

HPCANYS
Pandemic Flu Grief and Bereavement Project
Annotated Literature Review
May 2008

Adult Resources – for Professional Use

- Calhoun, R. & Tedeschi, R. (1999). *Facilitating Posttraumatic Growth: A Clinician's Guide*. Mahwah, NJ: Lawrence Erlbaum Associates.

Summarizes the concept of posttraumatic growth, its conceptual foundations, and supporting empirical evidence; includes recognizing and cultivating opportunities for positive change in situations of loss.

- Doka, K. (Ed) 2002a) *Disenfranchised Grief: New Directions, Challenges and Strategies for Practice*, Champaign, IL: Research Press.

Focuses on a kind of grief that is not openly acknowledged, socially validated, or publicly mourned. Also addresses distinct psychological, biological, and social issues, as well as the risk of limited social support.

- Doka, K.J. (ed) (2003) *Living with Grief: Coping with Public Tragedy*. Washington, DC: The Hospice Foundation of America.

Contributing authors address grief following disasters such as pandemics, natural disasters, school violence, and terrorist attacks; also treats the unique characteristics of public tragedies including media coverage, public attention, and debates surrounding the issues involved.

- Doka, K.J. (ed) (2007) *Living With Grief: Before and After Death*. Washington, DC: The Hospice Foundation of America.

Leading theoreticians and researchers in grief cover current theory and practice as experienced by persons throughout a life-limiting illness and by survivors after the death.

- Elison, J. and McGonigle, C. (2003) *Liberating Losses: When Death Brings Relief*. Cambridge, MA: Perseus Books

Not all people experience extreme grief reactions after the death of a loved one but rather a sense of relief. This book investigates the taboo of relief within this context.

- Hayslip Jr. B. & Peveto, C. (2005). *Cultural Attitudes toward Dying, Death, and Bereavement*. NY: Springer.

A comparison of the findings from a landmark study in the 1970's with the authors' recent study to examine the impact of cultural change on attitudes about death. Contrasting African-American, Asian-American, and Hispanic-American subpopulations with Caucasian experiences, the authors explore to what extent 30 year-old perceptions reflect present realities.

- Klass, D., Silverman, P. & Nickman, S. (eds.) *Continuing Bonds: New Understandings of Grief*. Washington, DC: Taylor & Francis.

Successfully challenges the prevalent theoretical concept that grief must involve detachment. The authors make a persuasive case that bereaved individuals retain a continuing bond with the deceased. Therapists are counseled on ways to integrate these bonds in facilitating bereavement.

- Martin, T. & Doka, K.J. (2000) *Men Don't Cry, Women Do: Transcending Gender Stereotypes of Grief*. Philadelphia: Taylor & Francis.

A detailed theoretical treatment of different patterns of coping with grief -- often influenced by culture, gender, and developmental experiences -- offering a change from popular gender stereotypes. The text defines terms, delineates grief patterns, and roots the book's precepts in contemporary grief theories. The final book segment considers implications and effective therapeutic interventions.

- Neimeyer, R.A. (Ed.) (2001). *Meaning Reconstruction and the Meaning of Loss*. Washington D.C.: American Psychological Association

Symptoms in the bereaved have meaning-making significance with meaning reconstruction being the central process of grief. The book also includes a discussion of research supporting these tenets, particularly those losses involved in trauma. Practitioners will find clinically informed models and case descriptions to bridge concepts with the real world suffering real losses.

- Parkes, C.M. Laumgan, P & Young, B. (Eds) (1997) *Death and Bereavement Across Cultures*. London: Rowledge.

Explores cross-cultural perspectives related to dying, loss, and bereavement by examining mourning traditions from around the world.

- Powell, T., Christ, K., & Birkhead, G. (2008) *Allocation of Ventilators in a Public Health Disaster*. Disaster Med Public Health Preparedness, 2:20-26.

The New York State Department of Health and the New York State Taskforce on Life and the Law developed guidelines for determining distribution of ventilators in a crisis situation. Written by members of the New York State Workgroup on Ventilator Allocation in an Influenza Pandemic, this book addresses the decision-making process and theories used to determine which patients should receive mechanical ventilation support in a pandemic situation.

- Rando, T. (1993) *Treatment of Complicated Mourning*. Champaign, IL: Research Press. Providing both theoretical and clinical background, the author reviews literature on this topic and delineates common theories. Also includes a helpful section on assessing people at risk for complicated mourning, plus a section on issues such as traumatic death, death of a child, and family systems.

- Rando, T.A. (Ed.). (2000) *Clinical Dimensions Of Anticipatory Mourning*. Champaign, IL: Research Press.

Emphasizes that grief reactions not only derive from an expectation of loss but also from the range of losses experienced within the course of a debilitating illness.

