



Principles and Practice of Grief Counseling, Second Edition

Howard R., PhD Winokuer, Darcy L., PhD, FT Harris

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Praise for the First Edition:

*"The book is well-written, interesting, informative, thorough, and useful! As an educator for 43 years, this is the sort of text that I would be pleased to use in my classroom!...I would highly recommend this book! It is an important contribution to the field!"-- Gerry R. Cox , PhD, *Illness, Crisis and Loss**

This core, introductory textbook for undergraduate and graduate-level courses is the first to combine the knowledge and skills of counseling psychology with current theory and research in grief and bereavement. The second edition has been updated to reflect important new research and changes in the field, including insights on complicated grief, resilience after adverse life experiences, and compassion-based approaches to death, loss, and grief. It discusses the implications of the DSM-5's omission of the bereavement exclusion for the diagnosis of a major depressive disorder. A completely new chapter on the social context of loss addresses social messages, grieving rules, workplace policies, and the disenfranchisement of many aspects of normal, health grief. The text also touches upon some of the therapies that have been developed by major researchers in the field to address complicated grief. New case scenarios further enrich the second edition.

The text is grounded in the belief that grief counseling is distinct from other therapeutic issues because it is an adaptive response rather than a form of pathology. It describes the unique aspects of grief as a normal response to losses both death and non-death related, and views the goal of counseling bereaved individuals as one of facilitating the unfolding of the healthy and adaptive aspects of the process as it manifests itself within each client. The book introduces various theories of bereavement and examines different therapeutic modalities that can be used in the context of grief and loss. Specific counseling practices that facilitate successful interventions are discussed, particularly that of "presence," considered by the authors to be the primary therapeutic stance when working with bereaved individuals. The text also addresses grief counseling with special populations, ethical issues, and self-care concerns for counselors. Case studies, discussion and reflection questions, and suggested additional resources are included in each chapter.

New to the Second Edition:

- New insights on complicated grief, DSM categorizations of grief, resilience, and compassion-based approaches to death, loss, and grief
- A completely new chapter on the social context of loss, including social messaging, grieving rules, and workplace policies
- New case scenarios
- Addresses the unique aspects of grief after suicide and homicide
- Distinguishes grief/complicated grief from depression and trauma
- New information on the role and use of grief support groups
- New information on the use of social media and privacy issues
- Newly developed models of compassion-based response for counselors
- Application of current neuroscience research to grief counseling
- Use of technology and online counseling

Key Features:

- Provides research-supported, practical guidance for grief counseling and support
- Regards grief therapy as a unique form of counseling based on grief as an adaptive response rather than as a form of pathology
- Written by two internationally recognized leaders in the field
- Focuses on the importance of presence as the most important therapeutic foundation for working with bereaved individuals
- Includes questions for reflection and glossary of terms

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