

Ambiguous Loss: Learning To Live With Unresolved Grief

Why do some families survive stressful situations while others fall apart? Can a family's beliefs and values be used as a predictor of vulnerability to stress? And most importantly, can family stress be prevented? In this Second Edition, Pauline Boss continues to explore both the larger context surrounding families and stress and the inner context, which includes perceptions and meanings. The author emphasizes the need for a more general contextual model of family stress that may be applicable to a wider diversity of people and families as well as a wider variety of stresses and crises than other models. The goal is to provide a framework for students and professionals engaged in helping families learn how to manage their stress.

The Third Edition of *Family Stress Management* by Pauline Boss, Chalandra M. Bryant, and Jay A. Mancini continues its original commitment to recognize both the external and internal contexts in which distressed families find themselves. With its hallmark Contextual Model of Family Stress (CMFS), the Third Edition provides practitioners and researchers with a useful framework to understand and help distressed individuals, couples, and families. The example of a universal stressor—a death in the family—highlights cultural differences in ways of coping. Throughout, there is new emphasis on diversity and the nuances of family stress management—such as ambiguous loss—plus new discussions on family resilience and community as resources for support.

Research-based advice for people who care for someone with dementia Nearly half of U.S. citizens over the age of 85 are suffering from some kind of dementia and require care. *Loving Someone Who Has Dementia* is a new kind of caregiving book. It's not about the usual techniques, but about how to manage on-going stress and grief. The book is for caregivers, family members, friends, neighbors as well as educators and professionals—anyone touched by the epidemic of dementia. Dr. Boss helps caregivers find hope in "ambiguous loss"—having a loved one both here and not here, physically present but psychologically absent. Outlines seven guidelines to stay resilient while caring for someone who has dementia Discusses the meaning of relationships with individuals who are cognitively impaired and no longer as they used to be Offers approaches to understand and cope with the emotional strain of care-giving Boss's book builds on research and clinical experience, yet the material is presented as a conversation. She shows you a way to embrace rather than resist the ambiguity in your relationship with someone who has dementia.

Why do some families rebound from stress with seeming ease while others seem to struggle? This anthology, comprised of 23 major articles from the family stress literature, addresses questions such as the increasingly diverse and complex family situations of stress and crisis. This volume provides the family stress community with an accessible, coherent compilation of writings by past, present and emerging family stress scholars. The reader includes classic and current writings from multi-disciplinary streams of work in family social science, social work, nursing, family sociology, family therapy, and family psychology. Key Features: Culture and Context. With an eye toward more culturally inclusive theories, the selected readings address how culture and context both aid and impede family resilience. Clarity. An overall introduction and section introductions by Pauline Boss provide context for each individual reading and coherence for the book as a whole Critical Thought. A critical thinking focus, outlined in chapter introductions, encourages students, researchers, and practitioners to expand their own thinking about the concepts and models of family stress and coping to guide the development of future work in this field Crossover Coverage. Designed to parallel coverage in Pauline Boss's best-selling text, *Family Stress Management, Second Edition*, this collection of readings should nonetheless serve as a valuable resource on its own and in tandem with other texts in this area. Recommended for upper-division undergraduate and master's students in departments of or courses related to Sociology, Marriage & Family Therapy, and Family Studies. Also suggested for professionals and practitioners working with families in social work, nursing, family therapy and family psychology settings.

Revised Edition

Loss, Trauma, and Resilience: Therapeutic Work With Ambiguous Loss

The Sixth Stage of Grief

Learning to Live with Unresolved Grief

All Gone

The Myth of Closure: Ambiguous Loss in a Time of Pandemic and Change

The first comprehensive text on stress and crisis management specifically tailored to courses focusing on the family Organized by stress model, this book helps readers understand the relationships among models, research, crisis prevention, and crisis management with individuals and families. Providing a balance of theory, research, hands-on applications, and intervention strategies, this innovative text presents a comprehensive overview of the field. Intended Audience Individual and Family Stress and Crises is ideal as a core text for upper division undergraduate and graduate students in courses such as Family Crisis, Family Stress & Coping, and Dysfunctions in Marriage & Family. This book examines the nature of treatments available for traumatized people, describing common elements, as well as those which are specific to each treatment. It presents a diversity of theories and tools for understanding how history and personalities affect the individual. Complete with case studies, it is ideal for practitioners at all levels.

