

grief process. *Professional School of Counseling* 1999; 3(2): 137-140.

6. Punamaki RL. The relationship of dream content and changes in daytime mood in traumatized vs non-traumatized children. *Dreaming, Journal of the Association for the Study of Dreams* 1999; 9(4): 213-233.
7. Hartmann E, Basile R. Dream imagery becomes more intense after 9/11/01. *Dreaming: the Journal of the Association for the Study of Dreams* 2003; 13(2): 61-66.
8. Klass D, Silverman PR, Nickman SL. *Continuing Bonds: New Understandings of Grief*. New York/London: Taylor and Francis, 1996.
9. Belicki K, Gulko N, Ruzycski K, Aristotle J. Sixteen years of dreams following spousal bereavement. *Omega* 2003; 47(2): 93-106.
10. Picardie J. *If The Spirit Moves You*. London, UK: Picador, 2001.
11. Mallon B. *Helping Children to Manage Loss*. London: Jessica Kingsley, 1998.
12. MacDermott M, Moore O. Post-traumatic stress disorder and bereavement. *Bereavement Care* 2004; 3(3): 41-42.
13. Mallon B. *Children Dreaming*. Harmondsworth, UK: Penguin, 1989.
14. Black A. Traumatic grief in the children of a Northern Irish police officer. *Bereavement Care* 2004; 3(1): 11-13.
15. O'Connor M, Russell A. Working with the legacy of trauma. *Bereavement Care* 2003; 22(2): 22-24.
16. Mallon B. *Dream Time with Children*. London: Jessica Kingsley, 2002.
17. ibn Chaviv Y. *The Ethical and Inspirational Feelings of the Talmud* (trans Finkel AY). Lanham, MD, USA: Rowman and Littlefield, 1999.
18. Goelitz N. Nurturing life with dreams: therapeutic dreamwork with cancer patients. *Clinical Social Work Journal* 2001; 29: 375-385.
19. Lyons T. Transforming the cancer experience through embodying the dream. Paper presented to the Association for the Study of Dreams, international conference June-July, 2003, Berkeley, California.
20. Mallon B, Tufnell M, Rubidge T. *When I Open My Eyes: a report on a three-year project exploring body, imagination and health*. Alston, Cumbria, UK: Body Stories, 2004.
21. Harrison R. Working with homicide. Presentation to the Manchester Area Bereavement Conference, 2000.
22. Bulkeley K. Reflections on the dream traditions of Islam. *Sleep and Hypnosis* 2002; 1: 1-11.
23. Gogar A, Hill C. Examining the effects of brief individual dream interpretation. *Dreaming: Journal of the Association for the Study of Dreams* 1992; 2(4): 239-248.
24. Keller JW, Brown G, Maier K *et al*. Use of dreams in therapy: a survey of clinicians in private practice. *Psychology Reports* 1995; 76: 1288-1290.
25. Garfield P. Dreams in bereavement. In: Barrett D (ed). *Trauma and Dreams*. Harvard, USA: University Press, 1996.
26. von Franz ML. *On Dreams and Death*. London: Shambala, 1986 and in: Boa F. *The Way of the Dream*. Windrose Films, Toronto, Canada, 1988.

27. Kubler-Ross E. *Death, the final stage of growth*. New York: Prentice Hall, 1975.

28. Bulkeley K. *Spiritual Dreaming: A Cross-cultural and Historical Journey*. New York:

Paulist Press, 1995.

29. Mallon B. *Dreams, Counselling and Healing*. Dublin, Republic of Ireland: Gill and MacMillan, 2000.



WEBWATCH

Loss through suicide

Susan Ahluwalia DipHSW

Advisor and Trainer in Social Care

LOSING SOMEONE THROUGH

SUICIDE brings many additional difficulties to those going through the grieving process. Not only are they facing the usual issues that follow bereavement, but they have to come to terms with how and why the person took their life, the legal complications, and the emotions that follow which may include guilt, anger or frustration.

There are several websites for those affected by suicide and, though none are particularly extensive, all have some support to offer. **Survivors of Suicide (SOS)** at www.survivorsofsuicide.com is an independently-operated site based in the USA. Links on the home page offer information on various topics. An article by a clinical psychologist, 'Understanding suicide - common elements', discusses some of the characteristics associated with 'completed suicide', with the aim of helping survivors to understand more about the purpose, stimuli, emotions and state of mind that lie behind the act. 'How to help a survivor heal' offers ways of providing support and understanding, with a useful section on avoiding simplistic explanations and clichés. Although many of the suggestions here would be relevant to the support of any bereaved person, the site does also address particular issues associated with suicide.

Visitors following the link for **SOS Poems for the Heart** can read the work of other survivors. Existing poems can be read free of charge, but only after registering (\$32.95) can visitors add their own. The **Directory of SOS Support Groups** leads to a list of email support groups and discussion boards, and a drop-down menu allows visitors from the USA to find groups in their locality.

The site is not apparently associated with any specific group, organisation or religious affiliation and there is no

information, apart from a few attributed quotes, about who writes and maintains the content.

The UK-based charity, **Survivors of Bereavement by Suicide (SOBS)**, at www.sobs.admin.care4free.net has information about its services. This self-help organisation offers group meetings, residential events, bereavement and information packs, and a national helpline available for 12 hours each day. Many of the supporters are themselves bereaved by suicide. Click on Enter to access the main page, which contains links to information about the SOBS groups, other UK and Irish agencies and related websites.

On the **Contact Information** link is the number of a Welsh-speaking supporter and those with a hearing impediment can access a Minicom or Typetalk operator. The latter is a really useful feature of this site, enabling survivors to communicate without the use of an interpreter, an important aspect of bereavement support that is not always readily available.

Finally, I would like to mention the **American Association of Suicidology**, which can be accessed at www.suicidology.org. Although the organisation, and much of its site, exists to offer support on the prevention of suicide, there is a link from the home page to Survivors of completed suicide. This provides statistics on suicide, together with a link to a **Resource Page for Survivors**, where a range of **Fact Sheets** and suggestions on surviving suicide can be found, together with a **Bibliography**. Towards the bottom of the page is a link to a search engine for support groups in USA and Canada. Back on the home page, **Links of Interest** takes visitors to a list of sites which offer specific support on 'Surviving suicide', 'Crisis centers', 'Professional organisations' and other topics.