

BEREAVEMENT RESOURCES

Internet Resources:

Counseling for Loss and Life Changes

<http://www.counselingforloss.com>

GROWW — Grief Recovery Online

<http://www.groww.com>

Victim Assistance Online

<http://www.vaonline.org>

Mothers Against Drunk Driving (MADD)

<http://www.madd.org>

The Compassionate Friends

<http://compassionatefriends.org>

For parents grieving the loss of a child. Local chapters

In the U.S. and Canada.

National Organization for Parents of Murdered Children, Inc.

<http://www.pomc.com>

American Association of Suicidology

<http://www.suicidology.org>

Center for Loss and Life Transition

<http://www.centerforloss.com>

Materials and information for grieving adults, teens, and children

Bibliography:

Jenkins, Bill., *What To Do When the Police Leave: A Guide to the First Days of Traumatic Loss*. 2nd ed. WBJ Press, Richmond, VA, 1999.

From the first moment and from the survivor's point of view, practical, full of resources, covers homicide, suicide, accidents, funeral arrangements, the grieving process for different kinds of deaths and gender differences, children's point of view, coping strategies, the justice system. Suggestions to give friends on how to be supportive.

Lord, Janice Harris., *No Time For Goodbyes*. 4th ed. Pathfinder: Ventura, CA, 1991.

This book may be found in your local bookstore and it is also available from MADD. Although its focus is primarily directed towards alcohol-related car crashes and fatalities, it is a must-have book for anyone dealing with grief, traumatic loss, and the justice system.

Manning, Doug. *Don 't Take My Grief Away From Me: How to Walk Through Grief and Learn to Live Again*. In-Sight Books: Oklahoma City, OK, 1999. Also reprinted by HarperCollins as: *Don 't Take My Grief Away*. An easy to read, practical book on dealing with a death in the family, how to make the necessary decisions, and enduring the natural grief that follows.

McCracken, Anne and Mary Semel, eds. *A Broken Heart Still Beats: After Your Child Dies*. Hazelden: Center City, MN, 1998.

A beautiful and extensive collection of short essays and inspirational writings on the loss of a child. A valuable long-term resource for the bereaved parent.

Rando, Therese A., *How to Go On Living When Someone You Love Dies*. Bantam: New York, 1988.

A thorough examination of the effects of death on a family, this book deals with the many different circumstances and relationships involved in the loss of a loved one. An excellent book with a superb bibliography and list of resources listed by type of loss.

Rando, Therese A., *Treatment of Complicated Mourning*. Research Press, 1993.

The clinician's bible on complicated bereavement from theory to research to assessment to treatment of different populations

Silverman, William B. and Kenneth Cinnamon. *When Mourning Comes: A Book of Comfort for the Grieving*. Jason Aronson, Inc.: Northvale, NJ, 1994.

Wise counsel on dealing with death and grief. The authors are a congregational rabbi and a clinical psychologist, respectively.

Staudacher, Carol. *Beyond Grief A Guide for Recovering from the Death of a Loved One*. New Harbinger: Oakland, CA, 1987.

An excellent, practical, and thorough book on the effects of grief from various causes. This book may seem overwhelming at first glance, but read chapters 1 and 2 first, then skip to the chapter that most closely deals with your type of loss. Later, you may want to read the rest.

Wertheimer, Alison. *A Special Scar: The Experience of People Bereaved by Suicide*. 2nd ed. Routledge, 2001.

Fifty bereaved people tell their stories.