

Handbook Of Bereavement Research Consequences Coping And Care

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Explore the comprehensive "Handbook of Bereavement Research," a vital resource detailing the consequences of loss and effective strategies for coping with grief. This essential guide offers in-depth bereavement research findings and practical insights into compassionate bereavement care and grief support.

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Handbook of Bereavement Research

The Handbook of Bereavement Research provides a broad view of diverse contemporary approaches to bereavement, examining both normal adaptation and complex manifestations of grief. In this volume, leading interdisciplinary scholars focus on 3 important themes in bereavement research: consequences, coping, and care. In exploring the consequences of bereavement, authors examine developmental factors that influence grief both for the individual and the family at different phases of the life cycle. In exploring coping, they describe new empirical studies about how people can and do cope with grief, without professional intervention. Until recently, intervention for the bereaved has not been scientifically guided and has become the subject of challenging differences of opinion and approach. Chapters in the care section of the volume critically examine interventions to date and provide guidance for assessment and more theoretically and empirically guided treatment strategies. The Handbook provides an up-to-date comprehensive review of scientific knowledge about bereavement in an authoritative yet accessible way that will be essential reading for researchers, practitioners, and health care professionals in the 21st century. (PsycINFO Database Record (c) 2004 APA, all rights reserved).

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Handbook of Bereavement Research and Practice

"In this state-of-the-art volume, leading international scholars and clinicians provide a comprehensive and cross-disciplinary overview of how rigorous research on bereavement translates into practice. They identify new developments and controversies in the field, relating new theories to concepts from attachment theory and emotion theory. The effects of societal change and of national and international events on personal and public mourning are examined along with other areas of interest to practitioners, such as grief and disaster, posttraumatic growth, and cultural competence in helping diverse clients cope with grief and bereavement. New analyses use longitudinal data sets to trace patterns of adjustment, trajectories of grieving over time, and the use of coping resources. The contributors also explore emerging research on the consequences of losing a loved one, "disenfranchised" grieving, continuing bonds, and other critical areas. Researchers and practitioners will find much to enrich and deepen their work in this thought-provoking volume"--Cover. (PsycINFO Database Record (c) 2012 APA, all rights reserved).

Handbook of Bereavement

Focusing on methodologically sound, theoretically oriented, and empirically derived knowledge, the authors provide a structured framework for researchers and practitioners.

Cambridge Handbook of Psychology, Health and Medicine

Health psychology is a rapidly expanding discipline at the interface of psychology and clinical medicine. This new edition is fully reworked and revised, offering an entirely up-to-date, comprehensive, accessible, one-stop resource for clinical psychologists, mental health professionals and specialists in health-related matters. There are two new editors: Susan Ayers from the University of Sussex and Kenneth Wallston from Vanderbilt University Medical Center. The prestigious editorial team and their international, interdisciplinary cast of authors have reconceptualised their much-acclaimed handbook. The book is now in two parts: part I covers psychological aspects of health and illness, assessments, interventions and healthcare practice. Part II covers medical matters listed in alphabetical order. Among the many new topics added are: diet and health, ethnicity and health, clinical interviewing, mood assessment, communicating risk, medical interviewing, diagnostic procedures, organ donation, IVF, MMR, HRT, sleep disorders, skin disorders, depression and anxiety disorders.

Bereavement

The loss of a loved one is one of the most painful experiences that most of us will ever have to face in our lives. This book recognises that there is no single solution to the problems of bereavement but that an understanding of grief can help the bereaved to realise that they are not alone in their experience. Long recognised as the most authoritative work of its kind, this new edition has been revised and extended to take into account recent research findings on both sides of the Atlantic. Parkes and Prigerson include additional information about the different circumstances of bereavement including traumatic losses, disasters, and complicated grief, as well as providing details on how social, religious, and cultural influences determine how we grieve. Bereavement provides guidance on preparing for the loss of a loved one, and coping after they have gone. It also discusses how to identify the minority in whom bereavement may lead to impairment of physical and/or mental health and how to ensure they get the help they need. This classic text will continue to be of value to the bereaved themselves, as well as the professionals and friends who seek to help and understand them.

