

Childhood Traumatic Grief

Suggested List of References, Resources, Books, Games, Websites

Parents, mental health and medical professionals, and school personnel are encouraged to consult the following articles and resources to gain an understanding of childhood traumatic grief (CTG). Background information sheets about the condition, as well as assistance locating an appropriate mental health professional with expertise in Childhood Traumatic Grief are available from the National Child Traumatic Stress Network at (310) 235-2633 or (919) 682-1552 or at www.NCTSNet.org. The list is divided into the following sections:

- Childhood traumatic grief handouts, videos, training guide resources
- Professional References – Bereavement
- Professional References – CTG
- Professional References – PTSD
- Books for Children and Teens - Trauma and Bereavement
- Books for Children and Teens- Sibling Death
- Books for Caregivers – Sibling Death
- Resources & Websites – General Bereavement
- Resources & Websites – Military
- Resources & Websites – Sibling death
- Resources & Websites – Mental health, trauma, school
- Supplies

Childhood Traumatic Grief Handouts, Videos, Training Guides, Manuals

A web based learning course for using TF-CBT with Childhood Traumatic Grief. CTG-Web <http://ctg.musc.edu/>

Compassionate Friends. (1993). *This healing path*. Northbrook, IL: Film Ideas, Inc. (VHS video)

This 35-minute video addresses issues and concerns that affect those who are grieving the loss of a sibling. It includes an introduction by former Chicago Bear middle linebacker Mike Singletary, himself a bereaved sibling, and a discussion guide. The siblings interviewed share their pain, sadness, anger, and fear. They also discuss issues such as parental overprotectiveness and their own hope for the future as they meet the challenge of their loss

Childhood Traumatic Grief Educational Materials (brief and in depth information for professionals; handouts for parents, school personnel, pediatricians and pediatric nurses, news media) http://nctsn.org/nccts/nav.do?pid=typ_tg

The Courage to Remember Videos and Curriculum Guide (public information video and professional training materials) http://nctsn.org/nccts/nav.do?pid=typ_tg

Traumatic Grief in Military Children Information for Educators
http://nctsn.org/nctsn_assets/pdfs/military_grief_educators.pdf

Traumatic Grief in Military Children Information for Families
http://nctsn.org/nctsn_assets/pdfs/Military_Grief_Families_final3.pdf

Traumatic Grief in Military Children Information for Medical Providers
http://nctsn.org/nctsn_assets/pdfs/military_grief_medical.pdf

Cohen, J., Mannarino, A. & Deblinger, E. (2006). *Treating trauma and traumatic grief in children and adolescents*. NY: Guilford.

Lieberman, A. F., Compton, N. C., Van Horn, P. & Ghosh Ippen, C. (2003). *Losing a parent to death in the early years: Guidelines for the treatment of traumatic bereavement in infancy and early childhood*. Washington, D. C.: Zero to Three Press.

Saltzman, W.R., Layne, C.M., & Pynoos, R.S. (2003). *Trauma/grief-focused intervention for adolescents*, available by contacting wsaltzman@sbcglobal.net.

Professional References – Bereavement

Christ, G. H. (2000). *Healing children's grief: Surviving a parent's death from cancer*. New York: Oxford University Press.

Baker, J. E., Sedney, M. A., Gross, E. (1996). Psychological tasks for bereaved children. *American Journal of Orthopsychiatry*, 62(1), 105-116.

Bowlby, J. (1973). *Attachment and loss, Vol 2: Separation: Anxiety and anger*. New York: Basic Books.

Dyregrov, A. (1991). *Grief in children: A handbook for adults*. London: Jessica Kingsley Publishers Ltd.

Emswiler, M.A. & Emswiler, J.P. (2000). *Guiding your child through grief*. New York: Guilford.

Fitzgerald, H. (1998). *Grief at school: A manual for school personnel*. Washington, DC: American Hospice Foundation. [Available from the American Hospice Foundation, 2120 L Street NW, Suite 200, Washington, DC 20037, www.americanhospice.org]

Geis, H. K., Whittlesey, S. W., McDonald, N. B., Smith, K. L. & Pfefferbaum, B. (1998). Bereavement and loss in childhood. *Child and Adolescent Psychiatric Clinics of North America*, 7(1), 73-85.

Grollman, E. A. (1995). *Bereaved children and teens: A support guide for parents and professionals*. Boston: Beacon Press. Goldman, L. (2000). *Life & loss: A guide to help grieving children*. Philadelphia: Accelerated Development.

