

## Additional Resources on Childhood Traumatic Grief

---

### Resources for Professionals

This list includes some of the many resources on childhood traumatic grief available to professionals in the fields of mental health, education, and child welfare.

Please note that all product descriptions are based on information provided by the publisher or manufacturer, and do not necessarily represent the opinions of the NCTSN. Inclusion on this site is not an endorsement of any product by the NCTSN.

#### Books

Alexander, D. W. (1999). *Children changed by trauma: A healing guide*. Oakland, CA: New Harbinger Publications.

Information on how to help children cope with intense emotions brought on by violence, disaster, divorce, or the death of a loved one. Includes ways to deal with physical symptoms and suggestions on how to respond to children's questions and concerns.

Amaya-Jackson, L. (2000). Post-traumatic stress disorder in children and adolescents. In Sadock, B. J., Sadock, V. A., Ruiz, P., & Kaplan, H. I. (Eds.). (2009). *Kaplan & Sadock's comprehensive textbook of psychiatry*. Philadelphia: Wolters Kluwer Health/Lippincott Williams & Wilkins.

A cornerstone in the fields of psychiatry and mental health, this textbook discusses neural science, genetics, neuropsychiatry, psycho pharmacotherapy, and other key subjects. The book includes case histories, the most current DSM-IV-TR criteria and tables, and up-to-date comparative classification codes from ICD-10.

Black, D., Emanuel, R., & Mendelsohn, A. (1997). Children and adolescents. In Black, D., Newman, M., Harris-Hendriks, J., & Mezey, G. (Eds.). *Psychological trauma: A developmental approach*. London: Gaskell.

Discusses normal and abnormal responses to stress, disasters, war and civil conflict, and interpersonal violence. The authors also address diagnosis, interventions, treatments, and legal aspects.

Bowlby, J. (1973). *Separation: Anxiety and anger*. New York: Basic Books.

Examines the effect of separation on the development of a child and the psychopathology that often follows.

Christ, G. H. (2000). *Healing children's grief: Surviving a parent's death from cancer*. New York: Oxford University Press.

Examines how children ages 3–17 cope with a parent's terminal cancer and subsequent death. A review of the literature is provided and examples from five age groups are discussed.

Cohen, J., Mannarino, A. P., & Deblinger, E. (2006). *Treating trauma and traumatic grief in children and adolescents*. New York, NY: Guilford Press.

A systematic approach for using cognitive behavioral therapy to treat traumatized children and their families.

Corr, C., & Corr, D. M. (1996). *Handbook of childhood death and bereavement*. New York: Springer Publishing Co.

Written for therapists, this book provides assistance for helping children cope with death and bereavement. It covers children from infancy through middle school age.

Doka, K. (1996). *Living with grief: After sudden loss suicide, homicide, accident, heart attack, stroke*. Washington, DC: Hospice Foundation of America.

This book looks at the effect of abrupt unexpected death on survivors. Complicated grief and grief counseling are also discussed.

Doka, K., & Tucci, A. S. (Eds.). (2008). *Living with grief: Children and adolescents*. Washington, DC: Hospice Foundation of America.

Overview of child and adolescent grief in a variety of situations. Chapters discuss various interventions, such as play therapy and school protocols and recommendations for reading materials are included.

The Dougy Center (1998). *Helping the grieving student: a guide for teachers*. Portland, OR: The Dougy Center for Grieving Children.

This guidebook for elementary, middle- and high-school teachers offers practical tips and information on how to help children who are responding to a death.

Emswiler, M. A., & Emswiler, J. P. (2000). *Guiding your child through grief*. New York: Guilford.

Written by a husband and wife the authors rely on their experiences with grief to offer expert advice on helping children cope with the death of a parent or sibling.

Eth, S., & Pynoos, R. (1985). Post-traumatic stress disorder in children. *The Progress in Psychiatry Series*. Washington, DC: American Psychiatric Press.

Material from leading experts in the field of childhood post-traumatic stress.

