

Scientific evaluation of its effectiveness is difficult but there are some studies which demonstrate its value for children with deep-seated disturbances relating to their early childhood experiences, such as child abuse and neglect.

Creative therapies (eg play and art therapy). These methods are especially suited to younger children or children

with learning difficulties who find it hard to communicate verbally. The child is provided with suitable materials for play or art work, and encouraged to use these to express their feelings or experiences in a safe setting. The therapist does not make interpretations, but instead engages in the child's play or makes comments in such a way that the child feels understood and valued and their feelings contained.

Part II of this article will deal with group therapy and family therapy, medication (pharmacotherapy), diet, and parent training. ●

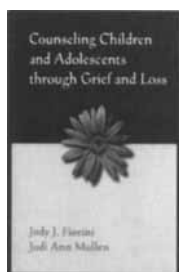
Further reading and resources

GOODMAN R, SCOTT S (2005). *Child Psychiatry* 2nd edn. Oxford, UK: Blackwell.
www.youngminds.org.uk
www.camh.org.uk

REVIEWS

Counselling Children and Adolescents Through Grief and Loss

Jody Forini, Jodi Ann Mullen



Champaign, IL, USA
Research Press, 2006
232pp
\$26.95 pb
ISBN 0 87822 553 6

The authors, assistant professors at an American college, say they have written this book in response to the dearth of similar material. This is debatable, to say the least, but is consistent with the lack of reference in the text to notable authors such as Jewett and Grollman, let alone the research of Silverman or Christ.

The 'counsellors' for whom the book is written are able to decide whether and how to work with various family members and other professionals. This is very different to the experience of a supporter in an organisation like Cruse Bereavement Care in the UK, or a youth counselling agency where extensive permissions would have to be negotiated before inviting anyone other than the client to be part of the work.

The authors use multiple case studies to illustrate their approach, though these do not always adhere to the neutral statement of fact I would expect, and then unpick the clients' primary, secondary and intangible losses and their cognitive, behavioural and emotional responses. They list

questions for discussion and finally give a guide to working with the case. The impression is rather prescriptive and there is no reflection on the work after its completion, so we are unable to gauge its efficacy for ourselves.

The writing expresses a clear love and feeling for the client group, and this is its redeeming feature, but I do not feel that this book enhances our understanding of how to help children in this situation. Readers looking for a practical, insightful and helpful way to understand working with children experiencing all kinds of losses should seek out Claudia Jewett's *Helping Children Cope with Separation and Loss**, a book I have found invaluable as a social worker, bereavement counsellor and therapist over the past 20 years. ●

Frances Kraus

Candle Project Leader, St Christopher's Hospice

* Available from Cruse. Order from
www.cruse.org.uk or tel 020 8939 9530

Teenage Grief

Leeds Animation Workshop



Leeds, Yorks, UK: Leeds Animation Workshop
2007, 13 mins
£40.00 DVD/VHS
£10.00 hire
www.leedsanimation.org.uk

This 13-minute DVD uses six scenarios of various types of bereavement to illustrate the impact of death on teenagers from a wide range of backgrounds. It is accompanied by a helpful resource booklet. The scenarios present a simplified version of the real thing,

understandably, but they do highlight the rollercoaster of emotions that may be experienced by this age group, and the challenges for the adults trying to offer support.

Nasreen has an argument with her dad and later that same day he dies unexpectedly. As a result, she blames herself and starts truanting from school. Laura's friend Jack is depressed. He kills himself while Laura is on holiday and she feels guilty about not being around to help. Nathan and Nicola's mum is murdered by an ex-boyfriend. Brother and sister react very differently. Their gran finds out about a bereavement group which they both eventually enjoy. Very slowly for both, life begins to move on. That is what I like most about this DVD: it gives hope, something of which bereaved young people do not get enough.

There is plenty here that adolescents, bereaved or not, could identify with and it would be an excellent resource to use in schools for PSHE or for adult training. The video *A Death in the Lives of...*[#] which is real life rather than animated, may be more appropriate for use with older teenagers, who could find the approach in this DVD rather condescending. ●

Jill Adams

Schools Training and Support Officer, Child Bereavement Charity

[#]CHILDHOOD BEREAVEMENT NETWORK (2002).
A Death in the Lives of... London: CBN.

