



Living with Life's Losses

Information for those who have experienced a loss and are grieving and those who support them

Introduction

The Living with Life's Losses material is provided as an introduction to loss and grief for those people who are grieving and all those family members, friends, work colleagues, carers and clinicians (GP's, nurses, counsellors, therapists, social workers, case managers and service providers) who provide care and support to those who have experienced a loss and are grieving.

This material has been put together to provide some information and ideas about appropriately responding to grief. The material is intended to provide an introduction to loss and grief. For those who seek further information links to other resource material are provided.

What is grief?

Grieving is that normal and natural human response to significant loss of someone or something. It is a deeply personal period of sadness, coping and adjustment.

Grieving typically involves strong and painful feelings that can vary in duration and intensity, and these feelings can interfere with the capacity to deal with day to day relationships and activities. Over time these strong feelings and pain moderate, the capacity for coping improves, periods of hope and energy increase and a changed pattern of living where the loss is incorporated.

Although grief is an individual process, most of the time we grieve together with family members, friends, work colleagues and others within social and cultural contexts that can provide solidarity, mutual support and minimise isolation.

Grieving can also take place within a wider community context where the loss is both private and public. The losses associated with bushfires, floods droughts and cyclones, incidents involving multiple deaths, unemployment resulting from factory closures and the deaths of prominent members of the community all have private and public dimensions. These events by their nature involve private and public grieving.

Understanding that grief is normal and the unique ways in which grief is experienced can be helpful for grieving people and those supporting them

There is no set pattern or order to grief. The depth and duration of each grief experience is different for everyone. Sometimes a variety of feelings and physical reactions can be experienced briefly, intermittently or not at all. Living with grief can be a lifelong experience. The impacts of grief are often misunderstood and not identified. Where

other adverse life experiences exist grief need to be recognised and acknowledged.

Some experiences of loss and grief include: disbelief, denial, shock, helplessness, crying, sobbing, resentment, panic, fear of losing control, disturbed sleep, confusion and anger. These responses can be at a level that disrupts someone's capacity to function and manage the demands of day to day living.

The support provided by family and friends is a normal part of the grieving process and can help reduce the possibility of ongoing difficulties.

When a loss is traumatic, or normal support is not available or for whatever reason someone is not coping and the grieving persists, professional counselling or other therapeutic interventions may be appropriate. A GP or a Counsellor can be a useful first contact if this is the case.

When do we grieve?

While the death of a family member or friend is universally recognised as a significant loss (bereavement) followed by a period of grieving (mourning), there are other experiences of loss that can lead to grief including:

- The loss of home through house fire, bushfire, flood or financial difficulties, or even moving house;
- The loss of relationship through family breakdown or separation including adoption and adoption relinquishment;
- The loss of financial security, status and identity through unemployment or retirement;
- The loss of health or mobility through illness, accident or ageing;
- The loss of feelings of safety, security and trust through violence or trauma including child abuse and sexual assault;
- The loss of personal well being through mental illness or drug, alcohol or gambling addiction;
- The loss of family members or friends through death, dislocation or as a missing person;
- The loss of a pet;
- The loss of freedom through imprisonment;
- The loss of mobility through accident, illness or old age;



- The loss of community and social connection through natural disaster, major emergency or war; and,
- The loss of identity and place through social and geographic dislocation (Aboriginal and Torres Strait Islanders, migrants and refugees).

While there are many losses that can involve grieving, what people grieve about and the intensity of the grieving is an individual matter and is related to their circumstances, and personal capacities including their resilience to life's demands.

What does grieving involve?

While everyone grieves in their own way, it is normal for grieving to involve a range of strong feelings, patterns of thinking, physical symptoms, and behaviours. These responses can interfere with someone's capacity to function, and cope with the demands of everyday living. These grief responses can include:

Feelings

- Having strong feelings of sadness and loss.
- Feeling overwhelmed where everything seems to be too hard.
- Feeling insecure, uneasy, restless or anxious.
- Feeling removed or detached from what's going on around you.
- Feeling emotional with waves of anger, worry and sadness.
- Feeling listless without direction or purpose.