Handbook of Bereavement

The Handbook of Bereavement constitutes a comprehensive review of scientific knowledge on the consequences of losing a loved person through death. The volume brings into focus a wide variety of theoretical approaches that have been incorporated into bereavement research. Physiological changes

associated with the mental and physical consequences of bereavement, where significant advances in knowledge have been made, are surveyed. The phenomenology of grief, distinctions between normal and pathological grief, as well as measurement and assessment techniques, are given detailed coverage. Chapters document not only detrimental effects to mental and physical health, but a much broader range of consequences associated with loss. The Handbook of Bereavement brings together an international, interdisciplinary group of scholars to report research and explore key issues on the topic of bereavement. Focusing on methodologically sound, theoretically oriented, and empirically derived knowledge, the authors provide a structured framework for researchers and practitioners.

Continuing Bonds

First published in 1996. This new book gives voice to an emerging consensus among bereavement scholars that our understanding of the grief process needs to be expanded. The dominant 20th century model holds that the function of grief and mourning is to cut bonds with the deceased, thereby freeing the survivor to reinvest in new relationships in the present. Pathological grief has been defined in terms of holding on to the deceased. Close examination reveals that this model is based more on the cultural values of modernity than on any substantial data of what people actually do. Presenting data from several populations, 22 authors - among the most respected in their fields - demonstrate that the health resolution of grief enables one to maintain a continuing bond with the deceased. Despite cultural disapproval and lack of validation by professionals, survivors find places for the dead in their on-going lives and even in their communities. Such bonds are not denial: the deceased can provide resources for enriched functioning in the present. Chapters examine widows and widowers, bereaved children, parents and siblings, and a population previously excluded from bereavement research: adoptees and their birth parents. Bereavement in Japanese culture is also discussed, as are meanings and implications of this new model of grief. Opening new areas of research and scholarly dialogue, this work provides the basis for significant developments in clinical practice in the field.

The Oxford Handbook of Health Psychology

The Oxford Handbook of Health Psychology brings together preeminent experts to provide a comprehensive view of key concepts, tools, and findings of this rapidly expanding core discipline.

Clinical Handbook of Bereavement and Grief Reactions

This book is designed to present a state-of-the-art approach to the assessment and management of bereavement-related psychopathology. Written by experts in the field, it addresses the recent shift in the field calling for greater recognition of bereavement-related psychopathology, as evidenced by the removal of bereavement from the exclusion criteria for major depressive disorder and the provisional inclusion of a bereavement disorder as a condition requiring further study in the DSM-5. This text introduces and reviews the theoretical background underlying bereavement-related psychopathology, addresses the issues faced by clinicians who assess bereaved individuals in different contexts, and reviews the management of and varied treatment approaches for individuals with grief reactions. Clinical Handbook of Bereavement and Grief Reactions is a valuable resource for psychiatrists, psychologists, students, counselors, psychiatric nurses, social workers, and all medical professionals working with patients struggling with bereavement and grief reactions.

Bereavement and Health

Does the popular notion of a 'broken heart' have some grounding in reality? How can grief affect the body in ways that necessitate medical care and may even be life-threatening? Bereavement and Health constitutes a comprehensive review of what is known about the impact of bereavement on surviving partners. Drawing on the work of psychologists, sociologists, epidemiologists, and psychiatrists, Wolfgang and Margaret Stroebe offer a theoretically coherent perspective focused on conjugal loss. After a thorough discussion of stress and depression models of bereavement, the authors present their own theoretical approach, emphasizing social contacts and the interpersonal nature of grief. They then examine the psychological and medical consequences of bereavement: Are the bereaved at higher risk than those who have not lost a partner? What has research revealed about the causes, symptoms, and outcomes of grief? Key questions about recovery from grief are also addressed: Is the health risk of bereavement severe enough to have lasting or even fatal consequences? Is it possible to identify those bereaved who are at high risk before their health suffers? What are the strategies that are most likely to lead to effective coping? Can attempts at intervention be effective? The Stroebe's combination of

theoretical integration and methodological rigor will make Bereavement and Health a standard text for years to come.

Encyclopedia of Primary Prevention and Health Promotion

Foundational topics such as history, ethics, and principles of primary prevention, as well as specific issues such as consultation, political issues, and financing. The second section addresses such topics as abuse, depression, eating disorders, HIV/AIDS, injuries, and religion and spirituality often dividing such topics into separate entries addressing childhood, adolescence, and adulthood.

