

## Additional Resources on Childhood Traumatic Grief

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### Resources for Caregivers

This list includes some of the many resources on childhood traumatic grief available to parents and caregivers of children who are grieving.

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

Allen, J. G. (1995). *Coping with trauma: A guide to self-understanding*. Washington, DC: American Psychiatric Press.

This book helps the layperson understand the complex impact of a traumatic experience.

Carlson, T. (1995). *The suicide of my son: The story of childhood depression*. Duluth, MN: Benline Press.

Following the suicide death of her teenage son Ben, Trudy Carlson sheds light into the little-understood symptoms of depressive illness and anxiety disorders in teens. She takes a no-fault approach to explain the biological nature of these conditions, and maps out a low-cost, effective school based program for recognizing and treating school-aged youth.

Dann, P. (2007). *The goldfish went on vacation: A memoir of loss (and learning to tell the truth about it)*. Boston, MA: Trumpeter Books.

Patty Dann writes movingly of losing her husband Willem to cancer and her struggle to help her three-year-old son Jake deal with losing his dad. She shares that the way to speak about death is honestly and openly.

Dyregrov, A. (2008). *Grief in children: A handbook for adults*. London: Jessica Kingsley Publishers Ltd.

Directed at caregivers of bereaved children, the book offers an explanation of the understanding of death at various ages and provides detailed information on how adults can help children cope.

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

Written by a husband and wife team, *Guiding your child through grief* offers expert advice on helping children cope with the death of a parent or sibling.

Finneran, K. (2003). *The tender land: A family love story*. Boston, MA: Mariner Books.

Written in response to the suicide of the author's seemingly well-adjusted 15 year old brother *The tender land* paints a loving and poignant portrait of a family with a history of depression and chronicles the author's personal with her brother's death.

Fitzgerald, H. (1992). *The grieving child*. New York: Simon & Schuster.

The book is intended as a guide for parents wanting to explain death to a child. It offers practical advice for dealing with children's emotional responses and helping them adjust to a new life. Includes a chapter on helping bereaved toddlers.

Goldman, L. (2000). *Life & loss: A guide to help grieving children*. Philadelphia, PA: Accelerated Development.

This reader-friendly book gives strategies to recognize different types of childhood losses, to understand the many myths related to grief, and to identify behaviors associated with grief. Practical strategies for use with grieving children and an extensive resource bibliography are also provided.

Goldman, L. (2001). *Breaking the silence: A guide to helping children with complicated grief: Suicide, homicide, AIDS, violence and abuse*. Bristol, PA: Taylor & Francis.

Designed for professionals, parents, and educators this book provides specific ideas and techniques to work with children in various areas of complicated grief. It offers suggestions for opening discussions with children as well as tools to help children separate complicated grief into parts and to deal with each part. A chapter on community grief is also included.

Grollman, E. A. (1996). *Bereaved children and teens: A support guide for parents and professionals*. Boston, MA: Beacon Press.

*Bereaved Children and Teens* is a comprehensive guide to helping children and adolescents cope with the emotional, religious, social, and physical consequences of a loved one's death. The result is an indispensable reference for parents, teachers, counselors, health-care professionals, and clergy.

Grollman, E. A. (1990). *Talking about death: A dialogue between parent and child*. Boston, MA: Beacon Press.

This book is a compassionate guide for adults and children to read together, featuring a read-along story, answers to questions children ask about death, and a comprehensive list of resources and organizations that can help.

Grollman, E. A. (1993). *Straight talk about death for teenagers: How to cope with losing someone you love*. MA: Beacon Press.

Advice and answers the kinds of questions that teens are likely to ask themselves when grieving the death of someone close.

Horsley, H., & Horsley, G. (2007). *Teen grief relief: Parenting with understanding, support, and guidance*. Highland City, FL: Rainbow Books.

Provides parents with the information they need to answer their teens' questions about death. Includes teen stories, feelings, techniques, references, and resources for use in not only surviving but thriving after the painful loss of a family member or close personal friend.

Huntley, T. (1991). *Helping children grieve: When someone they love dies*. Minneapolis, MN: Augsburg Fortress.

This straightforward book helps adults talk to children in meaningful ways, nurturing their faith and building their emotional strength during a time of crisis. The author explains common reactions (emotional, physical, and behavioral) parents can expect from children of all ages, and offers adults the spiritual tools they need to help children cope with a significant loss.

Kroen, W. (1996). *Helping children cope with the loss of a loved one: A guide for grownups*. Minneapolis, MN: Free Spirit Publishing.