- Roos, S. (2002) *Chronic Sorrow: A Living Loss*. NY: Brunner-Routledge

A comprehensive and important reference tool addressing this little-understood phenomenon. Goals and situations common to chronic sorrow are reviewed and treatment methods are suggested.

- Rosenblatt, P. & Wallace, B. (2005). *African-American Grief*. NY: Routledge.

A careful study of the ways race and racism complicate the grief of African-Americans. This work considers the potential effects of slavery, racism, white ignorance and oppression on the African American experiences of death and grief in America. It combines moving narratives from interviewees with sound research, analysis, and theoretical discussions as well as related topics like the influence of the African-American church, gospel music, family grief, medical racism and discrimination.

- Sanders, C. (1999) *Grief: The Mourning After: Dealing with Adult Bereavement*. New York: John Wiley & Sons.

An excellent, research-based treatment of the mourning process. In this revised edition of her classic guide, Sanders develops an integrative theory of bereavement that serves as the basis for effective strategic interventions for those suffering with grief. Her model is comprised of five distinct stages of bereavement: shock, awareness of loss, conservation-withdrawal, healing, and renewal. She emphasizes the need to tailor interventions so as to allow the bereaved to grieve in a unique manner.

- Stroebe, M., Stroebe, W. & Hansson, R. (Eds.) (2001) *Handbook Of Bereavement Theory, Research and Intervention*. Cambridge: Cambridge University Press.

A comprehensive review of the consequences of the death of a loved person. Detailed coverage is given to the phenomenology of grief, distinctions between normal and pathological grief, and measurement and assessment techniques. Current theories are reviewed and underlying physiological mechanisms are surveyed, which help explain why the bereaved are highly vulnerable to ill health. Many different types of loss are included (i.e. AIDS and Holocaust survivors). Evaluations are provided of the availability and efficacy of many different types of support for bereaved people, ranging from informal help to self-help groups to various counseling and therapy intervention programs.

- Wolfelt, A. D. (1988) *Death and Grief – A Guide for Clergy and Others Involved in Care of the Bereaved*. Routledge.

Historically, clergy have been involved as supporters of the bereaved, yet many say that their education lacked substantive teachings in this area of caring. While directed at clergy, anyone involved in caregiving for the bereaved will find the contents of value.

- Worden, J. W. (2002) *Grief Counseling and Grief Therapy* (3rd. Ed.). New York: Springer
Worden incorporates current thinking on bereavement from extensive research, clinical work, and new literature. Not only includes the four "Tasks of Mourning", but also seven "Mediators of Mourning". Important new and expanded materials address special types of losses, including children's violent deaths, grief and the elderly, and anticipatory grief. A series of vignettes offer powerful training tools for the mental health professional.

Adult Resources – for both Professional Use and “Self-Help”

- York, S. (2000) *Remembering Well: Rituals for Celebrating Life and Mourning Death*. San Francisco: Jossey-Bass, Inc.

Designed to help spiritual leaders and ordinary people alike through the process of grief and bereavement. The author provides stories and words of wisdom to help those dealing with the loss of a loved one work through their emotions. Topics include: acknowledging anger and guilt, making the decision to bury or cremate, and how and when to scatter ashes.

- Zunin, L. & Zunin, H.S. (1992) *The Art of Condolence: What to Write, What to Say, What to Do at Time of Loss*. New York: Harper Paperbacks.

In times of bereavement, family members and friends often struggle with how to speak or act. This book offers suggestions on how to deal with such circumstances while at the same time letting those experiencing loss receive condolences. Topics include: composing a letter of condolence, how to act at a memorial service or funeral, when to help, and dealing with special circumstances surrounding a death.

Adult Resources – “Self-Help” for Bereaved People

- Munson, T. *Finding Your Way Through Grief*, A Lifetime Care Publication (585-214-1415 or www.lifetimecare.org)

An inexpensive booklet for men and women who have experienced major loss. It focuses on common grief reactions, coping techniques and gentle suggestions. Its non-denominational framework has been widely accepted by people with differing spiritual or religious beliefs. A Spanish language version is also available – *Encontrando Su Camino a Traves de la Afliccion*.

- Oman, M. (2002) *Prayers for Healing*. Berkley: Conari Press.

Organized in daybook form, the book focuses on healing in all its dimensions - physical, emotional, interpersonal, social, environmental and spiritual. Quotations range from sources such as the Bible, the Tao Te Ching, the Koran, the Torah, and Native American texts, as well as from Deepak Chopra, Rumi, Martin Luther King Jr., Marianne Williamson, and others.

- Rando, T.A. (1991). *How to go on Living When Someone You Love Dies*. NY:Bantam.

This self-help book covers a wide range of grief circumstances and describes a variety of ways to cope, emphasizing that there is no right or wrong way to grieve. It helps the reader understand grief, talk to children about death, resolve unfinished business, accept help and support of others and get through holidays and other difficult times of the year.