The Oxford Handbook of Stress, Health, and Coping

The Oxford Handbook of Stress, Health, and Coping is an essential reference work for students, practitioners, and researchers across the fields of health psychology, medicine, and palliative care. Featuring 22 topic-based chapters -- including two by Folkman -- this volume offers unprecedented coverage of the two primary research topics related to stress and coping: mitigating stress-related harms and sustaining well-being in the face of stress. Both topics are addressed within their relevant contexts, including chronic illness, calamity, bereavement, and social hardship. This handbook is sure to serve as the benchmark publication in this growing field for years to come.

Handbook of Childhood Death and Bereavement

In this comprehensive handbook, a leading group of experts improve our understanding of the challenges faced by children when coping with death, dying, and bereavement. Organized into three parts, the volume addresses specific issues involved in confrontations with death; discusses the role of bereavement; and explains specific therapeutic interventions for caregivers. The reader is introduced to four distinct periods within childhood--infancy, toddlerhood, early childhood, and middle childhood. Through case examples, the contributors illustrate a child's experience with death and bereavement in all four areas. The book's practical orientation and emphasis will appeal to a broad array of caregivers including counselors, therapists, nurses, and mental health practitioners concerned with child and adolescent death and bereavement.

Policing Industrial Disputes: 1893 to 1985

Dr Geary provides a fascinating and detailed 1985 account of the changing nature of industrial violence.

Death Anxiety Handbook: Research, Instrumentation, And Application

First published in 1994. Routledge is an imprint of Taylor & Francis, an informa company.

Care Managers: Working with the Aging Family

Care Managers: Working with the Aging Family addresses the unmet needs of care managers working with aging clients as well as the client's entire family. With its in-depth focus on the "aging family system, this book fills a gap for medical case managers and geriatric care managers giving them tools to better meet the treatment goals of aging clients and their families, as the older clients move through the continuum of care in institutional based settings or community based settings. Care Managers: Working With the Aging Family uniquely focuses on helping the entire family unit through the process of death and dying, helping midlife siblings to work together to render care to aging parents. It adds proven techniques to the care manager repertoire such as family meetings, forgiveness, technology, and care giver assessment. It offers multiple tools to do an effective care plan so that both the needs of the family and the older client are met.

Oxford Textbook of Palliative Social Work

The Oxford Textbook of Palliative Social Work is a comprehensive, evidence-informed text that addresses the needs of professionals who provide interdisciplinary, culturally sensitive, biopsychosocial-spiritual care for patients and families living with life-threatening illness. Social workers from diverse settings will benefit from its international scope and wealth of patient and family narratives. Unique to this scholarly text is its emphasis on the collaborative nature inherent in palliative care. This definitive resource is edited by two leading palliative social work pioneers who bring together an array of international authors who provide clinicians, researchers, policy-makers, and academics with a broad

range of content to enrich the guidelines recommended by the National Consensus Project for Quality Palliative Care.

Spousal Bereavement in Late Life

This volume provides insightful analysis and theoretical interpretation of factors that contribute to a range of adjustment patterns among bereaved persons in late life. It places the experience of widowhood in late life squarely within the context of contemporary society and explores a remarkable range of associated issues. The volume is destined to become a classic; it will set the standard for future empirical investigation of the experience of bereavement among older adults. For Further Information on the CLOC Study, Please Click on CLOC

Nursing Care at the End of Life

Nursing Care at the End of Life: Palliative Care for Patients and Families explores the deep issues of caring for the dying and suffering. The book is based on the Hospice Family Caregiving Model previously published by the author and focuses on the practice implications of care for the dying. The book is written in a clear and user-friendly style, and is ideal for undergraduate nursing students learning about dying, suffering, and caring for individuals and their families.

Loss, Change And Bereavement In Palliative Care

This text brings together contemporary thinking on loss and bereavement. It draws on international research, practice and individual stories from people struggling to understand the meaning of loss including work with bereaved children, parents, families and adults.

Handbook of Children's Coping

Highlighting the interplay between basic research and intervention, this volume focuses on common stressful life experiences that present significant challenges to children's healthy development. Fifteen stressors are discussed with regard to both short- and long-term effects. The authors identify factors that explain variability in children's adjustment to these stressors and evaluate preventive interventions designed to facilitate coping. Notable chapters include a discussion of the many uncontrollable stressors to which inner-city youth are exposed and a thorough treatment of children's adaptation to divorce. Each chapter follows a common outline, allowing comparison among stressors.

