

## **Books for dealing with Grief.**

### **Fire in My Heart, Ice in My Veins : A Journal for Teenagers Experiencing a Loss**

*by Enid Samuel Traisman*

This is a journal that encourages teenagers to work through their grief in a creative and healthy way. It allows them to keep permanent memories of the person that died. It also gives them skills to help them throughout their life when faced with grief and loss.

### **When a Friend Dies: A Book for Teens About Grieving and Healing**

*by Marilyn E. Gootman, Pamela Espeland (Editor), Deborah Prothrow-Stith*

This book is welcome as a quick read for students who are grieving. There is a real need for books on grief, especially how children cope with grief, because it often manifests in ways that are different from adult grief.

### **The Grieving Teen : A Guide for Teenagers and their Friends** *by Helen Fitzgerald*

Although the circumstances surrounding a death are difficult to handle at any age, adolescence brings with it challenges and struggles that until now have been largely overlooked. But in this unique and compassionate guide, renowned grief counselor Helen Fitzgerald turns her attention to the special needs of adolescents struggling with loss and gives them the tools they need to work through their pain and grief.

### **Child's View of Grief** *by Alan D. Wolfelt, Lori Mackey (Illustrator)*

This concise resource for parents of grieving kids explores several key principles for helping children cope with grief and offers ways to create an emotional environment filled with love and acceptance. It answers common questions such as "What should I say to children when someone they love dies?" and "Should young children attend funerals?" This guide also identifies and explains typical behaviors, thoughts and feelings of grieving kids and offers adults tips for responding to them.

### **Healing Your Grieving Heart: 100 Practical Ideas for Teens** *by Alan D., Wolfelt, Ph.D.*

Grade 7 and up book that is written in clear, user-friendly prose. Each page presents a different idea designed to help teens recognize mourning as a natural process connected with loss, reassuring them that they should not be afraid of deep, sometimes uncontrollable emotions, and showing them how to release grief in healthy, positive ways.

### **After Suicide** *by John H. Hewett, Wayne E. Oates*

For the individual in the throws of responding to the suicide of a loved one, this book provides valuable insight into the experience. This kind of cognitive knowledge can actually alleviate suffering by being a reliable guide through the process.

### **Death is Hard to Live With: Teenagers Talk about How to Cope with Loss**

*by Janet Bode, Stan Mack (Illustrator)*

I just graduated from high school and feel we had a curse on my class. Six people died. The worst was Shannon, my best friend. She was free-spirited, the last person you'd expect to die. One day she's great. The next day she's dead. I wasn't prepared for it.

### **Teen Grief Relief** *by Heidi Horsley, Psy.D., L.M.S.W., MS*

Help your teen grieve in a healthy way. Teenage grief is hard, lonely and painful. Parents want to know: How can I help? Teen Grief Relief provides both parents and teens with the help they need. Shared here are 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.

### **Helping Teens Cope with Death** *by Dougy Center for Grieving Children*

This practical guide covers the unique grief responses of teenagers and the specific challenges they face when grieving a death. You will learn how death impacts teenagers and ways that you can help them. The book also offers advice from parents and caregivers of bereaved teens on how to support adolescents and determine when professional help is needed.

**When Will I Stop Hurting? Teens, Loss and Grief, It Happened to Me (The Ultimate Teen Guide)**

*by Kelly Adams*

A self help guide for teenagers who are struggling with bereavement and the emotional difficulties it presents. This book provides an overview of grief as a painful but normal process, and it offers insights from bereavement experts, as well as practical suggestions for coping with loss, including personal accounts from teens.

**You Are Not Alone: Teens Talk About Life After the Loss of a Parent** *by Lynne B. Hughes*

Hughes, the founder of Comfort Zone camp for grieving kids, believes that sharing experiences about losing a parent begins the healing process. Her purpose in writing the book is to let teens know that they don't have to feel isolated—there is help available for them.

