

REVIEWS

LIVING THROUGH LOSS*

Videotape by Britt Marie Sundberg - 43 minutes.

Some years ago Swedish television director Britt Sunberg came to England and made a highly praised programme, "Living with Dying", about hospice care of the terminally ill - seen recently on British television. At that time she became aware, through Dr. Colin Murray Parkes, of the work of Cruse and she recently returned to make a programme about its work.

Based on the work of our

Watford branch, the film sensitively and with great visual beauty records the effect on the lives of five widows and widowers of the death of their spouse, accompanying families to the graveside, peeping in on the lonely bedroom, lingering on the poignant moment when Laura fondles her husband's wrist watch.

We get glimpses of a parents' circle - a social evening and the process of counsellor training. Some motherless boys talk about their loss. "I miss her all the time". Interspersed with these scenes are comments by Dr. Parkes

about the processes of grief.

As an introduction to some aspects of our work, and as an insight into the various manifestations of grief this film is highly recommended. It has been shown at the start of Cruse's annual conference of branches and could be shown at branch meetings, counselling courses and A.G.M., and to people and organisations to interest them in our work. I hope that it will be shown on television in this country.

DORA BLACK, MB, FRCPsych., DPM

* Living Through Loss is available from Cruse House. VHS or Beta Forman - For use by Cruse £3.50p by post, recorded delivery; £3 if collected. For use outside Cruse: £4.50p by post recorded delivery; £4 if collected. U-Matic: For use by Cruse: £4.75p by post, recorded delivery; £3.25p if collected. For use outside Cruse: £5.75p by post recorded delivery; £4.25p if collected

THE COURAGE TO GRIEVE

Judy Tatelbaum

Heineman: London 1981; pp 173; Price £2.95p

This paperback is a first book by this American social worker and Gestalt therapist. It is aimed at the bereaved as well as lay and professional counsellors, and those who have suffered a major loss in their lives. The book has three main sections: The Grief Experience, The Recovery Process and the Resolution of Grief.

Perhaps the most useful aspects are those concerned with 'finishing' the work of grief and she describes Gestalt techniques used in a wide variety of settings - individual, family and group therapy as well as workshop settings. She describes, for example, exercises in which an individual is encouraged to make "positive affirmations" - "I am strong, I want, I demand..." in order to encourage him to begin to see change as a reality.

MARILYN KIRK,

Social Worker and lecturer

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Chairman of Cruse, is Senior Lecturer in Psychiatry at The London Hospital Medical College and Honorary Consultant Psychiatrist to St. Christopher's Hospice. He is author of 'Bereavement: Studies of Grief in Adult Life' - Penguin Books 1975, and numerous papers.

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BEREAVEMENT CARE is published for Cruse workers and all who wish to deepen their understanding of bereavement.

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