Based on a hugely successful US model, the Seven Core Issues in Adoption is the first conceptual framework of its kind to offer a unifying lens that was inclusive of all individuals touched by the adoption experience. The Seven Core Issues are Loss, Rejection, Shame/Guilt, Grief, Identity, Intimacy, and Mastery/Control. The book expands the model to be inclusive of adoption and all forms of permanency: adoption, foster care, kinship care, donor insemination and surrogacy. Attachment and trauma are integrated with the Seven Core Issues model to address and normalize the additional tasks individuals and families will encounter. The book views the Seven Core Issues from a range of perspectives including: multi-racial, LGBTQ, Hispanic, Asian, Native American, African-American, International, openness, search and reunion, and others. This essential guide introduces each Core Issue, its impact on individuals, offering techniques for growth and healing.

A validating new approach to the long-term grieving process that explains why we feel “stuck,” why that’s normal, and how shifting our perception of grief can help us grow—from the New York Times bestselling author of *Motherless Daughters* “This is perhaps one of the most important books about grief ever written. It finally dispels the myth that we are all supposed to get over the death of a loved one.”—Claire Bidwell Smith, author of *Anxiety: The Missing Stage of Grief* Aren’t you over it yet? Anyone who has experienced a major loss in their past knows this question. We’ve spent years fielding versions of it, both explicit and implied, from family, colleagues, acquaintances, and friends. We recognize the subtle cues—the slight eyebrow lift, the soft, startled “Oh! That long ago?”—from those who wonder how an event so far in the past can still occupy so much precious mental and emotional real estate. Because of the common but false assumption that grief should be time-limited, too many of us believe we’re grieving “wrong” when sadness suddenly resurges sometimes months or even years after a loss. *The AfterGrief* explains that the death of a loved one isn’t something most of us get over, get past, put down, or move beyond. Grief is not an emotion to pass through on the way to “feeling better.” Instead, grief is in constant motion; it is tidal, easily and often reactivated by memories and sensory events, and is re-triggered as we experience life transitions, anniversaries, and other losses. Whether we want it to or not, grief gets folded into our developing identities, where it informs our thoughts, hopes, expectations, behaviors, and fears, and we inevitably carry it forward into everything that follows. Drawing on her own encounters with the ripple effects of early loss, as well as on interviews with dozens of researchers, therapists, and regular people who’ve been bereaved, New York Times bestselling author Hope Edelman offers profound advice for reassessing loss and adjusting the stories we tell ourselves about its impact on our identities. With guidance for reframing a story of loss, finding equilibrium within it, and even experiencing renewed growth and purpose in its wake, she demonstrates that though grief is a lifelong process, it doesn’t have to be a lifelong struggle.

A Contextual Approach

Fault Lines

Encountering Death and Dying

How to Embrace Grief to Find True Hope and Healing After a Divorce, Breakup, Or Death

Irony and Irreverence in the Ecological Age

Disenfranchised Grief/Ambiguous Loss

The Last Dance

Disenfranchised Grief/Ambiguous Loss is what families experience when a loved one is diagnosed with a serious mental illness or brain disorder. The loved one remains yet not in the way that they have been known and loved; the life path has been altered. Relationships need to be re-established with a new reality. The feeling of loss is great; unrecognized and unacknowledged. Grief and loss are burgeoning concerns for professional disciplines such as nursing, social work, family therapy, psychology, psychiatry, law, religion and medicine. Although understanding has increased in virtually all other areas of grief and loss, chronic sorrow has received scant attention. Chronic sorrow is a natural grief reaction to losses that are not final, but continue to be present in the life of the griever. This book views chronic sorrow in a life-span perspective, and reveals the effect on the griever and the people close to them. This book fills a void in the literature; and

attempts to develop a comprehensive analysis of chronic sorrow that will secure its position within the field of grief and loss.

