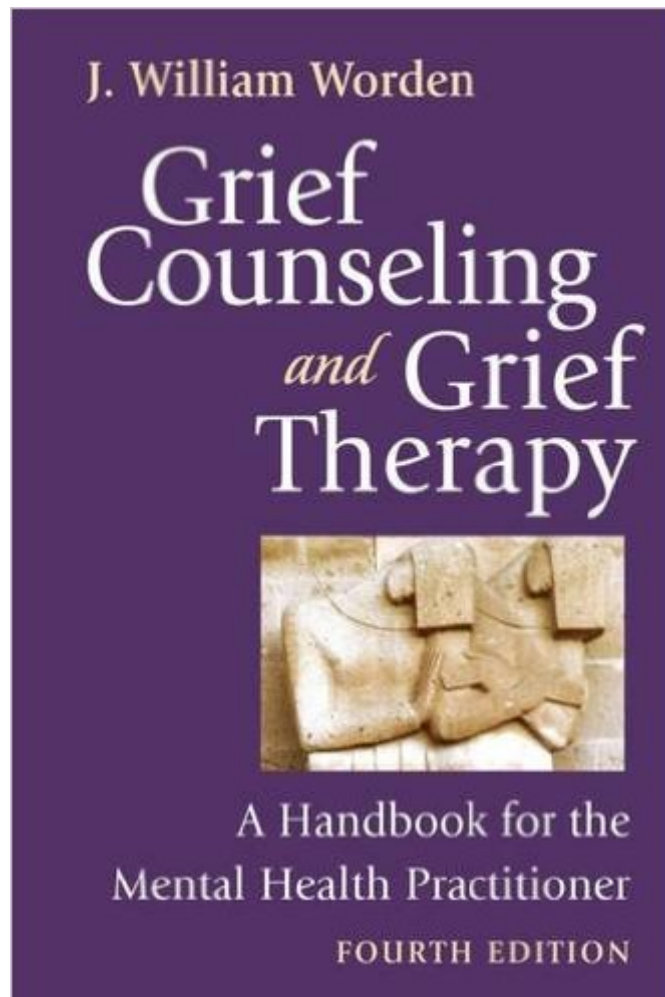


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# Grief Counseling And Grief Therapy, Fourth Edition: A Handbook For The Mental Health Practitioner



## Synopsis

Named a 2013 Doody's Core Title! In the fields of death education, research and counseling/psychology, surely Bill Worden is a giant....ALL of us, personally and professionally, are indebted to J. William Worden. From his work we may be just a bit wiser, a bit healthier, a bit more competent, and a lot more in touch with meaning (our own and those of others) for the sake of all who mourn." --Illness, Crisis, & Loss Every helping professional will profit from Worden's treatment of uncomplicated and complicated mourning. Especially hopefully is his material on the many types of loss...I highly recommend Worden's book."--Ministry Recipient of The International Work Group on Death, Dying and Bereavement Herman Feifel Award. Dr. Worden presents the highly anticipated fourth edition to *Grief Counseling and Grief Therapy*, the gold standard of grief therapy handbooks. The previous editions, translated into 12 languages, received worldwide acclaim for their sensitive, insightful, and practical approach to grief counseling. In this updated and revised fourth edition, Dr. Worden presents his most recent thinking on bereavement drawn from extensive research, clinical work, and the best of the new literature. Key Features: The task model has been modified to account for new thinking and research findings in the field, including meaning making, resilience, and continuing bonds A new chapter on the Mediators of Mourning helps clinicians to understand what accounts for individual differences in adapting to the death of a loved one Looks at recent controversies in the field including the best way to understand complicated bereavement and the efficacy of grief counseling and therapy Presents the vital distinction between grief and trauma, and highlights different intervention approaches for each Comprehensive and highly organized, this text is useful to therapists just beginning to work in the field as well as seasoned practitioners.

## Book Information

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## Customer Reviews

Dr. Worden's latest edition of his now classic handbook offers updated research, further refinement of the task model, and greater clarity regarding the mediators of the grief process. He presents a very balanced look at efforts to define complicated mourning and offers timely commentary on the proposed changes to the next DSM. From advanced psychotherapists, to students, and even lay people interested in grief, all will find his book enlightening. It is rare to come across a book that has such broad appeal on such an important topic. There are many choices on the topic of grief, but few if any are as well researched and thoroughly conceptualized as *Grief Counseling and Grief Therapy: A Handbook for the Mental Health Practitioner*, 4th Edition.

Brilliant book. I am a social work professional. I found this book to be evidence based with relevant research, history on the topic including interesting stuff on the debate around terminology that has been happening in anticipation of DSMV. However, great strength is that it is also designed for practitioners and has detailed suggestions to enhance practice as well as great advice on self care and training. I've read and trained others on this topic and this is one of three I currently recommend to those I train.

While I found this text to be quiet informative I also found it to be rather judgmental and generalizing at times. For example, when talking about socially negated loss the author states "many single young women who get pregnant choose to terminate the pregnancy. One problem here is that the decision is often made in isolation-the man often is not told about the pregnancy..." Yet Worden does not cite the source of such generalized information. Additionally, Worden argues that that Admitting positive feelings [towards the deceased] is a necessary part of the process of achieving an adequate and healthy resolution to one's grief. I'm not sure I agree. I have worked with clients who's parents did nothing short of torture them in childhood and they did not have any positive feelings towards them. However they were able to successfully move and work through both their trauma and grief.

This is a great book. Very easy to understand. Scientific and human at the same time. If you are a health professional or a social worker or a church minister, you should read it and always have it close.

If anyone needs a concise, go-to resource for ministering to others, especially those who are grieving, this is it. Worden is thorough without being pedantic. He sets forth his tasks of mourning, and mediators of grieving, which make so much more sense than the long-misused Kubler-Ross stages of grief. (No disrespect intended, her work was groundbreaking in caring for the dying). Great book.

This book is an excellent resource for anyone doing grief counseling and/or grief therapy. It is well organized, thorough and filled with references to his own and others' research. A must have for people in the field.

Very good for working with clients who are dealing with grief. Dr. Worden is a renowned expert on grief. I found this very helpful for understanding what was normal grief and what as pathological grief.

This book is VERY helpful for people who are embarking on grief therapy without previous experience. While it doesn't list specific techniques, it assists you as a clinician to put into perspective where the client may be on their journey, and gives you the thought processes you need to best assist your client. It's also easy to read. I bought this not for a class, but to expand my own knowledge, and have found it immensely helpful.

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