

Healthy Thoughts: Resources on Grief

Provided by ERH Parish Health Ministry

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“He heals the brokenhearted and binds up their wound curing their pains and their sorrow.” (Psalm 147:3)

R ecommended books:

Healing after Loss by Martha Whitmore

The New Day Journal by Sister Mauryeen O’Brien

Safe Passages by Molly Fumia

Tear Soup by Pat Schwiebert, Chuck Deklyen, and Taylor Bliss

Living With Grief: Children and Adolescents by Doka and Tucci

A Grief Observed by C.S. Lewis

The Grief Recovery Handbook by John James and Frank Cherry

There is also a good selection of books related to grief at www.actapublications.com and books and DVDs at www.willowgreen.com.

Support Groups: Grief support groups give a person the opportunity to share their story openly, and they offer companionship and understanding from others who have also experienced a painful loss. For more information on support groups in your area, please visit www.parishhealthministry.com.

To locate further grief resources in your area:

- Contact funeral homes in your local area. Some funeral home directors are certified grief counselors, or they can refer you to another qualified professional within their network of contacts.

- Hospice programs often offer grief counseling services in addition to bereavement support. Many have volunteer grief counselors and clergy on staff. Call the Hospice Foundation of America at **1-800-854-3402** or email info@hospicefoundation.org. Locate a hospice program near you (see Resources below) and ask for a referral to a competent grief counselor.

- Your family doctor or local clergy should also be able to give you the names of professionals who provide support to individuals who need help moving through the normal stages of grief.

- Individuals experiencing an abnormal reaction to death or having difficulty overcoming unresolved grief should be referred to a licensed psychologist who specializes in grief therapy. You may also contact the American Psychological Association at **1-800-964-2000** for assistance locating a practitioner in your area.

- Interview more than one grief counselor to make certain that you choose someone whose counseling style will meet your needs. Ask each counselor to give you an example of the techniques they use. You might ask them to describe what occurs during a typical counseling session, as well as about their professional credentials. Find out whether they are affiliated with professional organizations such as the American Academy of Bereavement, Association of Death Education and Bereavement, or the Hospice Foundation of America.

Parish Health Ministry

Episcopal Retirement Homes (ERH) is a not-for-profit organization committed to enriching the lives of older adults in a person-centered innovated, spiritually based way. ERH serves seniors in southern and central Ohio through residential communities, affordable housing and in-home services. For more information, please call (800) 835-5768 or visit www.EpiscopalRetirement.com