Providing an understanding of the relationship with death, both as an individual and as a member of society. This book is intended to contribute to your understanding of your relationship with death, both as an individual and as a member of society. Kastenbaum shows how individual and societal attitudes influence both how and when we die and how we live and deal with the knowledge of death and loss. Robert Kastenbaum is a renowned scholar who developed one of the world's first death education courses and introduced the first text for this market. This landmark text draws on contributions from the social and behavioral sciences as well as the humanities, such as history, religion, philosophy, literature, and the arts, to provide thorough coverage of understanding death and the dying process. Learning Goals Upon completing this book, readers should be able to: -Understand the relationship with death, both as an individual and as a member of society -See how social forces and events affect the length of our lives, how we grieve, and how we die -Learn how dying people are perceived and treated in our society and what can be done to provide the best possible care -Master an understanding of continuing developments and challenges to hospice (palliative care). -Understand what is becoming of faith and doubt about an afterlife

The best-selling textbook in the field, The Last Dance offers an interdisciplinary approach to the study of death and dying. Integrating the experiential, scholarly, social, individual, emotional, and intellectual dimensions of death and dying, the seventh edition of this acclaimed text has been thoroughly revised to offer cutting-edge and comprehensive coverage of death studies. Together with its companion volumes, this new edition of The Last Dance provides solid grounding in theory and research, as well as practical application to students' lives.

The Other Side of Sadness

Loving Someone Who Has Dementia

Shattered Assumptions

The Grieving Student

Grieving the Loss of a Love

Principles and Practice of Grief Counseling, Second Edition

The Power of a Playlist

"We are all touched at some point by the dark emotions of grief, fear, or despair. In an age of global threat, these emotions have become widespread and overwhelming. While conventional wisdom warns us of the harmful effects of "negative" emotions, this revolutionary book offers a more hopeful view: there is a redemptive power in our worst feelings. Seasoned psychotherapist Miriam Greenspan argues that it's the avoidance and denial of the dark emotions that results in the escalating psychological disorders of our time: depression, anxiety, addiction, psychic numbing, and irrational violence. And she shows us how to trust the wisdom of the dark emotions to guide, heal, and transform our lives and our world.

Real solutions to a hidden epidemic: family estrangement. Estrangement from a family member is one of the most painful life experiences. It is devastating not only to the individuals directly involved--collateral damage can extend upward, downward, and across generations, More than 65 million Americans suffer such rifts, yet little guidance exists on how to cope with and overcome them. In this book, Karl Pillemer combines the advice of people who have successfully reconciled with powerful insights from social science research. The result is a unique guide to mending fractured families. Fault Lines shares for the first time findings from Dr. Pillemer's ten-year groundbreaking Cornell Reconciliation Project, based on the first national survey on estrangement; rich, in-depth interviews with hundreds of people who have experienced it; and insights from leading family researchers and therapists. He assures people who are estranged, and those who care about them, that they are not alone and that fissures can be bridged. Through the wisdom of people who have "been there," Fault Lines shows how healing is possible through clear steps that people can use right away in their own families. It addresses such questions as: How do rifts begin? What makes estrangement so painful? Why is it so often triggered by a single event? Are you ready to reconcile? How can you overcome past hurts to build a new future with a relative? Tackling a subject that is achingly familiar to almost everyone, especially in an era when powerful outside forces such as technology and mobility are lessening family cohesion, Dr. Pillemer combines dramatic stories, science-based guidance, and practical repair tools to help people find the path to reconciliation.

Few events in life are more difficult than losing a loved one, whether through death, or a painful breakup, or divorce. Losing someone we love disrupts the very foundation and fabric of our lives. It shatters our understanding of the world and throws us into deep grief and devastation. Although grief is painful, clinical psychologist Eleora Han shares how we can experience it as a positive, life-changing journey-how we can embrace grief to cultivate connection, learn and grow, explore spirituality, find meaning from our loss, and learn to love in new ways. A classic guide for anyone seeking comfort in times of loss, Grieving the Loss of a Love is a revealing view of how to find hope and beauty through the pain of a divorce, breakup, or death-providing clear, actionable wisdom to guide you through the pain of grief to a place of greater wholeness.

This book investigates the psychology of victimization. It shows how fundamental assumptions about the world's meaningfulness and benevolence are shattered by traumatic events, and how victims become subject to self-blame in an attempt to accommodate brutality. The book is aimed at all those who for personal or professional reasons seek to understand what psychological trauma is and how to recover from it.