Leeds Animation Workshop also produces and distributes the DVD/VHS *Not Too Young to Grieve* (reviewed *Bereavement Care* 2007: 26[2]: 42)

BOOK REVIEWS

Validating the human-animal bond

Pet Loss and Human Emotion 2nd edn

Cheri Barton Ross, Jane Baron Sorensen
New York/Abingdon, Oxon, UK: Routledge
2007, 224pp, \$25.95/£16.00 pb
ISBN 0 41595 576 9

The Guide to Pet Loss Resources 3rd edn

David Anderson
Victoria, BC, Canada/Oxford, UK: Trafford
Publishing, 2005, 40pp, \$14.00/£7.88
ISBN 1 41205 301 1

When a Family Pet Dies

JoAnn Tuzee-Jarolmen
Philadelphia, PA, USA/London: Jessica
Kingsley, 2006, 104pp, £9.99/\$14.95
ISBN 1 84310 836 4



THE AUTHORS OF THESE AMERICAN BOOKS

begin from the premise that society is changing the way it perceives pets, and therefore the way in which it mourns them. As a consequence, therapists need to be well-informed about both the impact and management of pet-related grief.

In the USA, the changes have given rise to institutions and concepts (referred to in the first two books reviewed here) that may not be cross-culturally consistent. Readers from elsewhere may find discussion of pet 'parenting' and 'guardianship', hospice care and estate planning quite alien. Guidelines for the evacuation of pets during disasters, the ubiquity of pet loss support groups and retirement homes may also sound unfamiliar outside North America – but perhaps they should not? Neither should these cultural discrepancies detract from the important overriding themes of these books: the provision of education and skills to help grieving pet owners.

As a comprehensive guide to understanding and validating the human-animal bond, *Pet Loss and Human Emotion* furnishes all helping professionals with the knowledge and skills to understand the process of pet-related grief, and the therapeutic tools to guide clients through their loss. A wide-ranging chapter gives direction on recognising the more intense and complicated manifestations of normal grieving. Some specific client groups are looked at in depth – children, the elderly, animal care professionals, and victims of disaster – though those

whose work mainly concerns families may want also to read *Pet Loss and Children* (Ross 2005) and *When a Family Pet Dies* (see p17).

A particularly comprehensive and elucidating chapter on euthanasia, as a (culturally) unique practice, reveals how its management, both as a decision-making process and as a procedure, has distinct consequences for the trajectory of grieving and its resolution. The penultimate chapter introduces therapeutic interventions that have proved helpful. Sprinkled with case studies, this is an informative and easily accessible book for any professional faced with supporting a grieving pet owner.

The Guide to Pet Loss Resources is a comprehensive directory which includes a selection of primary sources of grief support. The wide range of video, audio and printed materials here are mostly from the USA, but some are from Canada, Australia and the UK. A few of the USA-originated books are difficult to access elsewhere, but there are plenty of alternatives listed and a large section on internet resources, including help in negotiating websites, databases, libraries and journals.

The sections on human- and animal-related grief resources for adults, teenagers and children look at the

psychological and spiritual impact and ways of exploring these issues within families (Kowalski 1999; McClinton 2004). Specialised sections focus on shelter workers, technicians, zoo personnel, horse owners and service animal owners. Literature for professionals again includes a limited selection of primary resources (eg Parkes 1996) together with a comprehensive list of pet loss resources (Ross 2005). National and international associations of pet cemeteries are also listed, along with grief support helplines, websites and chat rooms.

Estate planning for pets, retirement homes and hospice care seem to be an almost uniquely North American phenomenon. The UK-based Cinnamon Trust which provides two sanctuaries and home-from-home care for animals of the elderly or terminally ill, is mentioned. Otherwise there is little or no UK provision for convalescent, hospice or palliative care, and very limited information or support for those caring for convalescing or dying animals, the exception being St Francis Hospice for Cats at www.paws.eu.com. In relation to this, although many of the publications mentioned devote entire chapters to euthanasia, subsequent guides might consider highlighting

these texts to help with the process of decision-making and procedural details for both owners (Halls 2004) and professionals (Woods 2001).

Although children are referred to in the emerging body of knowledge on pet-related grief, JoAnn Tuzeo-Jarolmen, together with Cheri Barton Ross in an earlier publication (2005; reviewed *Bereavement Care* Summer 2006: 25[2]: 38), focuses specifically on children and young people. *When a Family Pet Dies* is based on Tuzeo-Jarolmen's experience as a children's grief counselor, together with a research project (the details of which are not provided) which examined children's attachment, duration and level of grief response over a one-year period.