Thinking

- Having trouble thinking clearly, getting organised and making day to day decisions.
- Unable to concentrate with a low attention span.
- Having difficulty remembering details.
- Continually thinking about the loss.
- Not speaking clearly and forgetting names.

Physical Symptoms

- Experiencing a loss of appetite.
- Feeling tightness in muscles.
- Feeling tired and weak with a loss of energy and enthusiasm.
- Experiencing headaches, other aches and pains.
- Experiencing changes in libido.
- Experiences other physical changes such as weight loss/ gain or changes to menstrual cycle.

Behaviours

- Being very emotional and teary including crying and sobbing.
- Being irritable and bad tempered.
- Over using stimulants like sugar, coffee, alcohol and tobacco.
- Being tired but unable to sleep and / or having disturbed sleep with dreams and nightmares.
- Social withdrawal.

How long does grieving last?

Grieving is a deeply personal experience that may continue at different levels of intensity over time and from time to time. The most obvious signs of grieving normally diminish over a few weeks or months. However, events or stimuli can refresh the grieving.

Where deaths are involved; birthdays, family gatherings or other reminders like photo albums, favourite places or favourite television programs can bring back feelings of grief. Where other losses are involved, for example the loss of a home in a bushfire or flood, anniversaries of the event or media coverage of similar events can renew the grief.

While grieving can persist it may not be a problem provided the strong feelings of loss and associated behaviours have moderated sufficiently to permit normal living. However if someone is not managing and not showing improvement over time they may need additional support to assist with their grieving.

Looking after yourself - self care.

Grieving can be emotionally draining and physically exhausting to the point of interfering with your health and well being, and your capacity to deal with your grief. It is therefore important to look after yourself. The following ideas have been found to be helpful.

- Make a conscious effort to acknowledge your loss and grief and accept that your feelings and reactions are most likely normal.
- Be aware that there is no right or wrong way to feel or grieve.
- Make an effort to talk about your loss with someone that you trust.
- Don't be on your own unless you want to - visit and have visitors.
- Express your feelings of loss through talking, writing, drawing, painting or listening to or playing music.
- Regularly, preferably daily, undertake physical activity like walking, swimming or gardening. If you have any



doubts about your fitness or what exercise is best for you consult your doctor.

- Create some time and space for yourself to think about your loss and your feelings.
- As best as possible maintain some regular daily routines. Have set times for meals and getting up and going to bed.
- Take extra care of yourself and make sure that you have adequate sleep, exercise daily and maintain a balanced diet that includes breads and cereals, fish, meat, dairy products, fruit and vegetables.
- Avoid seeking relief through smoking and the excessive use of alcohol, medications or other drugs.
- Adopt a winding down, pre-sleeping routine and avoid the excessive use of coffee and tea.
- Consult with your doctor if you have any concerns about your health or any symptoms related to your grieving.

Some people find engaging with the natural world an important component of healing. Some people find strengthening the connection to their spiritual selves helps them. Anything that empowers you to express your grief will be helpful to recovery.

- Be aware that you are entitled to feel and express your grief and the multitude of emotions that may accompany it.
- Share your grief with people YOU feel safe and comfortable with.
- Don't apologise for expressing your sadness, anger, guilt, confusion, relief. Expressing these feelings can help you to incorporate the loss.

Supporting someone who is grieving?

When someone is grieving they are likely to be experiencing a wide range of feelings that effect their moods and behaviour. As a family member, friend, work colleague, carer or professional it is important to be aware of these changes and recognise that they are a normal part of the grieving process. At the same time it is important to be available to those who are grieving to provide care and support that is appropriate to their need, mood and behaviour. In some circumstances this may involve providing them with time and space to reflect or rest while still being available when needed.

Responding to and supporting those who are grieving can be challenging, and those who are in a care and support role need to be mindful of their own feelings and behaviour. While looking after those who are grieving can be an emotional and demanding undertaking, it can also be rewarding and strengthen a relationship.

Experience has shown that the following approaches are useful when caring and supporting someone who is grieving.