The Cambridge Handbook of Age and Ageing

The Cambridge Handbook of Age and Ageing, first published in 2005, is a guide to the body of knowledge, theory, policy and practice relevant to age researchers and gerontologists around the world. It contains almost 80 original chapters, commissioned and written by the world's leading gerontologists from 16 countries and 5 continents. The broad focus of the book is on the behavioural and social sciences but it also includes important contributions from the biological and medical sciences. It provides comprehensive, accessible and authoritative accounts of all the key topics in the field ranging from theories of ageing, to demography, physical aspects of ageing, mental processes and ageing, nursing and health care for older people, the social context of ageing, cross cultural perspectives, relationships, quality of life, gender, and financial and policy provision. This handbook will be a must-have resource for all researchers, students and professionals with an interest in age and ageing.

Working with the Bereaved

Working With the Bereaved summarizes the major themes in bereavement research and clinical work and uses the authors's own cutting-edge research to show mental-health practitioners how to integrate these themes into their practice. It provides clinicians with a framework for exploring their own emotional and intellectual assumptions about loss and bereavement, and it goes on to summarize state-of-the-art thinking in the field. The heart of the book focuses on the theoretical and clinical implications of the empirically validated Two-Track Model of Bereavement, as well as a variety of therapeutic techniques designed to help the bereaved both reapproach life and manage their continuing bonds with the deceased. The later chapters examine methods for integrating systems and family perspectives in therapy, for attending to the implications of culture and religion, and for meeting crises and emergencies in bereavement care. The concluding chapter addresses self-care, well-being, and resilience, offering practical guidelines for both the bereaved and those who treat them.

Pluralistic Counselling and Psychotherapy

Mick Cooper and John McLeod pioneer a major new framework for counselling theory, practice and research - the pluralistic approach. This model breaks away from the orientation-specific way in which counselling has traditionally been taught, reflecting and responding to shifts in counselling and psychotherapy training. As accessible and engaging as ever, Cooper and McLeod argue that there is no one right way of doing therapy and that different clients need different things at different times. By identifying and demonstrating the application of a range of therapeutic methods, the book outlines a flexible framework for practice within which appropriate methods can be selected depending on the client's individual needs and the therapist's knowledge and experience. This is a must-read for anybody training or practising in the counselling or helping professions - it should not be missed!

Postvention in Action

A unique and comprehensive handbook presenting the state of the art in suicide bereavement support. Suicide is not merely the act of an individual; it always has an effect on others and can even increase the risk of suicide in the bereaved. The International Association for Suicide Prevention, the World Health Organisation, and others have recognized postvention as an important strategy for suicide prevention. This unique and comprehensive handbook, authored by nearly 100 international experts, including researchers, clinicians, support group facilitators, and survivors, presents the state of the art in suicide bereavement support. The first part examines the key concepts and the processes that the bereaved experience and illustrates them with illuminating clinical vignettes. The second and third parts look in detail at suicide bereavement support in all the relevant settings (including general practices, the workplace, online and many others) as well as in specific groups (such as health care workers). In the concluding section, the support provided for those bereaved by suicide in no less than 23 countries is explored in detail, showing that postvention is becoming a worldwide strategy for suicide prevention. These chapters provide useful lessons and inspiration for extending and improving postvention in new and existing areas. This unique handbook is thus essential reading for anyone involved in suicide prevention or postvention research and practice.

What is Gender?

Is gender something done to us by society, or something we do? What is the relationship between gender and other inequalities? What is Gender? explores these complex and important questions, helping readers to critically analyse how women's and men's lives are shaped by the society in which they live. The book offers a comprehensive account of trends in sociological thinking, from a material and economic focus on gender inequalities to the debates about meaning initiated by the linguistic or cultural turn. The book begins by questioning simplistic biological conceptions of gender and goes on to evaluate different theoretical frameworks for explaining gender, as well as political approaches to gender issues. The cultural turn is also examined in relation to thinking about how gender is related to other forms of inequality such as class and 'race'. The book is up-to-date and broad in its scope, drawing on a range of disciplines, such as: sociology, psychoanalysis, masculinity studies, literary criticism, feminist political theory, feminist philosophy and feminist theory.

Performing Pain

'Performing Pain' uncovers music's relationships to trauma and grief by focusing upon the late 20th century in Eastern Europe.