A Method for Transforming Deep Suffering into Healing and Positive Change

Chronic Sorrow

The Grieving Brain

Family Stress Management

The Good Divorce

AMBIGUOUS LOSS

An Ambiguous Grief

A renowned grief expert and neuroscientist shares groundbreaking discoveries about what happens in our brain when we grieve, providing a new paradigm for understanding love, loss, and learning. For as long as humans have existed, we have struggled when a loved one dies. Poets and playwrights have written about the dark cloak of grief, the deep yearning, how devastating heartache feels. But until now, we have had little scientific perspective on this universal experience. In *The Grieving Brain*, neuroscientist and psychologist Mary-Frances O'Connor, PhD, gives us a fascinating new window into one of the hallmark experiences of being human. O'Connor has devoted decades to researching the effects of grief on the brain, and in this book, she makes cutting-edge neuroscience accessible through her contagious enthusiasm, and guides us through how we encode love and grief. With love, our neurons help us form attachments to others; but, with loss, our brain must come to terms with where our loved ones went, or how to imagine a future that encompasses their absence. Based on O'Connor's own trailblazing neuroimaging work, research in the field, and her real-life stories, *The Grieving Brain* does what the best popular science books do, combining storytelling, accessible science, and practical knowledge that will help us better understand what happens when we grieve and how to navigate loss with more ease and grace.

Traces a tradition of ironic and irreverent environmentalism, asking us to rethink the movement's reputation for gloom and doom. Activists today strive to educate the public about climate change, but sociologists have found that the more we know about alarming issues, the less likely we are to act. Meanwhile, environmentalists have acquired a reputation as gloom-and-doom killjoys. *Bad Environmentalism* identifies contemporary texts that respond to these absurdities and ironies through absurdity and irony—as well as camp, frivolity, irreverence, perversity, and playfulness. Nicole Seymour develops the concept of “bad environmentalism”: cultural thought that employs dissident affects and sensibilities to reflect critically on our current moment and on mainstream environmental activism. From the television show *Wildboyz* to the short film series *Green Porno*, Seymour shows that this tradition of thought is widespread—spanning animation, documentary, fiction film, performance art, poetry, prose fiction, social media, and stand-up comedy since at least 1975. Seymour argues that these texts reject self-righteousness and sentimentality, undercutting public negativity toward activism and questioning basic environmentalist assumptions: that love and reverence are required for ethical relationships with the nonhuman and that knowledge is key to addressing problems like climate change. Funny and original, *Bad Environmentalism* champions the practice of alternative green politics. From drag performance to Indigenous comedy, Seymour expands our understanding of how environmental art and activism can be pleasurable, even in a time of undeniable crisis.

"An Ambiguous Grief is a beautiful, unflinchingly honest, poignant and wistful memoir, written with humor, and a graceful sangfroid that is admirable. One thing Dominique Hunter has done extremely well is to reveal her son Dylan's story in the exact right way: readers know upfront that she has lost him, but they don't know how. By the time we find out what happened to him, we know enough about his struggles and hers to understand how he came to that point in his life. Although the story is about Dylan, in the end, it tells the story of a mother's journey through coping with a devastating loss and moving forward - not "getting over it," but facing it by using her intelligence, humor, honesty, and humanity to deal with it in all its messy, sad, loving, ironic, despairing, hopeful, ambivalent ways. And to survive that journey, she takes us into an imaginative realm where past, present and future align to give her the space to heal." - Susan Edwards, Editor, Florida "A brave and beautiful memoir. The author managed to write an engaging, not-depressing book about surely the most painful and depressing experience a mother could ever have. She gives us an affectionate and realistic portrait of her son, and indeed of herself, that is full of love, and its effect on the reader is to make life feel precious and rich, and to encourage us to love hard the people we love, who will someday be gone from us one way or another, without either sentimentality or didacticism. It would have been so easy, and understandable, for this book to be nearly unbearable to read, too personal for an outsider to connect to, a manifestation of despair. It isn't. It is deceptively 'light', and full of light. That is quite an accomplishment." - Lisa Kaufman, Editor, NYC

