

the news media^{12, 13, 14}), and how these stories can help or hinder mourners in creating their own narrative. In Britain, the 'Understanding Bereavement' courses that many Cruse Bereavement Care branches run for volunteers may include sessions led by clergy, a coroner's officer, or other mediator deathworkers. At the same time, there can be input by a experienced bereavement volunteer into the training of clergy, doctors and coroners. These interactions help clarify the particular work of bereavement supporters of all kinds and other professionals. I hope that this article has further clarified the different principles on which counselling deathwork and mediator deathwork operate, and that this in turn will aid co-operation between the various professions involved. ●

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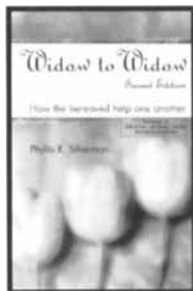
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NEW EDITIONS

Widow to Widow (2nd edn)

How the bereaved help one another

Phyllis Silverman



New York/Hove,
E Sussex, UK
Brunner-Routledge,
2004
240pp
\$37.91/£20.99 pb
ISBN: 0 41594 749 9

For over 30 years Phyllis Silverman has been an indomitable champion of widows. The intervention uniquely associated with her, widows supporting widows, is an authoritative call to community to engage in an enterprise of bereavement care. As in the first edition, this book focuses upon the powerful possibilities for mutual care. Silverman includes the findings of the original research into widow-to-widow programmes, and these form the background rationale for the continuing, practice-based evidence of the human capacity to use a personal experience of loss to sensitively support others in a comparable situation.

The book is divided into two sections. The first puts the mutual help concept in context by looking at the changing dimensions of widowhood from a theoretical perspective. Traditional and contemporary concepts are described very fully. The second section explores the helping process in spousal bereavement, focusing on disbelief, confrontation with uncertainties, and future perspectives shaped by a redefinition of self and choices about new life direction. Family dynamics, where there are dependent children, and the needs of older widows and widowers are addressed in separate chapters. The book concludes with ideas about how to develop an intervention for the widowed. There is also a directory of USA organisational resources.

Widow to Widow powerfully links theory and practice perspectives through the extensive use of case illustrations. However, the book does not look critically at the difficulties which might be encountered in peer support, eg boundaries, mismatched expectations, and the unaware needs of the helper and helped. Nevertheless, its comprehensive knowledge base and the challenge to the professional monopoly of bereavement care, makes this an important text for all carers, new or experienced, who are offering support to the widowed.

Gift of Tears (2nd edn)

A practical approach to loss and bereavement in counselling and psychotherapy

Susan Lendrum, Gabrielle Syme



Hove, E Sussex, UK/
New York
Brunner Routledge
2004, 247pp
£50.00/\$90.30 hb
ISBN 1 58391 932 5
£17.99/\$32.49 pb
ISBN 1 58391 933 3

This second edition of *Gift of Tears* substantially updates the original text (1992). Like the first, it explores a broad spectrum of theoretical and practice issues.

It is divided into five parts: Part I provides a theoretical context, 'Loss and nurture'; Part II focuses on 'Death as a particular form of loss'; Part III explores engagement with bereaved adults and children, 'Working with the grieving'; Part IV addresses the complexities of grief, 'Anger and guilt'; Part V examines the processes necessary for bereavement care, including emphasis upon the important role of supervision, 'Professional implications'. The appendices are a rich resource for organisational addresses, websites, training material and further reading.

There are new chapters on adult attachment, tasks of mourning and complicated grief. The new perspectives contained in the dual process model of grief and the notion of continuing bonds are included. Contemporary tragedies are used illustratively to explore the dynamics of personal grief and the wider implications of mourning within society. Revised exercises and new ideas, eg on time-limited counselling, anti-discrimination issues etc indicate the detailed attention to developments in current thinking and practice.

Counselling is the approach taken to bereavement care in this book, but a wider practitioner group will be helped by the clearly described theory, the detailed case examples and the suggested interventions. This new edition builds on an existing text of merit. It is an important book both for students and practitioners familiar with the old edition, as well as new readers.

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