Faculty and Staff of the New York University Child Study Center. (2006). *Caring for kids after trauma and death: A guide for parents and professionals*. (2<sup>nd</sup> ed.). Available at [http://www.aboutourkids.org/files/articles/crisis\\_guide02.pdf](http://www.aboutourkids.org/files/articles/crisis_guide02.pdf)

The guide provides educational and practical information for parents, schools, and professionals on how to understand and respond to children's reactions to traumatic events. The guide also addresses how to be sensitive to children most at risk for developing problems following a traumatic event.

Figley, C. R., Bride, B., & Mazza, N. (1997). *Death and trauma: The traumatology of grieving*. Washington, DC: Taylor & Francis.

In this book, pioneers in the fields of thanatology and traumatology join together to explore overlapping aspects of the two disciplines.

Fitzgerald, H. (1998). *Grief at school: Resource manual*. Washington, DC: American Hospice Foundation. Available from the American Hospital Foundation. Available at <http://www.americanhospice.org/publications-and-products-mainmenu-84/grief-at-school-publications/435-grief-at-school-resource-manual>

This 83-page manual is designed for school personnel who encounter students affected by any type of loss, especially death in the family. Includes instructions and tools for understanding grieving students at each grade level, for assessing the needs and resources of the whole school, for building and implementing a school-wide crisis plan, and for creating school-based programs for grieving students.

Foa, E. B., Keane, T. M., Friedman, M. J., Cohen, J. A. (Eds.). *Effective treatments for PTSD: Practice guidelines from the International Society for Traumatic Stress Studies* (2<sup>nd</sup> ed.). New York: Guilford.

Treatment guidelines, research, and clinical reviews of therapeutic approaches to PTSD. The second edition has been revised and expanded to include new information on child and adolescent therapies.

Follette, V. M., & Ruzek, J. I. (2007). *Cognitive-behavioral therapies for trauma* (2<sup>nd</sup> ed.). New York: Guilford Press.

Information on treating trauma and associated conditions in a wide range of populations. Provides a comprehensive review on the use of CBT for different types of trauma. Includes detailed assessment and case formulation guidelines and well-illustrated clinical techniques

Furman, E. (1981). *A child's parent dies: Studies in childhood bereavement*. New Haven: Yale University.

Written for the clinician, this book details the cases of 23 children who have lost a parent. The book looks at the psychological impact of bereavement on children and provides suggestions for helping children cope with their loss.

Goldman, L. (2000). *Life & loss: A guide to help grieving children (2<sup>nd</sup> ed.)*. Philadelphia, PA: Taylor & Francis.

This resource guide for professionals includes information on the techniques of grief work and provides useful tools, ideas, and inventories for use when helping children to commemorate loss.

Goldman, L. (2001). *Breaking the silence: A guide to helping children with complicated grief: Suicide, homicide, AIDS, violence and abuse (2<sup>nd</sup> ed.)*. Philadelphia, PA: Taylor & Francis.

Provides ideas for working with children with complicated grief, including words and methods for initiating discussions and tools to help children communicate. Includes information on a wide variety of additional resources.

Grollman, E. A. (1995). *Bereaved children and teens: A support guide for parents and professionals*. Boston: Beacon Press.

A comprehensive guide to helping children and adolescents cope with the emotional, religious, social, and physical consequences of a loved one's death.

Harris-Hendriks, J. (2000). *When father kills mother: Guiding children through trauma and grief (2<sup>nd</sup> ed.)*. London: Routledge.

Children who lose a parent at the hands of the other parent suffer from both bereavement and post-traumatic stress and are frequently lost in the situation. The book combines information on bereavement with information on traumatic stress and will be useful to professionals and lay persons.

Jacobs, S. (1999). *Traumatic grief: Diagnosis, treatment, and prevention*. Philadelphia, PA: Taylor & Francis.

Provides working criteria, associated descriptive features, and information on the clinical course of traumatic grief.

LaGreca, A. M., Silverman, W. K., Vernberg, E. M., & Roberts, M. C. (2002). *Helping children cope with disasters and terrorism*. Washington, DC: American Psychological Association.

The book provides a comprehensive review on the effect of terrorism and disasters on children and adolescents. The book discusses children's fears and reactions and identifies factors which may protect children from developing a severe reaction to traumatic events.