"Haunting, unflinching and at times unexpectedly hilarious...A powerful affirmation of family bonds." –The New York Times Book Review A daughter's longing love letter to a mother who has slipped beyond reach. Just past seventy, Alex Witchel's smart, adoring, ultracapable mother began to exhibit undeniable signs of dementia. Her smart, adoring, ultracapable daughter reacted as she'd been raised: If something was broken, they would fix it. But as medical reality undid that hope, and her mother continued the torturous process of disappearing in plain sight, Witchel retreated to the kitchen, trying to reclaim her mother at the stove by cooking the comforting foods of her childhood: "Is there any contract tighter than a family recipe?" Reproducing the perfect meat loaf was no panacea, but it helped Witchel come to terms with her predicament, the growing phenomenon of "ambiguous loss" — loss of a beloved one who lives on. Gradually she developed a deeper appreciation for all the ways the parent she was losing lived on in her, starting with the daily commandment "Tell me everything that happened today" that started a future reporter and writer on her way. And she was inspired to turn her experience into this frank, bittersweet, and surprisingly funny account that offers true balm for an increasingly familiar form of heartbreak.

Family Stress

Disenfranchised Grief

New Understandings of Loss

One Family's Journey of Letting Go of What Was--and Learning to Live Well with What Is

New Directions, Challenges, and Strategies for Practice

Approaches to Psychic Trauma

A Memoir of My Mother's Dementia. With Refreshments

How do we begin to cope with loss that cannot be resolved? The COVID-19 pandemic has left many of us haunted by feelings of anxiety, despair, and even anger. In this book, pioneering therapist Pauline Boss identifies these vague feelings of distress as caused by ambiguous loss, losses that remain unclear and hard to pin down, and thus have no closure. Collectively the world is grieving as the pandemic continues to change our everyday lives. With a loss of trust in the world as a safe place, a loss of certainty about health care, education, employment, lingering anxieties plague many of us, even as parts of the world are opening back up again. Yet after so much loss, our search must be for a sense of meaning, and not something as elusive and impossible as "closure." This book provides many strategies for coping: encouraging us to increase our tolerance of ambiguity and acknowledging our resilience as we express a normal grief, and still look to the future with hope and possibility.

We tend to understand grief as a predictable five-stage process of denial, anger, bargaining, depression, and acceptance. But in *The Other Side of Sadness*, George Bonanno shows that our conventional model discounts our capacity for resilience. In ...

AMBIGUOUS LOSS Harvard University Press

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.

How to Find Hope while Coping with Stress and Grief

A Guide for Schools

Finding Meaning

The Wisdom of Grief, Fear, and Despair

The AfterGrief

Giving Grief Meaning

Who Brings the Casseroles?

In this groundbreaking new work, David Kessler—an expert on grief and the coauthor with Elisabeth Kübler-Ross of the iconic *On Grief and Grieving*—journeys beyond the classic five stages to discover a sixth stage: meaning. In 1969, Elisabeth Kübler-Ross first identified the stages of dying in her transformative book *On Death and Dying*. Decades later, she and David Kessler wrote the classic *On Grief and Grieving*, introducing the stages of grief with the same transformative pragmatism and compassion. Now, based on hard-earned personal experiences, as well as knowledge and wisdom earned through decades of work with the grieving, Kessler introduces a critical sixth stage. Many people look for "closure" after a loss. Kessler argues that it's finding meaning beyond the stages of grief most of us are familiar with—denial, anger, bargaining, depression, and acceptance—that can transform grief into a more peaceful and hopeful experience. In this book, Kessler gives readers a roadmap to remembering those who have died with more love than pain; he shows us how to move forward in a way that honors our loved ones. Kessler's insight is both professional and intensely personal. His journey with grief began when, as a child, he witnessed a mass shooting at the same time his mother was dying. For most of his life, Kessler taught physicians, nurses, counselors, police, and first responders about end of life, trauma, and grief, as well as leading talks and retreats for those experiencing grief. Despite his knowledge, his life was upended by the sudden death of his twenty-one-year-old son. How does the grief expert handle such a tragic loss? He knew he had to find a way through this unexpected, devastating loss, a way that would honor his son. That, ultimately, was the sixth state of grief—meaning. In *Finding Meaning*, Kessler shares the insights, collective wisdom, and powerful tools that will help those experiencing loss. *Finding Meaning* is a necessary addition to grief literature and a vital guide to healing from tremendous loss. This is an inspiring, deeply intelligent must-read for anyone looking to journey away from suffering, through loss, and towards meaning.

