

Towson University Counseling Ctr. ~ Healing From Loss Group (Summer 2009)

Sean Moundas, Ph.D. & Nancy Hensler, Ph.D.

Healing From Loss ~ Resource Materials

Books:

Caplan, S. and Lang, G. (1995). *Grief's courageous journey: A workbook.*

Churn, A. (2003). *The end is just the beginning: Lessons in grieving for African-Americans.*

Didion, J. (2005). *The year of magical thinking.*

Edelman, H. (1995). *Motherless daughters: The legacy of loss.*

Fine, C. (1999). *No time to say goodbye: Surviving the suicide of a loved one.*

Gilbert, A. & Baker, C.K. (2006). *Always too soon: Voices of support for those who have lost both parents.*

Golden, T. (2000). *Swallowed by a snake: The gift of the masculine side of healing.*

Greene, P. (2003). *It must have been moonlight: Reflections on the first years of widowhood.*

Hambrook, D. & Eisenberg, E. (1997). *A mother loss workbook: Healing exercises for daughters.*

Harris, M. (1995). *The loss that is forever: The lifelong impact of the early death of a mother or father.*

Hooks, B. (1993). *Sisters of the yam: Black women and self-recovery.*

James, J., & Cherry, F. (1998). *The grief recovery handbook: The action program for moving beyond death, divorce, and other losses.*

Johnson, C. J., & McGee, M. G. (Eds.). (1991). *How different religions view death and afterlife.*

Kubler-Ross, E. & Kessler, D. (2007). *On grief and grieving: finding the meaning of grief through the five stages of loss.*

Kushner, H.S. (1981). *When bad things happen to good people.*

Lewis, C. S. (2001). *A grief observed.* (memoir)

Oates, J.C. (2011). *A widow's story: A memoir.*

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Rupp, J. (1988). *Praying our goodbyes: Understanding the spirituality of change in our lives.*

Smolin, A. & J. Guinan (1993). *Healing after the suicide of a loved one.*

Staudacher, C. (1992). *Men & grief.*

Stepanchuk, C., & Wong, C. (1991). *Mooncakes and hungry ghosts: Festivals of China.*

Viorst, J. (1986). *Necessary losses: The loves, illusions, dependencies, and impossible expectations that all of us have to give up in order to grow.*

Compact Disc:

Health Journeys: *A Meditation to Ease Grief* by Belleruth Naparstek

Websites:

www.centerforloss.com: The site features a thorough collection of articles and book excerpts focused on grief.

<http://childrensroom.org/resources/common-myths-facts-about-grief/>

www.goodgriefcenter.com: This is a comprehensive bereavement resource that promotes grief education, awareness. Referrals to support groups are also provided.

www.grief.net: The site of the Grief Recovery Institute, the action program for moving beyond loss. This site is especially helpful for assisting others who are coping with loss.

www.griefnet.org: An Internet community comprised of people coping with grief, death, and major loss. It offers on-line support groups.

www.griefshare.org: A site that helps you to find local support groups and provides some online support in the form of videos

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www.healingthespirit.org: A site that centers on families of organ and tissue donors, but it is also a general grief and loss resource

www.motherlessdaughters.org/blog: This site provides resources for women who have lost a mother through death including a forum to connect with other griever.

www.opentohope.org: The Open to Hope Foundation is an online resource center for individuals who have experienced loss.

www.recover-from-grief.com/grief-websites.html: A comprehensive site that includes grief coping strategies for a wide variety of losses.

www.studentsofamf.org: The Students of Ailing Mothers and Fathers is an organization dedicated to supporting college students dealing with illness and death.

Films:

Dearly Loved: Dealing with the Death of a Parent (13 minutes): In this documentary, three young adults of different cultural discuss the death of a parent. Each person is at a different part of the grieving process.

-by the Calgary Health Region Grief Support Center

Available from: <http://fanlight.com/>

A Family Disrupted: Dealing with the Death of a Sibling (22 minutes): Three individuals share their experiences of how they and their loved ones have grieved and mourned. They particularly emphasize dealing with friends and family members whose grieving and mourning differ from their own.

-by the Calgary Health Region Grief Support Center

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Grief in America (*57 minutes*): Seven people from diverse cultural backgrounds discuss their grief and mourning process, integrating ethnic customs for coping with their losses. As well, experts on grieving and mourning discuss coping strategies.

-by Bert Atkinson

Available from: <http://fanlight.com/>

Phantom Limb (*28 minutes*): Concerns the death of the filmmaker's seven-year-old brother decades ago. The film is loosely structured according to stages of grief and emphasizes a philosophical view of death.

-by Jay Rosenblatt

Available on www.jayrosenblattfilms.com

Uncoupled: Dealing with the Death of a Spouse (*24 minutes*) Four grieving spouses explore helpful and unhelpful coping mechanisms following their loss.

-by the Calgary Health Region Grief Support Center

Available from: <http://fanlight.com/>