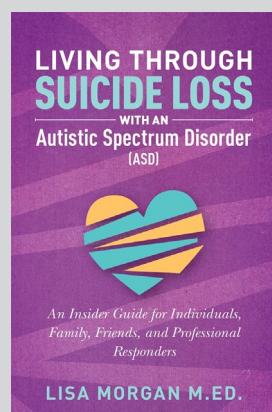


omission). Throughout the book, love, sadness and grieving together are entwined, and the final message of: *'It's okay to be sad but it's okay to be happy too'* gives the message I think all child bereavement practitioners would want to give a grieving child. ■

### Judy Debenham

Candle Child Bereavement Service, St. Christopher's Hospice



### Living through suicide loss with an Autistic Spectrum Disorder (ASD): an insider guide for individuals, family, friends, and professional responders

Lisa Morgan

London and Philadelphia: Jessica Kingsley  
2017  
140pp  
£13.99  
ISBN: 978 1 78592 729 4

There are very few books available addressing bereavement amongst those with autism spectrum disorder (ASD) and this one stands alone in specifically addressing the impact of suicide amongst this population. The author provides a personal account of her experiences as an individual with ASD following the suicide of her husband. Written just 11 months following the death, she recounts events firstly from a practical viewpoint detailing what happened but helpfully also providing accompanying sections giving insights into her

idiosyncratic understanding of proceedings and how this might differ from the neurotypical population. The book is addressed to readers with ASD and highlights the impact of problems with communication, sensory sensitivities, anxiety and other difficulties commonly experienced by those with ASD, considering how these complicate the consequences of a suicide. In particular, she addresses the very social nature of a suicide and the hurdles this affords those with ASD in managing relationships and the emotional aftermath.

There is an emphasis on the added burden resulting from others' lack of understanding of the nature of ASD, but the author obligingly identifies ways in which others might best support someone with ASD who has been bereaved through suicide. She also suggests ways in which those with ASD might best equip themselves to manage the after effects following the suicide of someone close.

Whilst considering aspects likely to be common to those with ASD, such as difficulties managing eye contact, physical contact and communication, the author is careful to emphasise the very individual nature of grief. This book does not aim to be prescriptive in any way but more provides an account of the author's own feelings, and explanations for those feelings, which will aid others' understanding of how those with ASD might respond following a suicide.

Similar to Debra Lipsky's (2013) book in that it provides an ASD view of bereavement, Lisa Morgan's book is an easy, yet informative read that resonates with current theoretical understandings of the experience of ASD with respect to bereavement. ■

### Dr Katie Koehler

Clinical Psychologist and Deputy Director of Bereavement Services and Education at Child Bereavement UK

Lipsky D (2013). *How people with autism grieve and how to help: an insider handbook*. London and Philadelphia: Jessica Kingsley.