It's never too late to have a good divorce Based on two decades of groundbreaking research, *The Good Divorce* presents the surprising finding that in more than fifty percent of divorces couples end their marriages, yet preserve their families. Dr. Ahrons shows couples how they can move beyond the confusing, even terrifying early stages of breakup and learn to deal with the transition from a nuclear to a "binuclear" family—one that spans two households and continues to meet the needs of children. *The Good Divorce* makes an important contribution to the ongoing "family values" debate by dispelling the myth that divorce inevitability leaves emotionally troubles children in its wake. It is a powerful tonic for the millions of divorcing and long-divorces parents who are tired of hearing only the damage reports. It will make us change the way we think about divorce and the way we divorce, reconfirming our commitment to children and families.

Encourages readers to take the grief of losing a loved one and transform it into something healing and progressive, and uses real-life narratives of loss to illustrate how to learn from the experience and renew one's sense of life.

When a loved one dies we mourn our loss. We take comfort in the rituals that mark the passing, and we turn to those around us for support. But what happens when there is no closure, when a family member or a friend who may be still alive is lost to us nonetheless? How, for example, does the mother whose soldier son is missing in action, or the family of an Alzheimer's patient who is suffering from severe dementia, deal with the uncertainty surrounding this kind of loss? In this sensitive and lucid account, Pauline Boss explains that, all too often, those confronted with such ambiguous loss fluctuate between hope and hopelessness. Suffered too long, these emotions can deaden feeling and make it impossible for people to move on with their lives. Yet the central message of this book is that they can move on. Drawing on her research and clinical experience, Boss suggests strategies that can cushion the pain and help families come to terms with their grief. Her work features the heartening narratives of those who cope with ambiguous loss and manage to leave their sadness behind, including those who have lost family members to divorce, immigration, adoption, chronic mental illness, and brain injury. With its message of hope, this eloquent book offers guidance and understanding to those struggling to regain their lives. Table of Contents: 1. Frozen Grief 2. Leaving without Goodbye 3. Goodbye without Leaving 4. Mixed Emotions 5. Ups and Downs 6. The Family Gamble 7. The Turning Point 8. Making Sense out of Ambiguity 9. The Benefit of a Doubt Notes Acknowledgments Reviews of this book: You will find yourself thinking about the issues discussed in this book long after you put it down and perhaps wishing you had extra copies for friends and family members who might benefit from knowing that their sorrows are not unique...This book's value lies in its giving a name to a force many of us will confront--sadly, more than once--and providing personal stories based on 20 years of interviews and research. --Pamela Gerhardt, Washington Post Reviews of this book: A compassionate exploration of the effects of ambiguous loss and how those experiencing it handle this most devastating of losses ... Boss's approach is to encourage families to talk together, to reach a consensus about how to mourn that which has been lost and how to celebrate that which remains. Her simple stories of families doing just that contain lessons for all. Insightful, practical, and refreshingly free of psychobabble. --Kirkus Review Reviews of this book: Engagingly written and richly rewarding, this title presents what Boss has learned from many years of treating individuals and families suffering from uncertain or incomplete loss...The obvious depth of the author's understanding of sufferers of ambiguous loss and the facility with which she communicates that understanding make this a book to be recommended. --R. R. Cornellius, Choice Reviews of this book: Written for a wide readership, the concepts of ambiguous loss take immediate form through the many provocative examples and stories Boss includes, All readers will find stories with which they will relate...Sensitive, grounded and practical, this book should, in my estimation, be required reading for family practitioners. --Ted Bowman, Family Forum Reviews of this book: Dr. Boss describes [the] all-too-common phenomenon [of unresolved grief] as resulting from either of two circumstances: when the lost person is still physically present but emotionally absent or when the lost person is physically absent but still emotionally present. In addition to senility, physical presence but psychological absence may result, for example, when a person is suffering from a serious mental disorder like schizophrenia or depression or debilitating neurological damage from an accident or severe stroke, when a person abuses drugs or alcohol, when a child is autistic or when a spouse is a workaholic who is not really 'there' even when he or she is at home...Cases of physical absence with continuing psychological presence typically occur when a soldier is missing in action, when a child disappears and is not found, when a former lover or spouse is still very much missed, when a child 'loses' a parent to divorce or when people are separated from their loved ones by immigration...Professionals familiar with Dr. Boss's work emphasised that people suffering from ambiguous loss were not mentally ill, but were just stuck and needed help getting past the barrier or unresolved grief so that they could get on with their lives. --Asian Age Combining her talents as a compassionate family therapist and a creative researcher, Pauline Boss eloquently shows the many and complex ways that people can cope with the inevitable losses in contemporary family life. A wise book, and certain to become a classic. --Constance R. Ahrons, author of The Good Divorce A powerful and healing book. Families experiencing ambiguous loss will find strategies for seeing what aspects of their loved ones remain, and for understanding and grieving what they have lost. Pauline Boss offers us both insight and clarity. --Kathy Weingarten, Ph.D, The Family Institute of Cambridge, Harvard Medical School