Oltjenbruns, K. A. (2001). Developmental context of childhood grief. In M. S. Stroebe, R. O. Hansson, W. Stroebe, & H. Schut (Eds.), *Handbook of bereavement research: Consequences, coping, and care* (pp. 169-197). Washington, DC: American Psychological Association.

Pennels, M. & Smith, S. (1995). *Forgotten mourners: Guidelines for working with bereaved children*. Bristol, PA: Jessica Kingsley Publishers Ltd.

Rando, T. (1984). *Grief, dying and death: Clinical interventions for caregivers*. Champaign, IL: Research Press.

Rando, T. (1991). *How to go on living when someone you love dies*. New York: Bantam.

Webb, N.B. (2005). *Helping bereaved children (2nd Ed)*. New York: Guilford.

Wolfelt, A. D. (1996). *Healing the bereaved child: Grief gardening, growing through grief and other touchstones for caregivers*. Fort Collins, CO: Companion Press.

Worden, J. W. (1991). *Grief counseling and grief therapy: A handbook for the mental health professional, (2nd ed.)*. New York: Springer Publishing.

Professional References – Childhood Traumatic Grief

Black, D. (1998). Working with the effects of traumatic bereavement by uxoricide (spouse killing) on young children's attachment behavior. *International Journal of Psychiatry in Clinical Practice*, 2(4), 245-9.

Brown, E. J., Pearlman, M. Y., & Goodman, R. F. (2004). Facing fears and sadness: Cognitive behavioral therapy for childhood traumatic grief. *Harvard Review of Psychiatry*, 12(4), 187-198.

Brown, E. J., & Goodman, R. F. (2005). Childhood traumatic grief: An exploration of the construct in children bereaved on September 11th. *Journal of Clinical Child and Adolescent Psychology*, 34(2), 248-259.

Burgess, A. (1975). Family reaction to homicide. *American Journal of Orthopsychiatry*, 45(3), 391-398.

Cohen, J., Mannarino, A., & Deblinger, E. (2006). *Treating trauma and traumatic grief in children and adolescents*. New York: Guilford.

Cohen, J. A., & Mannarino, A. P. (2004). Treatment of childhood traumatic grief. *Journal of Clinical Child and Adolescent Psychology*, 33(4), 820-832.

Cohen, J. A., Mannarino, A. P., Greenberg, T., Padlo, S., & Shipley, C. (2002). Childhood traumatic grief: Concepts and controversies. *Trauma Violence & Abuse*, 3(4), 307-327.

Cohen, J. A., Mannarino, A. P., & Knudsen, K. (2004). Treating childhood traumatic grief: A pilot study. *Journal of the American Academy of Child and Adolescent Psychiatry*, 43(10), 1225-1233.

Eth, S., & Pynoos, R. (1985). Interaction of trauma and grief in children. In S. Eth & R. Pynoos (Eds.), *Post-traumatic stress disorder in children* (pp. 171-183). Washington, DC: American Psychiatric Press..

Green, B. (1997). *Traumatic loss: Conceptual issues and new research findings*. Keynote address presented at the 5th International Conference on Grief and Bereavement in Contemporary Society and the 19th Annual Conference of the Association for Death Education and Counseling, Washington, D.C.

Goldman, L. (2001). *Breaking the silence: A guide to helping children with complicated grief: Suicide, homicide, AIDS, violence and abuse*. Bristol, PA: Taylor and Francis.

Jacobs, S. (1999). *Traumatic grief: Diagnosis, treatment, and prevention*. Philadelphia: Brunner/Mazel.

Layne, C. M., Pynoos, R. S., & Cardenas, J. (2001). Wounded adolescence: School-based group psychotherapy for adolescents who have sustained or witnessed violent injury. In M. Shafii, & S. Shafii (Eds.), *School violence: Contributing factors, management, prevention* (pp. 184-211). Washington, DC: American Psychiatric Press.

Layne, C. M., Pynoos, R. S., Saltzman, W. S., Arslanagic, B., Black M., Savjak, N., Popovic, T., Durakovic, E., Campara, N., Djapo, N., Ryan, H., & Music, M. (2001). Trauma/grief-focused psychotherapy: School based post-war intervention with traumatized Bosnian adolescents. *Group Dynamics: Theory, Research, and Practice*, 5(4), 277-290.

