for counselors Application of current neuroscience research to grief counseling Use of technology and online counseling Key Features: Provides research-supported, practical guidance for grief counseling and support Regards grief therapy as a unique form of counseling based on grief as an adaptive response rather than as a form of pathology Written by two internationally recognized leaders in the field Focuses on the importance of ipresence as the most important therapeutic foundation for working with bereaved individuals Includes questions for reflection and glossary of terms

Getting Back to Life When Grief Won’t Heal

How to start, do, and complete psychotherapy that is trauma-and attachment-based as well as culturally informed. Most books about doing psychotherapy are tied to particular psychotherapeutic practices. Here, seasoned clinical author Robin Shapiro teaches readers the ins and outs of a trauma- and attachment-informed approach that is not tied to any one model or method. This book teaches assessment, treatment plans, enhancing the therapeutic relationship, and ethics and boundary issues, all within a general framework of attachment theory and trauma. Practical chapters talk about working with attachment problems, grief, depression, cultural differences, affect tolerance, anxiety, addiction, trauma, skill- building, suicidal ideation, psychosis, and the beginning and end of therapy. Filled with examples, suggestions for dialogue, and questions for a variety of therapeutic situation, Shapiro’s conversational tone makes the book very relatable. Early-career therapists will refer to it for years to come, and veteran practitioners looking for a refresher (or introduction) to the latest in trauma and attachment work will find it especially useful.

Living Through Loss

This is an imminently practical workbook that shows a variety of invaluable techniques to get centered, calm and organized. An effective and enjoyable guide to help you feel in charge of yourself.” -- Bessel van der Kolk,
M.D. This is the workbook that all mental health professionals wish they had at the beginning of their careers. Containing over 100 approaches to effectively deal with trauma, this workbook pulls together a wide array of treatments into one concise resource. Equally useful in both group and individual settings, these interventions will provide hope and healing for the client, as well as expand and solidify the professional's expertise. Tools and techniques drawn from the most effective trauma modalities: * Art Therapy * CBT * DBT * EFT * EMDR * Energy Psychology * Focusing * Gestalt Therapy * Guided Imagery * Mindfulness * Psychodrama * Sensorimotor Psychology * Somatic Experiencing and Movement Therapies -BONUS: Book includes a link to all reproducible worksheets! Print and use with clients right away!! Praise for 101 Trauma-Informed Interventions: “Linda Curran’s unfailing energy and dedication to the healing of traumatized individuals has led to a voluminous, exciting, and comprehensive, 101 Trauma Informed Interventions. This workbook provides a plethora of effective tools -- traditional as well as innovative -- that can be used in whole or as a part of a course of therapy and also as self-help. The variety of options offered goes a long way towards dispelling the (unfortunately) popular misconception that there are only a limited number of interventions that help people to recover from trauma. Survivors as well as therapists who have been frustrated by the rigidity of strict adherence to evidence based practice will be greatly relieved to find a wealth of useful strategies to experiment, evaluate, and sort into a personally tailored trauma recovery program. This workbook is a godsend for the trauma field, expanding the possibilities for recovery in a most generous way.” ~ Babette Rothschild, MSW author of The Body Remembers and 8 Keys to Safe Trauma Recovery “Linda Curran has carefully and knowledgeably curated a practical, effective collection of interventions that actually work for trauma survivors. Any clinician committed to helping those suffering from posttraumatic stress needs to have these tools and resources to draw upon, because standard talk therapy, nine times out of ten, is simply not going to cut it. These exercises will.” ~ Belleruth Naparstek, LISW, author of Invisible Heroes: Survivors of Trauma and How They Heal “Drawing from the whole spectrum of trauma-based therapies, Linda Curran has compiled a sampling of practical exercises designed to help therapists and their clients better navigate the mine field that trauma work can be and find the path to healing.” ~ Richard Schwartz, Ph.D. author of Internal Family Systems Therapy “101 Trauma-Informed Interventions provides an accessible functional “playbook” for therapists committed to the rehabilitation of the client with a trauma history. In a readable volume Curran integrates diverse approaches of treatment and emphasizes the unique role that trauma plays in mental health. Underlying this eclectic strategy is the common theme emphasizing that healing will only begin when the trauma related feelings embedded in the body are appreciated.” ~ Stephen W. Porges, Ph.D., author of The Polyvagal Theory “An interesting compendium of potential interventions that can be interwoven into any therapist’s existing conceptual framework” ~ Louis Cozolino, Ph.D., Pepperdine University, and author of 5 books including the best-seller The Neuroscience of Psychotherapy, Healing the Social Brain (2nd edition)