Advice, comfort, and compassion for any adult helping a child cope with death. Using anecdotes about real children and their families, the author explains how children from infancy through age 18 perceive and react to death and offers suggestions for how to respond to children at different ages and stages.

Lewis, P. G., & Lippman, J. G. (2004). *Helping children cope with the death of a parent: A guide for the first year*. Westport, CT: Praeger.

Detailed guidelines for helping children cope with the first year of separation after a parent's death. Organized according to a timeline of a child's first year of mourning the loss of a parent.

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.

Schaefer, D., & Lyons, C. (2001). *How do we tell the children? A step-by-step guide for helping children two to teen cope when someone dies*. New York: Newmarket Press.

Now in its third edition, this classic guide includes sections on what children think about death; explaining death to children; fear, confusion, and sadness; grief and healing; the funeral and saying good-bye; talking about AIDS; and talking to children with mental illness.

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.

Slaby, A. E., & Garfinkel, L. F. (1994.) *No one saw my pain: Why teens kill themselves*. New York: W.W. Norton & Company, Ltd.

The book presents psychological profiles of eight severely depressed adolescents who either attempted or committed suicide. In addition to sharing these families' stories the authors detail the many manifestations of adolescent depression, describe families' common pathways through the pain of the suicide to survival, and offer guidelines for recognizing and working with suicidal youth.

Turner, M. (2006). *Talking with children and young people about death and dying*. London: Jessica Kingsley Publishers.

Designed to help adults talk to bereaved children and young people. The author explains the various aspects and stages of bereavement and offers useful insights into the concerns of children experiencing grief or facing an imminent bereavement. She addresses children's common fears and worries, dreams and nightmares, and acknowledges the effect of trauma on the grief process.

Wolfelt, A. D. (1996). *Healing the bereaved child: Grief gardening, growing through grief and other touchstones for caregivers*. Fort Collins, CO: Companion Press.

This comprehensive guide to helping grieving children offers a holistic view of grief as a normal, natural process. It explores the ways in which bereaved children can not only heal but also grow through their grief. The text introduces the six needs of mourning and counseling fundamentals and suggests 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. (1996). *Children and grief: When a parent dies*. New York, NY: Guilford Press.

Drawing upon extensive interviews and assessments of school-age children who have lost a parent to death, this book offers a portrait of the mourning process in children. The volume presents major findings from the Harvard Child Bereavement Study and places them in the context of previous research, shedding new light on both the wide range of normal variation in children's experiences of grief and the factors that put bereaved children at risk.

## Videos

Sims, D. (2001). *What color is dead? How to help grieving children*. Puyallup, WA: American Grief Academy. (<http://www.griefinc.com/griefinc/aga/whatcolor.htm>)

This comprehensive video program is designed to help adults understand how children perceive death, respond to loss, and grieve. It includes an overview of death from a child's point of view, information on the developmental stages of grieving behaviors, and advice on how to create support systems for bereaved children. Also available as part of a correspondence course.

## Games

### **The Stamp Game: A Game of Feelings (All ages)**

The Stamp Game is an innovative tool for helping people identify and express feelings. The purpose of The Stamp Game is to help players better identify, clarify, and discuss feelings. Players will be able to relate more honestly to others as they learn to express feelings. As a result, players become more effective problem-solvers, and the identification and expression of feelings brings clarity to players' needs, which in turn leads to enhanced self-esteem. The game is a wonderful tool to equalize those who use words as a defense but have difficulty being emotionally honest, and for those who have great difficulty being articulate on any level. Playing The Stamp Game is a novel, fun, and meaningful way for players to learn about themselves and each other.

Available from: Author's Den (<http://www.authorsden.com>)  
ClaudiaBlack.com (<http://claudiablack.com>)  
Mentor Books (<http://www.mentorbooks.com>)  
Self-Help Warehouse (<http://www.selfhelpwarehouse.com>)

### **Emotional Bingo (Versions for ages 6–12 and 12–18)**

Everybody knows how to play Bingo, but this version requires players to identify feelings rather than numbers on their Bingo cards. Ideal for counseling groups or classrooms, *Emotional Bingo* not only helps children learn to recognize various feelings, it also teaches empathy—a trait associated with lower incidence of violent behavior. Game rules provide opportunities for children to discuss their own feelings and to respond empathetically to the feelings of others. The teen version features feelings that are common in adolescence.

Available from: Creative Therapy Store (<http://portal.creativetherapystore.com>)  
PCI Education (<http://www.pcieducation.com>)  
Western Psychological Services (<http://portal.wpspublish.com>)