**Teenagers Face to Face with Bereavement** *by Karen Gravelle and Charles Haskins*

Psychotherapist Gravelle and Social Worker/Episcopal priest Haskins asked 17 teens, all of whom have lost a relative or close friend, to tell their stories. These responses are discussed at length from the points of view of teens and counsellors, as are difficult situations that may follow death

**Sad Isn't Bad: A Good-Grief Guidebook for Kids Dealing With Loss** *by Michaelene Mundy*

Children grieve differently from adults, but they do grieve. They may not be able to verbalize their feelings adequately, so they tend to internalize grief or act it out in inappropriate behaviors. Mundy has written a simple but effective book that discusses common fears and questions raised about death, providing a starting point for dialogue between parent and child. The illustrations of elfin characters by R.W. Alley round out the book nicely.

**But I Didn't say Goodbye: for Parents and Professionals Helping Child Suicide Survivors**

*by Barbara Rubel*

For parents or professionals who are supporting a child who has experienced a death by suicide. Uses storytelling and discussion aides so children can process their own story. Includes a variety of resources for awareness and prevention

**Good Grief for Kids** *by Katherine Dorn Zotovich*

A journal to help children cope with their grief during times of loss. Includes a reference section for parents, teachers and caregivers with suggestions for working with grieving children.

**Guiding Your Child Through Grief** *by James P. & Mary Ann Emswiler*

This book covers grief for children of all ages. Includes a suggested reading section that's divided into categories by age group and another section on tips for school personnel. Gives useful advice in small, easy to read sections.

**Living when a Young Friend Commits Suicide** *by Earl Grollman*

Learn how to tell is someone is suicidal, what to do and how to tell.

**A Student Dies, A School Mourns Dealing With Death and Loss In the School Community**

*by Ralph L. Klicker*

Examines and explains grief reactions in students and staff and factors that affect these reactions. Provides a guide for developing a death-related crisis response plan.

**Healing the Bereaved Child** *by Alan D Wolfelt, Ph.D.*

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, and provides the six 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.

### **A Practical Guide for Crisis Response in our Schools (fifth edition)**

*by Mark D. Lerner, Ph.D.; Brad Lindell Ph.D.; Joseph S Volpe Ph.D.*

A publication of the American Academy of Experts in Traumatic Stress. School crisis response can no longer be delegated solely to members of a School Crisis Response Team. Today, crisis management is the responsibility of all educators. This dramatically expanded publication provides a structure and process for effectively managing the wide spectrum of school-based crises. It is an invaluable resource in preparation for, and during, actual crisis situations and continues to serve as a meaningful standard for our nation's schools.

### **Picking up the Pieces: Responding to School Crisis** *by Mary Schoenfeldt*

Schoenfeldt and Associates is a Crisis Prevention and Incident Response Management organization. For over 20 years, they have been involved in the areas of crisis response management, crisis response education, and violence prevention for schools, communities and private businesses. Their network of professionals have many years of real world experience and have successfully taught thousands how to set up systems to prevent and respond to crisis situations.

### **Websites**

1. **Kids Health.org** site covers a variety of issues today's teens deal with. There is a section for kids, teens and parents.  
<http://kidshealth.org/parent/emotions/behavior/suicide.html>
2. **Teen Grief Program** A program where teens experiencing grief and loss can find their voice. Numerous articles.  
[http://www.hov.org/teen\\_grief\\_program.aspx](http://www.hov.org/teen_grief_program.aspx)
3. **Teen Central** A teen to teen site. Forums and information are abundant on this site. It's a site for teens to interact with other teens to deal with difficult situations and find coping mechanisms.  
<http://www.teencentral.net/>
4. **Memories are Forever** A great site for hands on ideas for dealing with death and finding ways to remember loved ones.  
<http://www.memories-are-forever.org>
5. **Kids Help Phone** Practical information about lots of different issues for all age groups.  
<http://www.kidshelpphone.ca>
6. **FSIN** First Nation children's first portal. Physical health, mental health, spiritual health, social support for First Nation people.  
<http://www.fsin.com/healthandsocial/childportal/home.php>
7. **Government of Saskatchewan** website with some tips for coping with suicide and depression.  
<http://www.health.gov.sk.ca/understanding-depression-and-suicide>