- Acknowledge their loss.
- Accept that grieving is normal.
- Accept that it is normal to feel a little uncomfortable or awkward when engaging someone who is grieving.
- Provide a safe emotional, supportive and listening relationship where they can express feelings of loss and grief. Let them know that you care and that you are available to support them when they are ready.
- Relate to them as normally as you can and don't get caught up in their grief.
- Make time available to provide support.
- Listen to them, let them tell their story and be prepared to hear their story repeatedly. This repetition is part of the grieving process.
- In listening and responding it is important not to minimise their loss or suggest that they will get over it.
- Be persistent and reliable. Maintain regular contact and be available. They will respond to you when and if they are ready.
- Be consistent, tolerant and understanding regardless of their changing moods, irritability or anger.
- Offer your assistance with various practical activities.

Importantly, look after yourself. Talk to someone if you are concerned about how you are going or you are worried about how their grieving is progressing. It may even be useful to get some professional advice.

When is additional support required?

There is no set answer to when additional support might be required. However, where strong feelings persist, the grieving process appears not to be progressing and the grieving person appears not to be coping it is probably time to seek additional support from a GP or Counsellor. For some a support group might also be useful.

Depending on the nature of the loss and the personal capacity, circumstances and reactions of the person who is grieving some specialist support, at least a visit to the GP, may be warranted. Those who have experienced traumatic events such as violence or a disaster may benefit from additional assistance from the outset - particularly if they are isolated without immediate support, disadvantaged from a vulnerable group including pensioners, those with disabilities or children. These vulnerable groups may need additional support even where the losses are less dramatic.

Indications where those who are grieving may need additional support include:



- If they don't have anyone to talk to or their personal relationships are under stress.
- Where their physical or other symptoms are persisting and causing concern.
- If they are experiencing continued disturbed sleeping patterns.
- Where they are increasingly using alcohol, drugs or medications to manage their grief.
- Where it appears that their grieving process has stalled and they are having difficulty coping with day to day living and tasks.
- Where they are particularly stressed and don't appear to be handling their intense feelings.
- Where there are signs of anxiety (regularly appearing stressed and anxious) and depression (regularly appearing gloomy, intoxicated or lethargic).
- Where the loss has been traumatic and they belong to a vulnerable group.

Depending on the need and circumstances additional support can include the provision of general loss and grief information or specific information related to the loss (eg, family breakdown, natural disaster, specific illness), referral to a support group where they are available and referral to health / mental health professionals (eg GP's, counsellors, pastoral carers, psychologists).

Loss and grief information is available online, from loss and grief service providers, hospitals, community health services and telephone support services. Some links to online loss and grief resources are provided below. Some telephone counselling and support services are also listed below.

What do we grieve about?

The experience of grief can be associated with many areas of our lives, and while grieving is normal and universal, understanding the nature of a particular type of loss is useful when responding to grief. The following identifies some of the areas of loss that are a part of life:

- The loss of personal relationship through family breakup;
- The loss of physical or mental health, including chronic illness;
- The loss of employment and financial security;
- The loss of homes, familiar surroundings and communities as a result of natural disasters - fire, flood, drought, cyclone and earthquake;
- The loss of feelings of safety and security resulting from violence, injury or other trauma;
- The loss of culture and identity through relocation as a migrant or refugee;

- The losses associated with ageing;
- The losses associated with cancer and palliative care;
- The loss of a pet;
- The loss related to a child death, and;
- The loss related to the death of a family member or friend.

To illustrate how grief can vary from circumstance to circumstance some brief comments are provided on children and grief, young people and grief, indigenous people and grief and sudden and unexpected death. Details on these areas and other specific areas are provided through the resource links below.

Children and Grief

Children experience feelings of sadness and loss similar to adults. However they often need assistance in finding the words to express their feelings and adapting to the loss as they grow older and their understanding deepens.

Children often express their grieving through difficult behaviour and grieving can disrupt their sleeping and eating patterns. It is important to include children in the grieving process and to let them know that others are also grieving.