**Artsful Grief**

“Techniques of Grief Therapy is an indispensable guidebook to the most inventive and inspirational interventions in grief and bereavement counseling and therapy. Individually, each technique emphasizes creativity and practicality. As a whole, they capture the richness of practices in the field and the innovative approaches that clinicians in diverse settings have developed, in some cases over decades, to effectively address the needs of the bereaved. New professionals and seasoned clinicians will find dozens of ideas that are ready to implement and are packed with useful features, including: An intuitive, thematic organization that makes it easy to find the right technique for a particular situation Expert guidance on implementing each technique and tips on avoiding common pitfalls Sample worksheets and activities for use in session and as homework assignments Illustrative case studies and transcripts”--

**Grieving While Black**

Techniques of Grief Therapy: Assessment and Intervention continues where the acclaimed Techniques of Grief Therapy: Creative Practices for Counseling the Bereaved left off, offering a whole new set of innovative approaches to grief therapy to address the needs of the bereaved. This new volume includes a variety of specific and practical therapeutic techniques, each conveyed in concrete detail and anchored in an illustrative case study. Techniques of Grief Therapy: Assessment and Intervention also features an entire new section on assessment of various challenges in coping with loss, with inclusion of the actual scales and scoring keys to facilitate their use by practitioners and researchers. Providing both an orientation to bereavement work and an indispensable toolkit for counseling survivors of losses of many kinds, this book belongs on the shelf of both experienced clinicians and those just beginning to delve into the field of grief therapy.

**Meaning Reconstruction & the Experience of Loss**

“Nine central issues relevant to attachment theory and research constitute this volume: Defining attachment and working models, Stability and change in attachment security, Influence of early attachment, Culture and attachment, Separation and loss, Attachment-based interventions, and Attachment, systems, and services. This is a time of widening interest in attachment theory, and this book exists alongside others that provide perspective on the field as a whole. The authors of these chapters have synthesized their views into fresh perspectives that, juxtaposed with others addressing the same questions, offer novel and useful insights into the current status of attachment theory and research, and perspective on its future”--

**Techniques of Grief Therapy**

Use of the imagination is a key aspect of successful psychotherapeutic treatments. Psychotherapy helps clients get in touch with, awaken, and learn to trust their creative inner life, while therapists use their imaginations to mentalise the suffering other and to trace the unconscious stirrings evoked by the intimacy of
the consulting room. Working from this premise, in The Therapeutic Imagination Jeremy Holmes argues unashamedly that literate therapists make better therapists. Drawing on psychoanalytic and literary traditions both classical and contemporary, Part I shows how poetry and novels help foster therapists’ understanding of their own imagination-in-action, anatomized into five phases: attachment, reverie, logos, action and reflection. Part II uses the contrast between secure and insecure narrative styles in attachment theory and relates these to literary storytelling and the transformational aspects of therapy. Part III uses literary accounts to illuminate the psychiatric conditions of narcissism, anxiety, splitting and bereavement. Based on Forster’s motto, ‘Only Connect’, Part IV argues, with the help of poetic examples, that a psychiatry shorn of psychodynamic creativity is impoverished and fails to serve its patients. Clearly and elegantly written, and drawing on the author’s deep knowledge of psychoanalysis and attachment theory and a lifetime of clinical experience, Holmes convincingly links the literary and psychoanalytic canon. The Therapeutic Imagination is a compelling and insightful work that will strike chords for therapists, counsellors, psychoanalysts, psychiatrists and psychologists.

**Attachment-Based Family Therapy for Depressed Adolescents**

Living Through Loss provides a foundational identification of the many ways in which people experience loss over the life course, from childhood to old age. It examines the interventions most effective at each phase of life, combining theory, sound clinical practice, and empirical research with insights emerging from powerful accounts of personal experience. The authors emphasize that loss and grief are universal yet highly individualized. Loss comes in many forms and can include not only a loved one’s death but also divorce, adoption, living with chronic illness, caregiving, retirement and relocation, or being abused, assaulted, or otherwise traumatized. They approach the topic from the perspective of the resilience model, which acknowledges people’s capacity to find meaning in their losses and integrate grief into their lives. The book explores the varying roles of age, race, culture, sexual orientation, gender, and spirituality in responses to loss. Presenting a variety of models, approaches, and resources, Living Through Loss offers invaluable lessons that can be applied in any practice setting by a wide range of human service and health care professionals. This second edition features new and expanded content on diversity and trauma, including discussions of gun violence, police brutality, suicide, and an added focus on systemic racism.