Both authors take as axiomatic that children experience feelings of intense grief and that in order to facilitate healing, adults need to acknowledge this attachment, recognise and validate the young people's grief and be open and empathetic to the expression of feelings. Both also explore how grief is experienced by children of varying age groups, how emotions may manifest in behaviour and how adults can respond most appropriately. Of the two, *When a Family Pet Dies* is shorter and probably more accessible for parents. The penultimate chapter, on pet 'replacement', is particularly helpful, detailed and comprehensive.

Tuzeo-Jarolmen also examines the impact of particular features of pet loss that may influence the intensity and longevity of the grieving process. The degree of attachment to the deceased is fundamental. Also discussed is the mode of loss or cause of death, the circumstances of euthanasia, the perceived isolation of the bereaved, the effects of new pets and the influence of multiple losses. In examining these issues, she contributes to some controversial debates in the area of pet-related grief. These include the impact of anticipatory grief versus sudden death, the duration and depth of childhood grieving, euthanasia when the child is present and the length of the grieving process. ●

Tania Woods

Psychologist and researcher for the Pet Bereavement Support Service

HALLS V (2004). *Cat Confidential*. London: Bantam.

KOWALSKI G (2006). *The Souls of Animals* 2nd edn. Walpole Novato, CA, USA: New World Library.

MCCLENTON JL (2004). *Paw Prints in Heaven: Christians and Pet Loss*. Lincoln, NE, USA: iUniverse.

PARKES CM (1996). *Bereavement: Studies of Grief in Adult Life* 3rd edn London/New York: Routledge.

ROSS CB (2005). *Pet Loss and Children: Establishing a Healthy Foundation*. New York/Abingdon, Oxon, UK: Routledge.

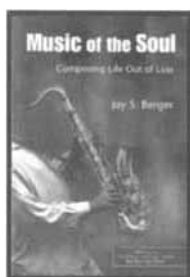
WOODS T (2001). Companion animal death: meeting the needs of veterinary clients. *SCAS Journal*: 13(1): 10-11.

The healing role of music

Music of the Soul

Composing Life Out of Loss

Joy Berger



London: Routledge
2006, 243pp
£18.95 pb
ISBN 0 41595 481 9

The healing role of music in the process of death and dying goes back a long way. Sound and music as an intuitive and instinctive way of being have been at the core of communication since the dawn of civilisation. John Blacking (1987) points us towards evidence that our ancestors were singing to each other several hundred thousand years before speech began to emerge, and Pythagoras recorded that he played songs and music to calm anger, still desire and soothe the pangs of bereavement (Andrews 1992).

We continue to use music to help us make sense of loss in what can be a confusing and disturbing world, but introducing this therapy to practitioners can be difficult, particularly now that music has become such a vast commercial exercise. However, Joy Berger manages to encourage us to engage with music to create experiences that are deep and emotionally meaningful and, despite my initial rather British music therapist's reserve, I really think it works.

Berger writes as though she is playing music and this gives her text movement and makes it easy to read. In her enthusiasm that everyone can do this

work, she is careful not to throw any hurdles in our way but rather encourages us to continually refer to our own relationship with music and to allow that to be the manuscript upon which we compose our practice. Berger's use of music as metaphor permeates every page, in language that is inspiring and easy to understand; her use of mnemonics, for example HEAL (Hear, Explore, Affirm and Learn), is one example of many.

Two other titles I would suggest are *Through Music to the Self* (Hamel 1978) and *Sacred Sounds* (Andrews 1992), but even those who have never studied music or played an instrument will find *Music of the Soul* a rewarding read. It invites us to think about ourselves, how we listen, how we respond and how we use our own creativity in our work. With the addition of Joy Berger's professional insights and sensitivity about dying and bereavement, this is a book that not only reaffirms the importance of music but also provides a signpost to new ways of thinking about palliative care. ●

Bob Heath

State registered music therapist

ANDREWS T (1992). *Sacred Sounds: Magic and Healing Through Music and Work*. www.llewellyn.com/bookstore/LlewellynWorldwide.

BLACKING J (1987). *A Commonsense View of All Music*. Cambridge, UK: Cambridge University Press

HAMEL PM (1978). *Through Music to the Self*. London: Element Books.

All in the End is Harvest

Best-selling anthology of prose and poetry for those who grieve

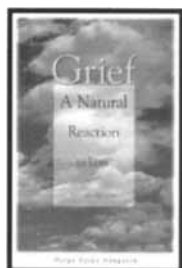
edited by Agnes Whittaker £9.95

Order at www.cruse.org.uk
or tel 020 8939 9530

REVIEWS

Dealing with the diversity of grief

Grief



Marge Heegaard
Minneapolis, MN USA
Fairview Press, 2002
87pp, \$9.95/£8.95 pb
ISBN 0 96205 028 8

'If There's Anything I Can Do ...'