- Sanders, C. (1992). *Surviving Grief and Learning to Live Again*. NY: John Wiley and Sons.

A self-help book to help the bereaved better understand the process of grieving. Drawing directly from her own experiences and those of her clients and her research, the author delves into various experiences of grief, and talks about what it means to lose a mate, a parent, or a child. Also discussed are factors that influence the grieving process, such as age, gender, and circumstances of death.

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Children's Resources

- Arella, B. (2007). *Isabelle's Dream: A Story and Activity Book for a Child's Grief Journey*. Quality of Life Publishing.

Based on the true story of two sisters, *Isabelle's Dream* takes the reader on a heartwarming journey from grief to hope. The book is interactive and therapeutic. Black-and-white illustrations invite children to add their own creativity using crayons, colored pencils or glitter glue. Blank activity pages encourage each child to create original words or pictures about his or her special person. The story and art therapy format opens the door to conversations about loss in gentle, non-threatening ways. "Seven Tips for Parents of Bereaved Children" provide guidance and resources for gentle grief support.

- Boyd Webb, N. (2002) *Helping Bereaved Children: A Handbook for Practitioners*. (2nd Ed.) New York: The Guilford Press.

Presents a wide range of sensitive and practical therapeutic approaches and interventions for children who have experienced loss. The book was written to assist mental health practitioners in their therapeutic endeavors with bereaved children. It would also be extremely useful for physicians, nurses, school and religious counselors, and indeed, any person providing supportive care for a bereaved child.

- Barron, T.A. (2001) *Where is Grandpa?* New York: Putnam Juvenile.

This question haunts a young boy on the day his grandpa dies. As he remembers his family when his grandfather was alive, he discovers a surprising answer. Barron's debut picture book designed to help bereaved children aged preschool through grade two, offers a humanistic response to death and grieving.

- Greene, A. A. (1999) *Sunflowers and Rainbows for Tia: Saying Goodbye to Daddy*. Omaha: The Centering Corporation.

A story about a father who dies at home proceeding from the night of the father's death through the days following the funeral.

- Greenlee, S. (1992) *When Someone Dies*. New York: Peachtree Publishers.

Addresses the need to deal with confusion and hurt felt by children. It offers bibliotherapy to bereaved readers from kindergarten to grade two. The plotless book adopts the second-person perspective to express a variety of reactions to death and mourning

- Goldman, L. (1999) *Life and Loss – A Guide to Help Grieving Children* Ann Arbor: Sheridan Books.

A teaching manual for those working with grieving children. Includes techniques for helping children discuss grief, and approaches for helping them move through their feelings including children's camps, websites, and crafts.

- Hanson, W. (1997) *The Next Place*. New York: Waldman House Press.

A comforting message of hope and compassion, the beautifully illustrated book describes what happens to us when we die in a way that is not limited by circumscribed religious beliefs..

- Heegaard, M. (1992) *When Someone Has a Very Serious Illness*. New York: Woodland Press.

An excellent resource to help children learn basic concepts of illness and various age appropriate ways of coping. The book offers children new ways of understanding and communicating their grief.

- Heegaard, M. (1988) *When Someone Very Special Dies*. New York: Woodland Press.

A workbook designed to teach the basic concepts of death and help children understand and express the many feelings they may have when someone special dies. Children are encouraged to explore by asking

questions and to share personal understanding by writing and creating their own illustrations. This book is designed to work well in collaborative settings, including classrooms.

