

PATHWAYS CENTER  
*for* GRIEF & LOSS

**BIBLIOGRAPHY FOR  
SUPPORTING BEREAVED ADULTS**

- Attig, Thomas. **How We Grieve, Relearning the World.**  
Easy to read stories about how to be and act in a world where loss transforms the fabric of our lives.
- \*Burns, George. **101 Healing Stories, Using Metaphors in Therapy.**  
Provides inspirational story ideas that therapists can adapt to share with clients for effecting change.
- \*Cook, Alicia & Dworkin, D. **Helping the Bereaved.**  
Excellent foundational text on therapeutic interventions for children, adolescents, and adults.
- Doka, K. & Morgan J. **Death and Spirituality.**  
A comprehensive text for anyone in the profession of dying and bereavement. Chapters written by many who are reknown in the field of grief and loss.
- Doka, Kenneth. **Living With Grief after Sudden Loss.**  
Provides an excellent overview on types of sudden loss and treatment implications.
- \*Golden, Thomas. **Swallowed by a Snake.**  
Excellent book about the masculine side of healing from a loss. Offers a unique perspective on the grief process that is well written and applicable to both men and women.
- \*Klass, Dennis. **The Spiritual Lives of Bereaved Parents.**  
Vignettes of bereaved parents provide a framework for professionals and offer insights into understanding the lives of bereaved parents.
- \*Martin, T. & Doka, K. **Men Don't Cry . . . Women Do.**  
This book challenges the traditionally held notions about gender stereotypes of grief, emphasizing that there are many healthy ways to cope with grief.
- \*Neimeyer, Robert. **Meaning Reconstruction and the Experience of Loss.**  
Considered "state of the art" in the study of grief, Neimeyer combines sharp theoretical analyses with keen clinical insights and sound theoretical tasks. Essential for those working with or teaching about the bereaved.
- \*Rando, Therese A. **Grief, Dying and Death - Clinical Intervention for Caregivers.**  
Comprehensive, readable, provides practical information about grief and loss support.

\*Rando, Therese A. **Treatment of Complicated Mourning.**

A comprehensive clinical resource. Reviews the fundamentals of grief and mourning assessment and treatment of complicated mourning, and potential clinical problems that may be encountered.

\*Straub, Sandra. **Death 101, A Workbook for Educating and Healing.**

This workbook is designed to supplement textbooks on dying and death, to increase knowledge about death education. It can also be used independently to work through a loss as a personal guide for the journey through grief. Numerous excellent activities to be used by individuals or groups.

\*Wolfelt, Alan. **Understanding Grief, Helping Yourself Heal.**

Excellent, comprehensive and down to earth book that allows one to explore how they think and feel about their grief process. Includes a section that outlines guidelines for leading a nine week bereavement support group. Dr. Wolfelt has numerous other excellent books available about adult as well as childhood and teen loss issues.

Wolfelt, Alan. **The Understanding Your Grief Support Group Guide.**

This book is for caregivers who want to start and lead an effective grief support group.

\*Worden, William. **Grief Counseling and Grief Therapy.**

Describes normal grief and ways to help clients accomplish the "tasks of mourning." Special types of losses, pathological grief and wellness are also covered.

(\*Available in the Pathways Center for Grief & Loss Resource Library)