Children are particularly susceptible to changes in family life including marital breakup, the loss of a home or moving. Children respond positively to; truthful information, inclusion in important parts of the grieving process including rites of passage and loving support provided by trusted adults. (Diane McKissock 'The Grief of our Children' ABC Books 2001)

Young People and Grief

Young people (adolescents / teenagers) also experience feelings of sadness and loss similar to adults. However, while they understand loss, they are still developing physically and emotionally and are subject to dramatic mood changes and periods of high and low energy. This can be reflected in their approach to grieving and requires patience and sensitivity in responding to their support needs. It is particularly important to communicate with young people who are grieving and provide them with safe opportunities to express their feelings.

Drug and Alcohol

People with a history of or presenting with drug or alcohol issues can be dealing with a range of difficulties and challenges as they work towards achieving a meaningful, sustainable and substance free lifestyle. Among the issues they face can be the co-occurrence of grief. They can experience the loss of family and social connection, the loss of self esteem, the loss of health and well being, and loss related to the death of friends. It is important for them to have the opportunity to grieve and process their losses as a normal process.



Indigenous Grief

Aboriginal people as a group have experienced loss and grief across generations at many levels. The ongoing impact of colonisation; loss of land and culture; high levels of incarceration; a history of forced separation of children; Aboriginal deaths in custody; high rates of early mortality; high levels of family separation; domestic violence and sexual and physical abuse and the prevalence of alcohol and drug issues all contribute to a cultural context of loss and grief. It is important to acknowledge this context in providing opportunities to grieve. It is also important to recognise and understand Aboriginal cultural practices in relation to death.

Sudden and unexpected deaths

Grieving related to sudden and unexpected deaths, including bereavement related to suicide, homicide, road death and industrial death can be particularly difficult for family members and friends. The shock of the loss and the nature of the loss can result in strong feelings of anger, guilt and in the case of suicide, shame, rejection and abandonment. For some these sorts of losses make grieving particularly difficult and it is important for those providing support to appreciate the strong feelings and high levels of pain that are associated with unexpected deaths.

Notes



Living with Life's Losses

Information for those who have experienced a loss and are grieving and those who support them

Information and Sources of Support Telephone and Online Support

The following Australia-wide telephone services provide counselling and support and/or information to people who have experienced a loss and are grieving. Other local services may be available.

GENERAL

Kids Helpline 1800 55 1800

Telephone and online counselling service that helps young Australians aged 5 - 25

www.kidshelp.com.au

Lifeline 13 11 14

Telephone internet and face to face support for emotional crisis. Support after suicide groups and services are available from many Lifeline Centres around Australia. Contact Lifeline for details of a service in your state. There a range of specialist suicide bereavement services available in most states.

www.lifeline.org.au

Mensline Australia 1300 78 99 78

Telephone support information and referral for men with family and relationship concerns.

<http://www.menslineaus.org.au/>

Medicare Public Enquiries Line

13 20 11

9 am - 5 pm (Mon-Fri)

Salvos Crisis Line

Suicide Prevention

02 9331 2000 (STD Costs)

<http://www.salvationarmy.org.au/national/>

FAMILIES

Family Relationship Advice Line

The Family Relationship Advice Line (1800 050 321) is available from 8 am to 8 pm, Monday to Friday, and 10 am to 4 pm on Saturday (local time), except national public holidays.

<http://www.ag.gov.au/www/agd/familyreonline.nsf/Page/RWPF75B8B7D68233B6DCA2572180001650C>

Family Assistance Office

The Family Assistance Office has been set up by the Australian Government to give Australian families better access to government services. Instead of going to

different agencies to get family assistance, families are able to get all their payments from just one place - the Family Assistance Office. Family Assistance Offices have been set up in Medicare Australia offices, Centrelink Customer Service Centres and Australian Taxation Office shopfronts across the country, offering a range of payments to support families with their work and family responsibilities.