A Comprehensive Guide to Promoting Understanding and Healing In Adoption, Foster Care, Kinship Families and Third Party Reproduction

Individual and Family Stress and Crises

Non-Death Loss and Grief

A Living Loss

The Surprising Science of How We Learn from Love and Loss

Classic and Contemporary Readings

Healing through the Dark Emotions

Written after his wife's tragic death as a way of surviving the "mad midnight moment," A Grief Observed is C.S. Lewis's honest reflection on the fundamental issues of life, death, and faith in the midst of loss. This work contains his concise, genuine reflections on that period: "Nothing will shake a man -- or at any rate a man like me -- out of his merely verbal thinking and his merely notional beliefs. He has to be knocked silly before he comes to his senses. Only torture will bring out the truth. Only under torture does he discover it himself." This is a beautiful and unflinchingly honest record of how even

a stalwart believer can lose all sense of meaning in the universe, and how he can gradually regain his bearings.

*When someone you love dies, Earl Grollman writes, "there is no way to predict how you will feel. The reactions of grief are not like recipes, with given ingredients, and certain results. . . . Grief is universal. At the same time it is extremely personal. Heal in your own way." If someone you know is grieving, *Living When a Loved One Has Died* can help. Earl Grollman explains what emotions to expect when mourning, what pitfalls to avoid, and how to work through feelings of loss. Suitable for pocket or bedside, this gentle book guides the lonely and suffering as they move through the many facets of grief, begin to heal, and slowly build new lives.*

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.

*Music is powerful. The right song at the right time can make you smile, cry, dance, or breathe a contented "ah." In *Wellness, Wellplayed*, music therapist Jennifer Buchanan shows us how to develop and use music playlists with purpose, as a bridge to something deeper within ourselves—and a way to address our human need to feel, create, and connect.*

Seven Core Issues in Adoption and Permanency

Living When a Loved One Has Died

Informal and Formal Kinship Care: Tables and figures

Grief Observed

Fractured Families and How to Mend Them

Wellness, Wellplayed

Recognizing Hidden Sorrow

A therapist shares her memoir of survival after the death of her infant daughter and the process she developed to cope with her grief. How do you make sense of loss and tragedy? After the sudden and devastating loss of her infant daughter, Lily Dulan (a marriage and family therapist, psychotherapist, and certified yoga teacher) meditated, prayed, and ruminated on the only thing she had left—her baby girl's name. In Lily's courage to address and move through her pain, she developed a combination of proven psychological modalities, twelve-step wellness tools, spiritual healing applications, meditations, and ancient yoga. She calls this self-help process "The Name Work". In her heartfelt memoir, Lily shares her healing journey and her method for unleashing the power in names and giving them special meaning to help move through the grief process in a thoughtful and transformative way. The Name Work method teaches you how to assign special meaning and qualities to the letters in names—a deceased loved one's or your own—and how to create positive affirmations for each letter's attribute. It is a tangible and personal self-healing method for whatever obstacles arise; a unique, new wellness tool for healing and self-discovery. Also includes: Affirmations, self-guided questions, meditations, and practices An A-Z dictionary of qualities to help create your own affirmations Life hacks for addictive behaviors and moving through trauma and loss A first-hand account of the author's personal healing journey Praise for Giving Grief Meaning "Such a wise, gentle book, born of great loss, on healing, grief and transformation." —Anne Lamott, New York Times–bestselling author of *Dusk, Night, Dawn* "Lily Dulan had to bear the unbearable, a loss that is every parent's nightmare. This book relays her journey from the valley of excruciating pain to a peaceful life on the other side of it. She began the journey not knowing if peace would ever be hers again. She was rewarded for each step she took in trying to find it, discovering keys that indeed unlocked the way for her and which now she can share with others. For those still in earlier phases of grief, this book illuminates some mysterious ways a broken heart can heal." —Marianne Williamson, #1 New York Times bestselling author of *A Return to Love* 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 three new therapies for complicated grief that have been developed by major researchers in the field. New case scenarios further enrich the second edition.