**Non-Death Loss and Grief**

This text shows how to design a treatment manual and adherence measure for attachment-based family therapy (ABFT) for adolescent depression and presents data and results on the treatment's efficacy.

**Complicated Grief, Attachment, and Art Therapy**

**Loss, Grief, and Attachment in Life Transitions**

If you have experienced the death of a loved one from suicide, this book is for you. With contributions of many people who have been through the experience and two Psychologists who have helped hundreds of people bereaved by suicide, this book takes the reader through the first few days, weeks, months and years.

**New Techniques of Grief Therapy**

This book presents an integrated treatment approach for those struggling to adapt after the sudden, traumatic death of a loved one. The authors weave together evidence-based clinical strategies grounded in cutting-edge knowledge about both trauma and grief. The book offers a clear framework and many practical tools for building survivors' psychological and interpersonal resources, processing their trauma, and facilitating mourning. In a large-size format with lay-flat binding for easy photocopying, the book includes over 30 reproducible handouts. Purchasers can access a companion website to download and print these materials as well as supplemental handouts and a sample 25-session treatment plan. Winner (Second Place)--American Journal of Nursing Book of the Year Award, Psychiatric and Mental Health Nursing Category

**Seeing Through Tears**

Grief as a Family Process draws on many sources, such as developmental psychology, psychoanalytic and family systems theory, and cultural anthropology. Using examples from a wide variety of cultural traditions, this book argues for a transformation of attachment to, instead of detachment from, the deceased family member to sustain and enhance family development.

**101 Trauma-Informed Interventions**

This book vividly shows how creative arts and play therapy can help children recover from experiences of disrupted or insecure attachment. Leading practitioners explore the impact of early relationship difficulties on children's emotions and behavior. Rich case material brings to life a range of therapeutic approaches that utilize art, music, movement, drama, creative writing, and play. The volume covers ways to address attachment issues with individuals of different ages, as well as their caregivers. Chapters clearly explain the various techniques and present applications for specific populations, including complex trauma survivors.

**The Creative Toolkit for Working with Grief and Bereavement**
Artful Grief is a decade-long study of loss by an art therapist, in the aftermath of her daughter’s suicide. On October 11, 2001, Sharon received a phone call in the middle of the night from the New York City Police Department telling her that her seventeen-year-old daughter Kristin, had “fallen” from the roof of her college dormitory. So began her journey into the labyrinth of unspeakable grief. As the 7th year drew to a close she found no comfort in traditional therapy, and no solace in spoken or written words. In surrender to her inner art therapist’s guidance, she began to create collages. She cut and tore images out of magazines and glued them on various size paper. The paper was a safe and sacred container, receptive to the fullness of emotion, story and paradox. Over time there was transformation and healing. Artful Grief A creative roadmap through violent dying and grief. A dose of “soul medicine” for survivors. A way to retrieve the pieces of a shattered life, with paper, scissors and glue. A resourceful tool for those suffering with complicated grief and/or PTSD. A place for the unspeakable to be seen and heard. A process to quiet the mind and open the heart. A visual experience of trauma images as illustrations of hope. A sample of prophetic dreams and meditations that are illuminating. A heartfelt sharing of “intimate secrets” for understanding and compassion. A surprising “grief gift” that is inspiring.

Grief as a Family Process

Loss, Grief, and Attachment in Life Transitions gives readers an attachment-informed grief counseling framework and a new way of understanding non-death loss and its treatment. Loss and grief are viewed through a wide-angle lens with relevance to the whole of human life, including the important area of career counseling and occupational consultation. The book is founded on the key themes of the Transition Cycle: welcome and contact, attachment and bonding, intimacy and sexuality, separation and loss, grief and meaning reconstruction. Rich in case material related to loss and change, the book provides the tools for adopting a highly personalized approach to working with clients facing a range of life transitions. This book is a highly relevant and practical volume for grief counselors and other mental health professionals looking to incorporate attachment theory into their clinical practice.