Caroline Doughty
Great Ambrook, Devon
UK: White Ladder Press
2007, 128pp, £7.99 pb
ISBN 978 1 90541 019

Living with Bereavement



Alex James
London: Elliot Right
Way Books, 2004
159pp, £4.99/\$7.95 pb
ISBN 0 71602 166 8

BOOKS CLAIMING TO TELL YOU how to cope, deal with, or overcome your grief could seem insulting or patronising. There can also be an element of *déjà vu*, a feeling that you have read about the impact of the death of someone close to you many times before. Indeed, it is important to say that there are numerous similar books for the general public published every year from which the editors of *Bereavement Care* make a selection for review and, even then, if the reviewer does not believe a book merits recommendation, not all of these will make it into the journal.

Yet it is this sameness, the repetition of explanations, information and basic practical and emotional strategies for the management of grief, that make the better among these books worth reading and re-reading, for during the months and years following bereavement most people have the capacity to revert to a time when the newness of grief is all encompassing. Bereaved individuals need reassurance that various feelings, thoughts, actions, behaviours and decisions are normal, acceptable, to be expected. They may need reminding of this many times, sometimes for many years, or forever. Equally, there is also a need to be aware if, and when, additional medical or therapeutic support may be helpful or necessary.

As time goes by, we need not only to give ourselves permission to be still grieving, but also to stop grieving. Ongoing research has resulted in the often socially imposed expectations of linear and finite grief being increasingly replaced by more personal and realistic models which encourage the bereaved to maintain links with the deceased whilst simultaneously carrying on with life.

Books for the public are clearly influenced by the authors' backgrounds and personal experiences, and as such

some are more (or less) appropriate for newly bereaved individuals than others. Some contain reflections and exercises that I believe would be more beneficial and less potentially traumatising for bereaved individuals many months, or even years, after the bereavement. Despite their different perspectives, however, I hope the three books reviewed here send the fundamental message to bereaved individuals and their relatives, friends and colleagues that the diverse features of grief are unique and permissible, with no conditions attached. I believe this should be the most important and universal message of all.

Each of the 11 chapters in Marge Heegaard's slim book, *Grief – A Natural Response to Loss*, begins with autobiographical reflections of the author's own experiences of grief, presented to reassure others who are bereaved that their emotional, physical and behavioural responses are 'normal' – a word perhaps overused in bereavement literature. The statement, '[they] may take as long as two years to pass, but they *will* pass', accompanies a checklist of loss responses. Books such as this often fail to explain that actually these might *not* pass. However, clinical and reactive depression are acknowledged and briefly explained,

and readers are encouraged to seek medical help if depression becomes particularly unmanageable.

Each chapter concludes with exercises intended to assist the reader to use a 'creative process to explore feelings and promote self-awareness'. I have often used this author's excellent ideas with bereaved children (Heegaard 1988) and was puzzled to see some identical techniques suggested in this book for bereaved adults. Keeping a journal is recommended and the author offers three issues or questions to write about at the end of each chapter. Some of these areas could further traumatise isolated individuals, for example 'write about the moment you learned of the death' and 'what images do you recall from books, movies or TV shows that are related to death or grief?'

I wondered if the author wrote this book to reflect her ability to work through her grief with the help of excellent support networks and her spiritual faith. The newly bereaved individual, reading the book alone and working without the support of an understanding other, may struggle with the intensity of responses that are almost certain to emerge. For example, the 'Early loss recall' exercise offers bereaved

readers a guided meditation to help them identify their responses to previous losses. The potential for unsupported and vulnerable individuals to find they have opened a Pandora's box of feelings is immense.

Heegaard refers often to the strengthening and enriching consequences of grief. If this book is intended for newly bereaved individuals – Heegaard does not say who it is targeted at – they may object to this optimism that seems so far removed from how they are feeling. The incorporated motivational sayings and extracts are reassuringly free of reader participation, but you could access these in several published anthologies, eg Whitaker's *All in the End is Harvest*[#].

Targeted specifically at those concerned about a friend or relation bereaved of a partner, *'If There's Anything I Can Do...'* offers sensible and realistic advice and suggestions. Perhaps the main one is don't just say 'If there's anything I can do...?' – do something! Despite the message throughout being yes, you *can* help, there is considerable emphasis on things you should perhaps not do or say, and I wonder if some may feel even more anxious about interacting with the bereaved person after reading this book.