Layne, C. M., Pynoos, R. S., & Cardenas, J. (2001). Wounded adolescence: School-based group psychotherapy for adolescents who have sustained or witnessed violent injury. In Shafii, M., & Shafii, S. (Eds.). (2001). *School violence: Assessment, management, prevention*. Washington, DC: American Psychiatric Press.

Comprehensive review on the effects of violence on youth. The purposes of the book are to direct attention to violence in schools, explain the mechanisms of violence, and to stimulate further research. Anyone working with children or adolescents will find the book useful.

Lieberman, A. F., Compton, N. C., Van Horn, P., & Ippen, C. G. (Eds.). (2003) *Losing a parent to death in the early years: Guidelines for the treatment of traumatic bereavement in infancy and early childhood*. Washington, DC: Zero to Three.

Information on the treatment of infants, toddlers, and preschoolers who have experienced the death of a parent or primary caregiver. Educators and caregivers who are caring for bereaved children will also find the book informative.

Rando, T. (1984). *Grief, dying and death: Clinical interventions for caregivers*. Champaign, IL: Research Press.

The author presents a theoretical background and practical interventions useful to those involved in caring for the bereaved or dying. Special attention is paid to childhood grief.

Rando, T. (1991). *How to go on living when someone you love dies*. New York: Bantam.

In this compassionate book, the author leads the reader through the process of grief and offers guidance on moving into a new life without forgetting the past. Information is included on talking to children about death.

Saltzman, W. R., Layne, C. M., Steinberg, A. M., & Pynoos, R. S. (2006). Trauma/grief-focused group psychotherapy with adolescents. In Schein, L. A., Spitz, H. A., Burlingame, M., & Muskin, P. R. (Eds.). *Psychological effects of terrorist disasters: Group approaches to treatment*. London: Taylor & Francis.

The book discusses ways to minimize psychological damage resulting from catastrophic disasters as well as the trauma developed from the threat of future terrorist attacks. Includes manualized group methods for the prevention and treatment of the acute and longer-term psychological effects for children, adolescents, and adults.

Silverman, J. (1999). *Help me say goodbye: Activities for helping kids cope when a special person dies*. Minneapolis, MN: Fairview Press. (Ages 4 and up)

This book has an interactive workbook format. Children are prompted to complete different exercises and express how they feel in drawing and writing.

Silverman, P. (2000). *Never too young to know: Death in children's lives*. New York: Oxford University Press.

A practical and multifaceted approach to how children cope with death. Includes information on the wide range of effects of loss upon children and the challenges they face as they grieve.

Smith, S. C. (1999). *Forgotten mourners: Guidelines for working with bereaved children* (2<sup>nd</sup> ed.). London: Jessica Kingsley Publishers Ltd.

The author outlines how children grieve, how grief affects their behavior, and the feelings they typically experience. A chapter is devoted on how to support children who have had a parent murdered. An outline at the end of the book explains services available to help children and families cope.

Stroebe, M. S., Hansson, R. O., Stroebe, W. & Schut, H. (Eds.). (2001). *Handbook of bereavement research: Consequences, coping, and care*. Washington, DC: American Psychological Association.

The comprehensive textbook explores the nature and course of grief. Thirty-one articles discuss a wide range of topics including theory, methodology, ethical issues, intervening in the coping process, and the bereaved individual across the life span.

Webb, N. B. (Ed.). (2004). *Mass trauma and violence: Helping children and families cope*. New York: Guilford Press.

The book describes ways to help children and their families in the wake of major traumatic events. Detailed case examples point out the difficulty in assessment and treatment when dealing with children of varying ages and backgrounds. The authors offer guidelines for treatment of children, families, and self-care for therapists.

Webb, N. B. (Ed.). (2005). *Helping bereaved children* (2<sup>nd</sup> ed.). New York: Guilford Press.

Interventions to help children and adolescents cope with all forms of bereavement. Includes in-depth case material to help practitioners understand the rationale behind interventions used for treatment.