All losses are touched with ambiguity. Yet those who suffer losses without finality bear a particular burden. Pauline Boss, the principal theorist of the concept of ambiguous loss, guides clinicians in the task of building resilience in clients who face the trauma of loss without resolution. Boss describes a concrete therapeutic approach that is at once directive and open to the complex contexts in which people find meaning and discover hope in the face of ambiguous losses. In Part I readers are introduced to the concept of ambiguous loss and shown how such losses relate to concepts of the family, definitions of trauma, and capacities for resilience. In Part II Boss leads readers through the various aspects of and target points for working with those suffering ambiguous loss. From meaning to mastery, identity to ambivalence, attachment to hope—these chapters cover key states of mind for those undergoing ambiguous loss. The Epilogue addresses the therapist directly and his or her own ambiguous losses. Closing the circle of the therapeutic process, Boss shows therapists how

fundamental their own experiences of loss are to their own clinical work. In *Loss, Trauma, and Resilience*, Boss provides the therapeutic insight and wisdom that aids mental health professionals in not "going for closure," but rather building strength and acceptance of ambiguity. What readers will find is a concrete therapeutic approach that is at once directive and open to the complex contexts in which people find meaning and discover hope in the face of ambiguous losses.

This book focuses on the kind of grief that is not openly acknowledged, socially validated, or publicly mourned. It addresses the unique psychological, biological, and sociological issues involved in disenfranchised grief. The contributing authors explore the concept of disenfranchised grief, help define and explain this type of grief, and offer clinical interventions to help grievers express their hidden sorrow.

Bad Environmentalism

What the New Science of Bereavement Tells Us about Life After Loss

Context and Clinical Implications

Hit Hard

Finding Your Way Along the Long Arc of Loss

Death, Society and Human Experience (1-download)

Ambiguous Loss

"Written by the national go-to expert on childhood bereavement and school crisis, this new edition text from author David Schonfeld and co-author family therapist Marcia Quackenbush guides teachers through a child's experience of grief and loss. Using empirical research and their extensive experience supporting students, the authors illuminate classroom issues that grief may trigger, and empowers teachers to undertake the job of reaching and helping their students. Full of tips, strategies, vignettes, examples, and insights, Supporting the Grieving Student: A Guide for Schools also includes information on numerous topics relevant to child bereavement in school settings, including: major concepts of death that are crucial to children's understanding of the topic; responding to children's feelings and behaviors; how to effectively communicate with students and their families; commemorative activities; self-care; and providing support when a death affects a whole school community. New to this edition are an expanded online study guide, reflection prompts throughout the book, and new information including: Applications for an expanded audience of school administrators, counselors, social workers, psychologists, support staff, etc., New chapters on suicide loss and providing support in settings outside of K-12 schools, Revised chapters that include new information on social media, ambiguous losses, school crisis and trauma, supporting children with disabilities, and more school policies, line of duty deaths, commemorative activities, A new foreword written by a school administrator from Marjory Stoneman Douglas High School As a practical guidebook, Supporting the Grieving Student: A Guide for Schools is essential reading in helping teachers provide critical, sensitive support to students of all ages"--

Life hit Pat and Tammy McLeod hard when their son Zach collapsed on a high school football field; he had sustained a severe brain injury. Facing the devastating possibility that things would never be the same for their beloved son, they committed to staying strong as a family and finding a way to maintain their footing. But the journey would reshape their faith, their family, and their future in ways they never saw coming. What would it take for them to navigate the endless fallout of their son's life-transforming injury? How could they reconcile their grief over the life Zach lost, with gratitude for the life that remained? And how does a couple move forward together in their search for hope, rather than letting indefinable loss drive them apart? Hit Hard is the true story of the McLeods' journey through ambiguous loss—both having and not having their son. It's the story of a family who faced unexpected heartbreak, a story that offers us all glimpses of how we can pick up the pieces, redefine expectations, and trust God for hope in the midst of unresolved pain.

Theory and Practice

This Thing Called Grief