<http://www.familyassist.gov.au/>

RELATIONSHIP

Relationships Australia National line 1300 364 277

<http://www.relationships.com.au/where-we-are>

AGED CARE

Aged Care Australia

Department of Health and Ageing

Aged and Community Care Information Line

1800 500 853

<http://www.agedcareaustralia.gov.au/>

MENTAL HEALTH

Sane Australia Mental Helth Helpline

1800 187 263

9 am - 5 pm (Mon-Fri)

beyondblue Information Line: 1300 22 46 36

For information about depression, anxiety and related substance abuse disorders, available treatments and where to get help, for the cost of a local call

www.beyondblue.org.au

Multicultural Mental Health Australia

www.mmha.org.au

Allows you to search for services by location and language



CHILDREN

Australian Childhood Foundation

Child Abuse

National Support Directory

[http://www.stopchildabuse.com.au/pages/do_more/national_directory](http://www.stopchildabuse.com.au/pages/do_more_national_directory)

PARENTING

Australian Parenting and Relationships Helpline

- professional counsellors provide free telephone counselling, and information about parenting, separation and other relationship issues. Call **1300 365 859**

Parenting Hotlines

Parentlines are confidential telephone counselling services aimed at providing professional counselling and support for parents and all who have the care of children.

ACT

Parentline

(02) 6287 3833

9 am to 9 pm

(Mon-Fri except public holidays)

Health First

(02) 6207 7777

24 hours, 7 days

NSW

Parentline

132 055

24 hours, 7 days

Karitane Care Line

1300 227 464

(02) 9794 1852

(Sydney metro)

24 hours, 7 days (Mon-Thurs)

8 am - 11 pm (Fri-Sun)

Tresillian Parent Helpline

1800 637 357

(02) 9787 0855

(Sydney metro)

24 hours, 7 days

NT

Parentline

1300 301 300

8 am - 10 pm, 7 days

QLD

13 Health

13 HEALTH (13 43 25 84)

24 hours, 7 days

SA

Parent Helpline

1300 364 100

24 hours, 7 days

TAS

Parent Information Telephone Assistance Service

1300 808 178

24 hours, 7 days

VIC

Parentline

132 289

8 am - 12 am (Mon-Fri)

10 am - 10 pm (Sat-Sun)

Maternal and Child Health Advisory Line

132 229

24 hours, 7 days

WA

Parenting Line

1800 654 432 (STD callers)

(08) 6279 1200

24 hours, 7 days

Grandcare (information service for grandparents)

1800 008 323

10 am - 3 pm (Mon-Fri)

VICTIMS SUPPORT AGENCIES

Victims Support Agencies in Australia and Overseas

http://www.lawlink.nsw.gov.au/lawlink/victimsservices/ll_voc.nsf/pages/voc_outsidensw



Counselling and Support Services

Counselling and support services can be accessed through a wide range of health and community service organisations and through private counsellors. However, the availability and access to these services depends on your specific needs, location and circumstances. Further, some people prefer to use services that are outside their normal community and network of family and friends.

In seeking a service your GP or local community health service can be a useful starting point. However the following suggestions may assist you in identifying a service option that suits your needs.

- Telephone counselling services
- Hospitals
- Municipal councils (Local Government)
- Coroners offices
- Your local Aboriginal Medical Service or Community Health Centre
- Victims of crime services
- Centrelink
- Community service and church agencies
- Specific illness associations such as Motor Neurone Disease , Parkinsons & Alzheimers
- Aged care services
- Department of Veterans' Affairs
- Employment Services
- Disability services
- Carers associations
- Councils on the ageing
- Support/self help groups
- Pastoral care services
- Employment and industrial counselling services
- Counselling services for students i.e. schools, universities, TAFEs
- Drug and alcohol services
- Palliative care services
- Private Counsellors (Please note: In some circumstances counselling can be accessed through Medicare by referral from a GP)

CHILD BEREAVEMENT

Compassionate Friends - A national self help group that supports parents and siblings following the death of a child of any age.

SIDS and kids - A national organisation that provides support for parents and grandparents following the death (from any cause) of a child aged up to 6 years and from 20 weeks gestation.

SANDS Australia

Australian National Association of SANDS organisations supporting families who experience miscarriage, stillbirth, neonatal and infant death.

www.sands.org.au/

Bonnie Babes

www.bbf.org.au

Grief Counselling: 1300 266 643

CARERS

National Carer Counselling Program (NCCP)

Carers are able to obtain counselling through Commonwealth Carer Resource Centres. Counselling is provided through qualified counsellors on issues that are specific to the needs of carers such as depression, stress-related issues, grief and loss and coping skills.