The first five chapters concentrate on different issues facing newly bereaved individuals, such as eating, single parenting, paperwork, holidays, and DIY and other necessary daily tasks. These chapters are packed with anecdotal accounts using the author's own experience of early widowhood alongside other contributions from members of the WAY Foundation, a UK-based organisation for widowed young people*. Whilst these are honest, moving accounts, I cannot imagine anyone close to a bereaved friend, parent, partner or child actually reading the whole book, something they may need to do to find the exact information they need. The final chapter, concerning more immediate responses to a death and helpful advice on writing letters of condolence, might have been better placed at the beginning.

Appendix 2 on 'Depression' offers a list of symptoms of depression to be aware of following bereavement, advising anyone noticing their relative or friend experiencing five or more symptoms (out

of 17) to encourage them to 'seek help'. Most of the bereaved clients I have worked with have experienced many of these symptoms at some point since the death. It is all a normal part of their grief. The importance of the intrusion of these symptoms on an individual's ability to function daily is perhaps more relevant and as such has not been fully addressed.

The section also contains advice on the importance of empathic and non-judgemental listening and encouraging bereaved individuals to join support groups/exercise/eat healthily. This would surely have been an ideal place to signpost general practitioners and specific bereavement groups as further sources of support and assessment – links to organisations are available on the publisher's website but not everyone has access to, or knowledge of, the internet.

In its direct approach to the family and friends of a bereaved person, this sounds like an unusual book which might fill a gap in the literature, but it promises more than it delivers. It will be of most use to those widowed at a young age who feel inclined to read in the wake of their loss.

I liked Alex James's book, *Living with Bereavement*, for its raw honesty and simplicity. The chapters explore different types of bereavement, eg loss of child, spouse, parent, and sudden death, and James takes care to address not only the bereaved but also others who might be in contact with them. Using case scenarios and dialogue, she presents a plethora of accounts to illustrate the multiplicity of bereaved people's grief responses, though it is not clear if these were based on her personal experience, that of clients, or imagination. Others interacting with bereaved individuals are urged to avoid the temptation to rescue or protect by using the 'doing well' blanket. The importance, and the potential complications, of letting the bereaved be where they need to be is sensitively illustrated.

As an online grief and bereavement counsellor, mentor and 'agony aunt', James's final chapter focuses entirely on emails she has received and some of her replies. Arranged under the headings 'Waiting to die', 'Hope', 'Dreams and nightmares' and 'Worries about burial and cremation', these personal stories strikingly reflect the diversity of anxieties,

behaviours, thoughts and fears of the bereaved. I applaud her inclusion of references to the bereaved 'wanting to die', their concerns about decomposition and burial, their fantasies about retrieving the body of the deceased, and several other difficult and often macabre issues not usually explored.

I found the book informative and supportive, but an index would be helpful and some readers may feel there is too much factual information about death. It is the only book reviewed here that lists contact details (though some are already out of date) for appropriate organisations in the UK such as Cruse Bereavement Care and The Compassionate Friends. ●

Trish Staples

Bereavement Counsellor

*see *Bereavement Care* Summer 2007; 26(2): 36 for a review of their website.

available from Cruse, see box on p17.

HEEGAARD ME (1988). *When Someone Very Special Dies*. Minneapolis, MN, USA: Woodland Press.

LEWIS CS (1961). *A Grief Observed*. London: Faber and Faber.

WHITAKER A (ed) (1984). *All In The End Is Harvest*. London: Darton, Longman and Todd.

A R T I C L E S

Most journal articles are not available free of charge on the internet. However, on this occasion two have been located and their web addresses are provided at the end of this section.

Some issues in the provision of adult bereavement support by UK hospices

Field D, Payne S, Relf M, Reid D. *Social Science and Medicine* 2007; 64: 428-438.

This paper describes research on issues of adult bereavement support in UK hospices. Other aspects of this research have already been highlighted in this journal (*Bereavement Care* 2007; 26[2]: 44; *ibid* 2006 25[3]: 60; *ibid* 2005; 24[2]: 40).

The first arm of the research involved a questionnaire to palliative care units in the UK and had an 83% response rate. The second arm involved a 1-2 week visit to five hospices, chosen to maximise the range of services researched. Data collection involved group and individual meetings with paid staff of the bereavement service, other staff in the hospice, volunteers where applicable, and bereaved people.