Attachment Based Family Therapy

This text is a valuable resource for clinicians who work with clients dealing with non-death, nonfinite, and ambiguous losses in their lives. It explores adjustment to change, transition, and loss from the perspective of the latest thinking in bereavement theory and research. The specific and unique aspects of different types of loss are discussed, such as infertility, aging, chronic illnesses and degenerative conditions, divorce and separation, immigration, adoption, loss of beliefs, and loss of employment. Harris and the contributing authors consider these from an experiential perspective, rather than a developmental one, in order to focus on the key elements of each loss as it may be experienced at any point in the lifespan. Concepts related to adaptation and coping with loss, such as resilience, hardiness, meaning making and the assumptive world, transcendence, and post traumatic growth are considered as part of the integration of loss into everyday life experience.

Doing Psychotherapy: A Trauma and Attachment-Informed Approach

Most students experience some form of loss in their lives, and the resulting grief can profoundly affect their academic performance, emotional stability, and social interactions. Serving both as a resource and workbook, this reader-friendly primer helps educators and school counselors understand and respond to the extraordinary challenges that children and adolescents may face when dealing with loss and grief. Featuring helpful charts, quotes, activities, case studies, reproducible handouts, and resources from national organizations, this sourcebook offers strategies to help students affected by divorce; death of a parent, relative, friend, or pet; violence; chronic illness; and more. The author examines grief experiences at different developmental levels and illustrates how to: Respond appropriately to expressions of grief that are unique to children and adolescents Help students handle emotions associated with loss Promote communication and facilitate effective interventions Determine when to refer a child to a specialist Respect cultural attitudes toward loss and grief This resource underscores the importance of understanding how children experience grief and loss and helps educators assist in ways that promote students’ emotional health and recovery.

Grief and the Expressive Arts

A prominent theme presented in this volume is that symptoms in the bereaved individual have meaning-making significance and that meaning reconstruction in response to loss is the central process in grieving. More scientifically oriented readers will find comprehensive discussions of research programs supporting these tenets, particularly those linking grief with responses to loss involved in trauma. Practitioners will find clinically informed models and ample case descriptions to bridge concepts with real people suffering real loss. All will find new paradigms for approaching loss and reconstruction of meaning in a respectful, revealing way that has significance both personally and professionally. (PsycINFO Database Record (c) 2004 APA, all rights reserved).

When Kids Are Grieving

This book fills a critical gap in our scientific understanding of the grief response of parents who have lost a child to traumatic death and the psychotherapeutic strategies that best facilitate healing. It is based on the results of the largest study ever conducted of parents surviving a child’s traumatic death or suicide. The book was conceived by William and Beverly Feigelman following their own devastating loss of a son, and written from the perspective of their experiences as both suicide-survivor support group participants and facilitators. It intertwines data, insight, and critical learning gathered from research with the voices of the 575 survivors
who participated in the study. The text emphasizes the sociological underpinnings of survivors' grief and provides data that vividly documents their critical need for emotional support. It explains how bereavement difficulties can be exacerbated by stigmatization, and by the failure of significant others to provide expected support. Also explored in depth are the ways in which couples adapt to the traumatic loss of a child and how this can bring them closer or render their relationship irreparable. Findings suggest that with time and peer support affiliations, most traumatically bereaved parents ultimately demonstrate resilience and find meaningful new roles for themselves, helping the newly bereaved or engaging in other humanitarian acts. Key Features: Offers researchers, clinicians, and parent-survivors current information on how parents adapt initially and over time after the traumatic loss of a child Presents data culled from the largest survey ever conducted (575 individuals) of parents surviving a child’s suicide or other traumatic death Investigates the ways in which stigmatization complicates and prolongs the grieving process Addresses the tremendous value of support groups in the healing process Explores how married couples are affected by the traumatic loss of their child

**Grief After Suicide**

*Seeing Through Tears* is a groundbreaking examination of crying behavior and the meaning behind our tears. Drawing from attachment theory and her own original research, Judith Nelson presents an exciting new view of crying as a part of our inborn equipment for establishing and maintaining emotional connections. In a comprehensive look at crying through the life cycle, this insightful volume presents a novel theoretical framework before offering useful and practical advice for dealing with this most fundamental of human behaviors.

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