More information can be obtained by phoning Commonwealth Carer Resource Centres on

1800 242 636.

<http://www.carersaustralia.com.au/?/article/view/via:17:232>



Living with Life's Losses

Information for those who have experienced a loss and are grieving and those who support them

Additional Resources

The additional resources cited below are a selection of material intended to provide further information related to general and specific areas of loss. Although the material may relate to loss experienced following a death, it has utility in understanding the full range of losses. The additional resources include online articles and pamphlets and a selected reading list.

LOSS & GRIEF - GENERAL

What is Grief?

Jesuit Social Services

Families and the Grief Process

National Resource Centre for Respite and Crisis Care Services

Life after Loss: Dealing with Grief

Guide to coping with grief and loss, including normal grief reactions to expect. (University of Texas Counseling and Mental Health Center)

CHILDREN/ADOLESCENTS/YOUNG PEOPLE

Supporting children through loss & grief

Extract from Putting Children First

http://www.ncac.gov.au/pcf/Supporting_children_through_grief_and_loss_Sep08.pdf

Children and Grief

Jesuit Social Services

<http://old.jss.org.au/programmes/documents/ChildrenandGrief.pdf>

ADOLESCENT GRIEF

NALAG (NSW)

http://www.nalag.org.au/pubs/Brochure_Adolescent_Grief.pdf

Young People 18 -25 Loss and Grief

Children's Youth & Women's Health Service

Young Adult Health

<http://www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=240&np=298&id=2104>

Australian Child & Adolescent Trauma, Loss & Grief Network (ACATLGN).

Includes links to organisations related to loss and grief issues and organisations related to trauma

<http://www.earlytraumagrief.anu.edu.au>

The Dougy Centre for Grieving Children and Families (US)

<http://www.dougy.org/>

Winston's Wish

Childhood Bereavement Charity (UK)

<http://www.winstonswish.org.uk/>

CHILDREN IN CARE

Loss & Grief for Children in Care

http://www.childsafety.qld.gov.au/fostercare/training/documents/advloss_addnotes.pdf

AGEING

Department of Health and Ageing

Aged Care Australia

Grief, loss and support

NALAG (NSW)

Loss and Grief in Later Life

http://www.nalag.org.au/pubs/Brochure_Later_Life.pdf

INDIGENOUS PEOPLE

Lifeline Coping with sorrow loss and grief toolkit

http://www.lifeline.org.au/__data/assets/pdf_file/0019/18721/Lifeline_Grief_Toolkit_Feb09.pdf

Ways Forward: National Aboriginal and Torres Strait Islander Mental Health Policy National Consultancy Report

<http://www.health.gov.au/internet/main/publishing.nsf/Content/mental-pubs-w-wayforw-toc-mental-pubs-w-wayforw-pol-mental-pubs-w-wayforw-pol-4>

MULTICULTURAL

Multicultural Palliative Care Guidelines

<http://www.palliativecare.org.au/Portals/46/resources/MulticulturalGuidelines.pdf>



CARERS

An unrecognised grief : loss and grief issues for carers : a carer's guide / Annie Cantwell-Bartl
Published Melbourne : Carers Association Victoria, 2001

SUICIDE BEREAVEMENT

Care and support pack for families and friends bereaved by suicide (NSW)

- After a suicide death: information for families and friends
- At the time: when someone you know has died by suicide
- Coping with grief after a suicide death

http://www.health.nsw.gov.au/pubs/2007/care_support_pack.html

Tasmanian Suicide Prevention:

Sudden Loss Support Kit

Support After Suicide - Jesuit Social Services

<http://www.supportaftersuicide.org.au>
Information and resources for those experiencing bereavement following a suicide

Children Bereaved by Suicide Project

Supporting children after suicide . . . information for parents and other caregivers

http://www.health.nsw.gov.au/policy/cmh/publications/Supporting_Children_After_Suicide.pdf

Children, Women Youth Health Service

Helping your children after a suicide

<http://www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=114&np=141&id=2384>

