Coming Soon!

Guidance for the traumatized mourner, with substantial new information counselors can use

Coping With the Sudden Death of Your Loved One: A Self-Help Handbook for Traumatic Bereavement
*Accident  *Disaster  *Suicide  *Homicide  *Death from Terrorism or War  *Acute Natural Death

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About The Book

Focusing on self-help strategies for mourners losing loved ones to sudden death, this book provides cutting-edge information and practical suggestions for understanding and addressing the unique challenges posed by the volatile mixture of trauma and loss in a death that is unexpected.

Tentative Table of Contents

PART I: Understanding Your Experience
1. Sudden Death Is Traumatic
2. Understanding Loss and Trauma
3. Your Journey Through Grief and Mourning
4. The Six “R” Processes of Mourning
5. Why A Sudden Death Is So Different
6. How You React When Your World Shatters Abruptly
7. Elements Making a Sudden Death More Traumatic
8. How Your Unique Situation Influences Your Mourning
9. Your Traumatic Bereavement Over Time

PART II: Dealing with Your Loved One’s Particular Death
10. Confronting the Circumstances of Sudden Death
11. If Your Loved One Died From Acute Natural Death
12. If Your Loved One Died From An Accident or Disaster
13. If Your Loved One Died from Suicide
14. If Your Loved One Died From Homicide, Terrorism, or War

PART III: Contending with the Outside World
15. Dealing With Other People and Work
16. Surviving the Criminal and Civil Justice Systems
17. Looking for Assistance and Mutual Support

PART IV: Helping Yourself
18. Constructing Your Self-Help Plan
19. Thinking and Feeling in Healthy Ways
20. Coping Effectively
21. Enabling Your Six “R” Processes
22. Managing Your Anxiety
23. Handling Your Depression
24. Attending To Other Sudden Death Repercussions
25. Grappling With Loss of a Child
26. Creating Your Own Bereavement Rituals

PART V: Going Forward
27. What Healthy Living With Your Loss Looks Like
28. Choices

ADDENDUM

Traumatic Bereavement From the COVID-19 Pandemic

About The Author

An award-winning clinician, author, and educator, Dr. Rando is a clinical psychologist, traumatologist, and thanatologist. She has consulted, conducted research, provided therapy, written, and lectured internationally in areas related to loss, grief, illness, injury, dying, death, bereavement, disaster, and trauma.
Bereavement following suicide is traumatic. Guilt, shame, stigma and feelings of rejection and isolation set it apart from the sadness following other kinds of death and may make it difficult for the bereaved person to obtain help (Harwood et al., 2002; Hawton & Simkin, 2003; Beautrais, 2004). The necessary official processes surrounding death by suicide, like the police and coroner’s investigations, can add to the trauma (Biddle, 2003). Self-help resources are an important means of supporting people bereaved by suicide. These require careful evaluation. Large numbers of copies of Help is at Hand were obtained by a range of organizations, but far fewer directly by individuals, although the resource was extensively accessed online. Keywords: grief, trauma, bereavement, coping.

Bereavement is a universal life experience individuals have to grapple with the loss of a loved one. The human loss is mostly carries immense psychological burden that can be carried over a life time or laid down. The sense of irreversibility makes death a stressful event that often gives way to emotional crisis for the bereaved. Spousal bereavement is considered one of the most devastating losses during the life course, which can lead to decreased well-being and functioning with the experience of multiple negative emotions including sadness, helplessness. Self-Help > Death, Grief, Bereavement. Psychology > Interpersonal Relations. Related Articles. How to Make a Memorial Service More Meaningful. - Tips on Life & Love. Coping with Grief Through Art. - Tips on Life & Love. There’s No Such Thing as Closure. - Tips on Life & Love. “Sensible, helpful, time-tested advice from a wise, compassionate counselor. Dr. Doka provides uniquely useful insights into this universal (yet widely misunderstood) human experience.” This book presents an integrated treatment approach for those struggling to adapt after the sudden, traumatic death of a loved one. The authors weave together evidence-based clinical strategies grounded in cutting-edge knowledge about both trauma and grief. The book offers a clear framework and many practical tools for building survivors’ psychological and interpersonal resources, processing their trauma, and facilitating mourning. Ordering Information Renew a Subscription For Professors For Teachers & Schools For Students For Authors For Resellers For Librarians For Treating Military Clients Conference Calendar Publicity Meet our Authors Permissions Foreign Rights CE Credits Employment Opportunities. Sign up for e-alerts. View e-books. See our new releases.