Complicated Grief

How can complicated grief be defined? How does it differ from normal patterns of grief and grieving? Who among the bereaved is particularly at risk? Can clinical intervention reduce complications? Complicated Grief provides a balanced, up-to-date, state-of-the-art account of the scientific foundations surrounding the topic of complicated grief. In this book, Margaret Stroebe, Henk Schut and Jan van den Bout address the basic questions about the concept, manifestations and phenomena associated with complicated grief. They bring together researchers from different disciplines, providing a broad range of cultural and societal perspectives, to enable the reader to access the scientific knowledge base regarding complicated grief, on both theoretical and empirical levels. The book is divided into four main sections: An exploration of the nature of complicated grief Diagnostic categorizations Contemporary research on complicated grief Treatment of complicated grief Illuminating the foundations and new innovations in research, Complicated Grief will be essential reading for professionals working with bereavement such as clinical psychologists, health psychologists and psychiatrists, researchers, as well as graduate students of psychology and psychiatry. Margaret Stroebe is Professor at the Department of Clinical and Health Psychology, Utrecht University, and the Department of Clinical Psychology and Experimental Psychopathology, University of Groningen, The Netherlands. Henk Schut is Associate Professor at the Department of Clinical and Health Psychology, Utrecht University, The Netherlands. Jan van den Bout is Professor of Clinical Psychology at Utrecht University, The Netherlands. Contributors: Paul Boelen, Kathrin Boerner, George Bonanno, Laurie Burke, Rachel Cooper, Atle Dyregrov, Kari Dyregrov, Francesca Del Gaudio, Ann-Marie Golden, Jennifer Jacobs, David Kissane, Rolf Kleber, Yeulin Li, Jeffrey Looi, Anthony Mancini, Mario Mikulincer, Michelle Moulds, Robert Neimeyer, Mary-Frances O'Connor, John Ogradniczuk, William Piper, Holly G. Prigerson, Therese Rando, Beverley Raphael, Paul C. Rosenblatt, Edward Rynearson, Henk A.W. Schut, Phillip Shaver, Margaret S. Stroebe, Jan van den Bout, Marcel van den Hout, Birgit Wagner, Jerome C. Wakefield, Edward Watkins, Talia I. Zaider.

Bereavement

"The book is well organized, well detailed, and well referenced; it is an invaluable sourcebook for researchers and clinicians working in the area of bereavement. For those with limited knowledge about bereavement, this volume provides an excellent introduction to the field and should be of use to students as well as to professionals," states Contemporary Psychology. The Lancet comments that this book "makes good and compelling reading....It was mandated to address three questions: what is known about the health consequences of bereavement; what further research would be important and promising; and whether there are preventive interventions that should either be widely adopted or further tested to evaluate their efficacy. The writers have fulfilled this mandate well."

Contemporary and Innovative Practice in Palliative Care

This book is designed to provide a comprehensive insight into the key and most prevalent contemporary issues associated with palliation. The reader will find viewpoints that are challenging and sometimes discerning, but at the same time motivating and thought-provoking in the care of persons requiring palliation. This book is divided into three sections. Section 1 examines contemporary practice; Section 2 looks at the challenges in practice; Section 3 discusses models of care. This book is an excellent resource for students, practising clinicians and academics. By reading the book, reflecting on the issues, challenges and opportunities ahead, we hope it will create within the reader a passion to take on, explore and further develop their palliative care practice.

Oxford Textbook of Palliative Medicine

Emphasising the multi-disciplinary nature of palliative care the fourth edition of this text also looks at the individual professional roles that contribute to the best-quality palliative care.

What Is Disease?

Renowned philosophers and medical ethicists debate and discuss the profoundly important concepts of disease and health. Christopher Boorse begins with an extensive reexamination of his seminal

definition of disease as a value-free scientific concept. In responding to all those who criticized this view, which came to be called "naturalism" or "neutralism," Boorse clarifies and updates his landmark ideas on this crucial question. Other distinguished thinkers analyze, develop, and oftentimes defend competing, nonnaturalistic theories of disease. Their combined thoughts review and update an issue of central importance in bioethics today.