CHRONIC ILLNESS

Palliative Care Victoria

Normal reactions to loss of good health

<http://www.pallcarevic.asn.au/health-professionals/grief-loss>

PET LOSS

NALAG NSW

Coping with Pet Loss

<http://www.nalag.org.au/pubs/Pet%20Loss.pdf>

DISASTERS AND EMERGENCIES

Victorian Department of Human Services Emergency Management fact sheets on Stress after emergencies.
When someone you know has had a traumatic experience, the stress of being under threat, Family and crisis, Children and crisis, Teenagers and crisis, Children's reaction to war and uncertainty

http://www.dhs.vic.gov.au/emergency/publications/fact_sheet_personal_support

Lifeline Media Release: Joint Statement on Loss and Grief http://www.lifeline.org.au/__data/assets/pdf_file/0009/35469/joint_statement_on_grief_and_loss.pdf



Reading List

GRIEF EXPERIENCE (COMPANIONSHIP READING)

People who are grieving and those who support them can gain insight, comfort and companionship from reading about the loss and grief experience of others. Following are some suggestions.

Carey, Gabrielle. (2009) *Waiting Room A Memoir*. Scribe Publications

Jones, Carolyn (2009) *Through a Glass Darkly A journey of love and grief with my father*. ABC Books

Livingston, Gordon.(2006) *MD Mourning the Death of My Son*. Sydney : Hachette Livre Australia.

Cracknall, Ruth. (2001) *Journey From Venice*. Melbourne: Bolinda Softcovers

Didion, Joan. (2005)*The Year of Magical Thinking*. Great Britain: Fourth Estate

CLINICAL REFERENCES

Murray, J.A. (2001) Loss as a universal concept: A review of the literature to identify common aspects of loss in diverse situations. *Journal of Loss and Trauma*. 6, 219-241

Bruce, Elizabeth J. and Schultz,Cynthia L.(2001) *Nonfinite Loss & Grief A psychoeducational approach*
Brookes Publishing

Worden, William J. (2008) *Grief Counseling and Grief Therapy: A Handbook for the Mental Health Practitioner. Fourth Edition*, Springer Publishing Company

McKissock, Mal (1992) *Coping with Grief*. Australian Broadcasting Corporation

Doka, Kenneth J. (Ed) (2002) *Disenfranchised Grief: New Directions, Challenges and Strategies for Practice*. Research Press

Payne, Sheila, Horn, Sandra and Relf, Marilyn (1999) *Loss and bereavement*. Open University Press

Raphael, Beverley, Stevens, Gary and Dunsmore, Julie (2006) *Clinical Theories of Loss & Grief in. Violent Death: Resilience and Intervention Beyond the Crisis*.

Neimeyer, Robert (2000) *Lessons of Loss: A guide to Coping*
Australian Centre for Grief and Bereavement

Walter, Tony 1999: *On bereavement: the culture of grief*. Buckingham: Open University Press.

Rando, Therese A. (1993) *Treatment of Complicated Mourning*. Research Press

Ambler Walter, Carolyn & McCoyd, Judith L M (2009) *Grief and Loss Across the Lifespan: A Biopsychosocial Perspective*. Springer Publishing Company

WEB BASED CLINICAL RESOURCES

Major Depression and Complicated Grief

Lists the warning signs and symptoms that suggest grief has progressed to major depression or complicated grief. (American Cancer Society)

Complicated Grief

Guide to the symptoms, causes, risk factors, and treatment of complicated grief. (Mayo Clinic)

Complicated Grief

Learn the difference between the normal grief reaction and complicated grief. Includes information about symptoms, risk factors, and treatment. (Harvard Medical School Family Health Guide)

This material has been designed so that you can download the document or parts of the document. space has been provided at the end of the document for you to insert local information and contacts.

*The Living with Life's Losses Project
is supported by financial
assistance from the
Australian Government*

**National Association for
Loss & Grief (Vic) Inc**

email:
info@nalagvic.org.au

website:
www.nalagvic.org.au
ABN: 51 905 796 173
Incorporation No:
A0026969H



NALAG (Vic) invites your feedback on this document.
info@nalagvic.org.au

Your Contact Details