Wilson, J. P., & Keane, T. M. (Eds.). (2004). *Assessing psychological trauma and PTSD* (2<sup>nd</sup> ed.). New York: Guilford Press.

An essential resource for anyone providing treatment services or conducting research in the area of trauma and PTSD. Includes detailed information about trauma assessment and recommendations for practice.

Woolsey, S. (n.d.). *The grief of children*. Maryland SIDS Information and Counseling Project. Retrieved August 24, 2008 from [www.kidsource.com/sids/grief.html](http://www.kidsource.com/sids/grief.html)

This resource offers advice on how to answer children's questions about death and ways to help them cope with their grief.

Worden, J. W. (2008). *Grief counseling and grief therapy: A handbook for the mental health professional* (4<sup>th</sup> ed.). New York: Springer Publishing Co.

Resource for mental health professionals working with clients who are experiencing normal and abnormal grief reactions. Includes information on specific principles and procedures for working with bereaved clients.

### Scientific Papers

Baker, J. E., Sedney, M. A., & Gross, E. (1996). Psychological tasks for bereaved children. *American Journal of Orthopsychiatry*, 62(1), 105–116.

Black, D. (1998). Working with the effects of traumatic bereavement by uxoricide (spouse killing) on young children's attachment behavior. *International Journal of Psychiatry in Clinical Practice*, 2(4), 245–9. <http://dx.doi.org/10.3109/13651509809115368>

Brown, E. J., & Goodman, R. F. (2005). Childhood traumatic grief: An exploration of the construct in children bereaved on September 11<sup>th</sup>. *Journal of Clinical Child and Adolescent Psychology*, 34(2), 248–259. [http://dx.doi.org/10.1207/s15374424jccp3402\\_4](http://dx.doi.org/10.1207/s15374424jccp3402_4)

Brown, E. J., Pearlman, M. Y., & Goodman, R. F. (2004). Facing fears and sadness: Cognitive behavioral therapy for childhood traumatic grief. *Harvard Review of Psychiatry*, 12(4), 187–198. <http://dx.doi.org/10.1080/10673220490509516>

Brown, E. J., Amaya-Jackson, L., Cohen, J., Handel, S., Thiel de Bocanegra, H., Zatta, et al. (2008). Understanding childhood traumatic grief: a multi-site empirical examination of the construct and its correlates. *Death Studies*, 32 (10), 899–923. <http://dx.doi.org/10.1080/07481180802440209>

Burgess, A. (1975). Family reaction to homicide. *American Journal of Orthopsychiatry*, 45(3), 391–398.

Cerel, J., Fristad, M. A., Verducci, J., Weller, R. A., & Weller, E. B. (2006). Childhood bereavement: Psychopathology in the 2 years postparental death. *Journal of the American Academy of Child & Adolescent Psychiatry*, 45, 681–690. <http://dx.doi.org/10.1097/01.chi.0000215327.58799.05>

Cohen, J. A., & Mannarino, A. P. (2004). Treatment of childhood traumatic grief. *Journal of Clinical Child and Adolescent Psychology*, 33(4), 819–831. [http://dx.doi.org/10.1207/s15374424jccp3304\\_17](http://dx.doi.org/10.1207/s15374424jccp3304_17)

Cohen, J. A., Mannarino, A. P., & Knudsen, K. (2004). Treating childhood traumatic grief: A pilot study. *Journal of the American Academy of Child and Adolescent Psychiatry*, 43(10), 1225–1233. <http://dx.doi.org/10.1097/01.chi.0000135620.15522.38>

Cohen, J. A., Mannarino, A. P., Greenberg, T., Padlo, S., & Shipley, C. (2002). Childhood traumatic grief: Concepts and controversies. *Trauma Violence & Abuse*, 3(4), 307–327. <http://dx.doi.org/10.1177/1524838002237332>

Donnelly, C. L., Amaya-Jackson, L., & March, J. S. (1999). Psychopharmacology of pediatric posttraumatic stress disorder. *Journal of the American Academy of Child and Adolescent Psychopharmacology*, 9(3), 203–220. <http://dx.doi.org/10.1089/cap.1999.9.203>

Dowdney, L. (2000). Childhood bereavement following parental death. *Journal of Child Psychology and Psychiatry*, (41), 819–830. <http://dx.doi.org/10.1111/1469-7610.00670>

Geis, H. K., Whittlesey, S. W., McDonald, N. B., Smith, K. L., & Pfefferbaum, B. (1998). Bereavement and loss in childhood. *Child and Adolescent Psychiatric Clinics of North America*, 7(1), 73–85.