Mindfulness and Grief

Without proper support, navigating the icy waters of grief may feel impossible. The grieving person may feel spiritually bankrupt and often the loss is so painful that the bereaved may lose faith in what they once held dear. Mindfulness meditation can restore hope by offering a compassionate safe haven for healing and self-reflection. While nobody can predict the path of someone else's grief, this book will guide the reader forward through the grieving process with simple mindfulness-based exercises to restore mind, body and spirit. These easy-to-follow meditations will help the reader to cope with the pain of loss, and embark on a healing journey. Each chapter focuses on a different aspect of grief, and the guided meditations will calm the mind and increase clarity and focus. Mindfulness and Grief will help readers to begin the process of reconstructing the shattered self that is left in the wake of any major loss.

Families and Change

Presents the vast literature that has emerged in recent years focusing on how families respond to various transitions and stressful life events.

Routledge Handbook of Applied Sport Psychology

Now available in paperback, the Routledge Handbook of Applied Sport Psychology is a definitive guide to the theory and practice of applied sport psychology. It goes further than any other book in surveying the full variety of issues that practising sport psychologists will confront in their working lives. It introduces the most important tools and skills that psychologists will need to be truly helpful to their clients, and it also adopts a holistic definition of the role of the sport psychologist, explaining how effective counseling, assessment, and therapeutic models can add important extra dimensions to professional practice. The book is divided into seven thematic sections, addressing: counseling; assessment; theoretical and therapeutic models; issues for the individual athlete, from injury and overtraining to depression; issues for teams, from conflict resolution to travel; working with special populations; mental skills, such as imagery, goal setting, and concentration. Moving beyond the traditional tracks of clinical psychology and performance enhancement, the authors in this book argue convincingly that psychologists would benefit from attempting to understand athletes' social and familial contexts, their health, happiness, and interpersonal dynamics in the broadest sense, if they are to serve their clients' best interests. With contributions from many of the world's leading sport psychologists, and with clear descriptions of best practice in each chapter, the Routledge Handbook of Applied Sport Psychology is essential reading for all serious students and practitioners of sport psychology, counseling, applied sport science, health psychology, and related fields.

Cognitive-Behavioral Stress Management

Living with HIV can be stressful, which can affect both your emotional and physical well-being. You may feel a loss of control over your life, socially isolated, or anxious and depressed. Studies have shown that prolonged stress can negatively impact the immune system, making it less effective in fighting illness. If you are concerned about the impact stress has on your life and on your health, this book can help you learn to relax and manage stress more effectively. This book presents a group treatment program that has been scientifically proven to reduce stress in individuals living with HIV. Written by the developers of this groundbreaking program, this workbook is based on the principles of Cognitive-Behavioral Stress Management (CBSM). You will learn a variety of relaxation techniques, all designed to help you reduce tension and stress. As you become more aware of stress and its effects, stress management skills will increase your ability to cope. This workbook comes complete with user-friendly monitoring forms and homework exercises designed to help reinforce the skills learned in group. It also includes instructions for relaxation practice that will remain useful long after you've completed the program. Used in conjunction with the group program described in the corresponding facilitator guide, this workbook will help you successfully manage stress and lead a more healthy life. TreatmentsThatWork™ represents the gold standard of behavioral healthcare interventions! · All pro-

grams have been rigorously tested in clinical trials and are backed by years of research · A prestigious scientific advisory board, led by series Editor-In-Chief David H. Barlow, reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date · Our books are reliable and effective and make it easy for you to provide your clients with the best care available · Our corresponding workbooks contain psychoeducational information, forms and worksheets, and homework assignments to keep clients engaged and motivated · A companion website (www.oup.com/us/ttw) offers downloadable clinical tools and helpful resources · Continuing Education (CE) Credits are now available on select titles in collaboration with PsychoEducational Resources, Inc. (PER)

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Bereavement in Late Life

In an individual's later years, bereavement poses an array of difficult issues for coping, assessment, and intervention. In this volume, Hansson and Stroebe present a critical review of the literature and dominant theories in the field of bereavement and examine how protective and problematic developmental processes affect the experience of bereavement in late life.

Practitioner's Guide to Evidence-Based Psychotherapy

This book is to help clinical psychologists, clinical social workers, psychiatrists and counselors achieve the maximum in service to their clients. Designed to bring ready answers from scientific data to real life practice, The guide is an accessible, authoritative reference for today's clinician. There are solid guidelines for what to rule out, what works, what doesn't work and what can be improved for a wide range of mental health problems. It is organized alphabetically for quick reference and distills vast amounts of proven knowledge and strategies into a user friendly, hands-on reference.