- Hemery, K. (1998) *The Brightest Star*. Omaha: The Centering Corporation.
A little girl grieving the death of her mother finds comfort in looking for the brightest star in the sky to remind her of her mother's love. This book offers children another way of coping with loss, and explains the feelings of grief and bereavement.
- Holmes, M. (1999) *Molly's Mom Died and Sam's Dad Died*. Omaha: The Centering Corporation.
Two picture books that help young people to understand the grief process. These books also offer a caregiver's section to help adults answer children's questions.
- Holmes, M. (2000) *A Terrible Thing Happened*. Magination Press
Picture book that relates a story about traumatic loss and the effective intervention offered by a classroom teacher or school counselor.
- Hughes, L. B. (2005) *You Are Not Alone: Teens Talk about Life after the Loss of a Parent*. New York: Scholastic Press.
Frank testimonials as well as discussions to assist with beginning the lifelong process of healing. Sharing experiences about losing a parent will help the grieving process and make the reader feel less isolated.
- Huntley, T. (2002) *Helping Children Grieve When Someone They Love Dies*. Minneapolis: Augsburg Fortress.
Details how children of all ages understand death, and outlines common behaviors and concerns. Also includes advice for parents and caregivers to guide them in helping dying children.
- Johnson, J. & Johnson, A. (2001) *Tell Me, Papa*. Omaha: The Centering Corporation.
A gentle explanation for children about death and the funeral. Questions children ask about death and dying are addressed and an explanation is offered about what happens when you die. Questions about funerals and cremation are answered honestly.
- Maresh, K. (2005) *Sunflower Promise*. Omaha: The Centering Corporation.
A chapter book for children ages 8-12 who are experiencing the death of someone they know. It is a valuable resource for children who are coping with the loss of someone close to them, and encourages them to experience and express their feelings .
- Mellonie, B. & Ingpen, R. (1983) *Lifetimes*. Bantam
A valuable tool for helping preschool aged children deal with loss. This picture book offers a beautiful way to explain death to children illustrating how everything has a "lifetime."
- McLaughlin, K. (2001) *The Memory Box*. Omaha: The Centering Corporation.
The story of a young child dealing with the death of his grandfather. The authors suggest the use of a memory box to help children keep the memory of their loved one close even after death.
- Nussbaum, K. (1998) *Preparing the Children: Information and Ideas for Families Facing Terminal Illness and Death*. Gifts of Hope Trust.
Resources and insights children need to heal following a loss.
- Schaffer, D. (2002) *How Do We Tell The Children? A Step-by-Step Guide for Helping Children Cope When Someone Dies*. Newmarket Press.
An updated guide, expanded to include new materials to help adults cope with the impact of traumatic events. It offers excellent suggestions for answering children's frequently asked questions.
- Scrivani, M. (1991) *When Death Walks In – For Teenagers Facing Death*. Omaha: The Centering Corporation.
Important information about addressing emotions that come with a death including anger and sadness.

- Silverman, P. (1999) *Never too Young to Know: Death in Children's Lives*. New York: Oxford University Press.

A practical and multifaceted theoretical approach to children coping with death. Using stories of children's own experiences supported by data from a large research study, Silverman explains the wide range of effects of loss upon children and the challenges they face as they grieve. Grief is presented as a normal part of the life cycle: it results not only in pain and sadness but also in change and growth. She further explains that children cope effectively with loss as long as they are taught to understand that death is a part of life and that they will be included appropriately in the family drama.

- Smith, H. I. (2004) *When a Child You Love is Grieving*. Kansas City: Beacon Hill Press of Kansas City.

Practical steps to ensure that a grieving child receives necessary, healthy outlets after the loss of a loved one. Quick answers are not what children need when they are grieving. Instead the author suggests the key tools of support and permission to grieve.

- Traisman, E. (1992) *Fire in My Heart, Ice in My Veins – A Journal for Teenagers*. Omaha: The Centering Corporation.

A powerful resource for teens to use when exploring and expressing feelings of grief, both individually and collectively.

- Trozzi, M. (1999) *Talking with Children about Loss*. New York: The Berkley Publishing Group. Suggestions for how best to broach the subject of death, loss, and bereavement with children, even in specific circumstances such as suicide, long-term illness, and community tragedy. The author also pays special attention to children who refuse to talk about death and loss, and gives guidance about seeking professional help.

- Viorst, J. (1987) *The Tenth Good Thing About Barney*. Aladdin.

A wonderful story explaining the importance of saying goodbye. In this story of a young boy who is grieving the loss of his cat, he tries to remember all the good things about the cat, and thinks of one extra.

- Webb, N.B. (Ed.) (2002). *Helping Bereaved Children: A Handbook for Practitioners*. (2nd Edition) NY: Guilford.

A guide to practitioners dealing with children experiencing grief and bereavement that includes reproducible forms for recording significant data about the child's background, events surrounding the death and the child's potential support system. Excellent teaching tools, these forms are a welcome addition to clinical practice. The wealth of material contained in this resource will enable many students and clinicians to support bereaved children with greater sensitivity and insight.

- Wolfelt, A.D. (1996) *Healing the Bereaved Child*. Routledge.

This comprehensive guide to helping grieving children offers a holistic view of grief as a normal, natural process. It explores ways in which bereaved children can not only heal but also grow through their grief, and provides needs of mourning and counseling fundamentals and techniques for caregivers. Also included are explorations of how a grieving child thinks, feels, and mourns; what makes each child's grief unique; and ideas to help grieving adolescents.

- Worden, J.W. (1996) *Children and Grief: When a Parent Dies*. NY: Guilford.

For clinicians dealing with children who have experienced the loss of a parent. The book derives from Worden's research in the Harvard Childhood Bereavement Study, and offers interventional tools for helping children deal with such a profound life change.

- Zebrowski, M. (2002) *Babka's Serenade*. Omaha: The Centering Corporation.

A description of how a child holds on to memories of a grandmother through the wonderful stories she used to tell -- an ideal resource for children aged 4-8 dealing with this personal loss.