Haine, R. A. Ayers, T. S., Sandler, I. N., & Wolchik, S. A. (2008). Evidence-based Practices for parentally bereaved children and their families. *Professional Psychology: Research and Practice*, 39, 113–121. <http://dx.doi.org/10.1037/0735-7028.39.2.113>

Layne, C. M., Saltzman, W. R., Savjak, N., Popvic, T., Music, M., Djapo, N., et al. (2001) Trauma/grief-focused group psychotherapy: school-based postwar intervention with traumatized Bosnian Adolescents. *Group Dynamics: Theory, Research and Practice*, 5(4), 277–290. <http://dx.doi.org/10.1037/1089-2699.5.4.277>

Layne, C. M., Saltzman, W. R., Poppleton, L., Burlingame, G. M., Pasalic, A., Durakovic, E., et al. (2008). Effectiveness of a school-based group psychotherapy program for war-exposed adolescents: A randomized controlled trial. *Journal of the American Academy of Child and Adolescent Psychiatry*, 47(9), 1048–1062. <http://dx.doi.org/10.1097/CHI.0b013e31817e3cae>

Melhem, N. M., Moritz, G., Walker, M., Shear, M. K., & Brent, D. (2007) Phenomenology and correlates of complicated grief in children and adolescents. *Journal of the American Academy of Child & Adolescent Psychiatry*, 46(4), 493–499. <http://dx.doi.org/10.1097/chi.0b013e31803062a9>

Melhem, N. M., Day, N., Shear, M. K., Day, R., Reynolds, C. F., & Brent, D. A. (2004). Traumatic grief among adolescents exposed to a peer's suicide. *American Journal of Psychiatry*, 161(8), 1411–1416. <http://dx.doi.org/10.1176/appi.ajp.161.8.1411>

Pfeffer, C. R., Jiang, H., Kakuma, T., Hwang, J., & Metsch, M. (2002). Group intervention for children bereaved by the suicide of a relative. *Journal of the American Academy of Child and Adolescent Psychiatry*, 41(5), 505–513. <http://dx.doi.org/10.1097/00004583-200205000-00007>



Pynoos, R. (1992). Grief and trauma in children and adolescents. *Bereavement Care*, 11(1), 2–10.

Pynoos, R., & Nader, K. (1990). Children's exposure to violence and traumatic death. *Psychiatric Annals*, 20(6), 334–344.

Sigman, M., & Wilson, J. P. (1998). Traumatic bereavement: Post traumatic stress disorder and prolonged grief in motherless daughters. *Journal of Psychological Practice*, 4(1), 34–50.

## Games

### The Goodbye Game (Ages 6–12)

Developed to help therapists facilitate a child's disclosure of his/her perception and understanding of a loved one's death. The game play allows the child to express feelings and perceptions and allows the facilitator to educate the child and dispel myths or false beliefs regarding death. Available from: Childsworld/Childsplay (<http://www.childsworld.com/>)

### The Grief Game (Children and adolescents)

This game is for children and adolescents who have experienced bereavement and is particularly useful for those struggling to come to terms with their loss. Intended for group work, it may also be played with individuals and can be used to facilitate intra-familial communication when played with families. The game can help to remove some of the taboo surrounding death and can help children to realize that other children and adults experience similar reactions.

## Videos, training guides, and manuals

CTG-Web. (ND) *Using TF-CBT with childhood traumatic grief*. Charleston, SC: National Crime Victims Research and Treatment Center. (<http://ctg.musc.edu/>)

A web based curriculum for using trauma-focused cognitive behavioral therapy (TF-CBT) in children experiencing traumatic grief. Continuing education credit available.