



# Grief in Childhood: Fundamentals of Treatment in Clinical Practice

By Michelle Y. Pearlman, Karen D'Angelo Schwalbe, Marylène Cloitre

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Michelle Y. Pearlman, Karen D'Angelo Schwalbe, Marylène Cloitre

Children vary in their response to the death of a loved one. Some children develop relatively few symptoms or problems, while others face significant or prolonged symptoms, such as posttraumatic stress disorder or anxiety. Similarly, children vary in their circumstances and preferences. Thus, clinicians who work with bereaved children must customize interventions to meet the specific needs of each individual child.

This book presents Integrated Grief Therapy for Children—an evidence-based model for treating bereaved children that draws extensively on cognitive-behavioral, family systems, and narrative approaches to therapy. The model shows clinicians how to assess the needs of bereaved children, treat common distressing symptoms (depression, posttraumatic stress disorder, anxiety, and behavioral problems), and address the grief itself while fostering resilience.

Because emotional and behavioral problems following grief are manifested in different ways, the model allows for flexibility based on the age, symptom presentation, and needs of the child. And because the inclusion of a surviving parent or caregiver is critical to working with grieving children, the model involves the parent in the interventions.

With a thorough literature review on bereavement in childhood, extensive case examples and dialogues to illustrate therapeutic techniques, and over 20 activity handouts that therapists can photocopy and use in sessions, this book provides everything needed to treat bereaved children.

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- Rank: #1691679 in eBooks
- Published on: 2012-04-03
- Released on: 2012-04-03
- Format: Kindle eBook



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## **Editorial Review**

### **Review**

Clinicians working with children and adolescents who are coping with loss and grief will find *Grief in Childhood* to be an invaluable resource. The sophisticated, integrative, cognitive-behavioral approach will allow clinicians to help kids who suffer from depression, anxiety, PTSD and a wide range of problems that are consequences of loss. There are many helpful dialogues, reproducible forms, assessment measures, and step-by-step guidelines that make this a unique and a very practical guide. --**Robert L. Leahy, PhD, Director, American Institute for Cognitive Therapy, Clinical Professor of Psychology, Department of Psychiatry, Weill-Cornell University Medical College, New York Presbyterian Hospital**

A practical, sensitive, and effective approach to treatment that is easy to understand and ready to use. All therapists should read this book, as every clinician will inevitably face the challenge of a grieving child or his/her parent. --**Spencer Eth, MD, Editor, PTSD in Children and Adolescents, and Professor of Psychiatry, New York Medical College, New York City**

This outstanding book describes integrated grief therapy for children, a phased, evidence-based protocol for helping bereaved children draw on their strengths to cope with profound loss. The authors' extensive experience with this population shows in their sensitive descriptions of individual differences in child development and the grieving process. --**David A. F. Haaga, PhD, Professor of Psychology, American University, Washington, DC**

The impact of loss on children is varied and complex--influenced by the circumstance of the loss, the availability of social supports, and the child's individual temperament and personality. This book fills a significant void in the literature by specifically addressing this heterogeneity in the clinical presentations of bereaved children. It details a flexible approach to designing treatment plans and incorporates evidenced-based clinical competencies for building resilience after loss. --**Eva Levine, PhD, Independent Practitioner and Lecturer, Touro College Graduate School of Education and Psychology, New York, NY**

This book is a must-read for clinicians working with bereaved children and their families and an innovative contribution to the field. Drawing from current literature and clinical experience, the authors provide useful guidelines, intervention strategies, dialogues, and activities --**Janet P. Rosen, PsyD, Chief Psychologist, Department of Psychiatry, Miami Children's Hospital, Miami, FL**

## **Users Review**

### **From reader reviews:**

#### **Gerald Dews:**

Spent a free time for you to be fun activity to perform! A lot of people spent their sparetime with their family, or their own friends. Usually they carrying out activity like watching television, planning to beach, or picnic within the park. They actually doing same every week. Do you feel it? Do you want to something different to fill your own personal free time/ holiday? Can be reading a book could be option to fill your totally free time/ holiday. The first thing you will ask may be what kinds of guide that you should read. If you want to try look for book, may be the book untitled Grief in Childhood: Fundamentals of Treatment in

Clinical Practice can be very good book to read. May be it can be best activity to you.

**Teddy Hathorn:**

People live in this new day of lifestyle always make an effort to and must have the free time or they will get lots of stress from both day to day life and work. So , whenever we ask do people have extra time, we will say absolutely of course. People is human not just a robot. Then we inquire again, what kind of activity do you possess when the spare time coming to a person of course your answer can unlimited right. Then do you ever try this one, reading publications. It can be your alternative inside spending your spare time, the book you have read is definitely Grief in Childhood: Fundamentals of Treatment in Clinical Practice.

**Rachel Daniels:**

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**Barbara Kyle:**

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