Melhem, N. M., Day, N., Shear, M. K., Day, R., Reynolds, C. F., & Brent, D. A. (2004). Traumatic grief among adolescents exposed to a peer's suicide. *American Journal of Psychiatry*, 161(8), 1411-1416.

Melham, N.M., Moritz, G. Walker, M., Shear, M.K. & Brent, D. (2007) Phenomenology and correlates of complicated grief in children and adolescents. *Journal of the American Academy of Child & Adolescent Psychiatry*, 46, 493-499.

Nader, K.O. (1996). Children's exposure to traumatic experiences. In C. A. Corr & D. M. Corr (Eds.), *Handbook of childhood death and bereavement* (pp. 201-220). New York: Springer Publishing Company.

Nader, K. (1997). Childhood traumatic loss: The interaction of trauma and grief. In C. R. Figley, B. Bride, & N. Mazza (Eds.), *Death and trauma: The traumatology of grieving* (pp. 17-41). Washington, DC: Taylor & Francis.

Pfeffer, C. R., Jiang, H., Kakuma, T., Hwang, J., & Metsch, M. (2002). Group intervention for children bereaved by the suicide of a relative. *Journal of the American Academy of Child and Adolescent Psychiatry*, 41(5), 505-513.

Prigerson, H.G. & Jacobs, S.C. (2001). Diagnostic criteria for traumatic grief. In M. S. Stroebe, R. O. Hansson, W. Stroebe, & H. Schut (Eds.), *Handbook of bereavement research* (pp.614-646). Washington, DC: American Psychological Association.

Pynoos, R. (1992). Grief and trauma in children and adolescents. *Bereavement Care*, 11(1), 2-10.

Pynoos, R., & Nader, K. (1990). Children's exposure to violence and traumatic death. *Psychiatric Annals*, 20(6), 334-344.

Raphael, B. (1997). The interaction of trauma and grief. In D. Black & M. Newman (Eds.), *Psychological trauma: A developmental approach* (pp. 31-43). Arlington, VA: American Psychiatric Press.

Raphael, B., & Martinek, N. (1997). Assessing traumatic bereavement and posttraumatic stress disorder. In J. P. Wilson & T. M. Keane (Eds.), *Assessing psychological trauma and PTSD* (pp. 373-395). New York: Guilford Press.

Saltzman, W. R., Layne, C. M., Steinberg, A. M., & Pynoos, R. S. (in press). Trauma/grief-focused group psychotherapy with adolescents. In L. A. Schein, H. I. Spitz, G. M. Burlingame, & P. R. Muskin (Eds.), *Group approaches for the psychological effects of terrorist disasters*. New York: Haworth.

Sigman, M. & Wilson, J.P. (1998). Traumatic bereavement: Post traumatic stress disorder and prolonged grief in motherless daughters. *Journal of Psychological Practice*, 4(1), 34-50.

Sims, D. (2001). *What color is dead?* Cross Country Seminars, Inc., Nashville, TN.

Webb, NB (2004) *Mass trauma and violence: helping children and families cope*. New York: Guildford Press.

Wraith, R (1997, May 7-10). Debriefing for children: What is it we should be thinking about? Traumatic grief—growing at different life stages. *Proceedings of the Joint National Conference of the National Association of Loss and Grief, Australasian Critical Incident Stress Association, and Australasian Society of Traumatic Stress Studies: Trauma, Grief and Growth - Finding a Path to Healing* (pp. 384-6), Sydney, Australia

Professional References – PTSD

Alexander, D. W. (1999). *Children changed by trauma: A healing guide*. Oakland, CA: New Harbinger Publications.

Allen, J. G. (1995). *Coping with trauma: A guide to self-understanding*. Washington, DC: American Psychiatric Press.

Amaya-Jackson, L. (2000). Post-traumatic stress disorder in children and adolescents. In B. J. Sadock & V. A. Sadock (Eds.) *Comprehensive Textbook of Psychiatry/VII*. Philadelphia: Lippincott Williams & Wilkins.

Black, D., Emanuel, R., & Mendelsohn, A. (1997). Children and adolescents. In D. Black & M. Newman (Eds.), *Psychological trauma: A developmental approach* (pp.281-293). Washington, DC: American Psychiatric Press.

Cohen, J. A., Berliner, L., March, J. S. (2000). Treatment of children and adolescents. In E. B. Foa, T. M. Keane, & M. J. Friedman (Eds.), *Effective treatments for PTSD: Practice guidelines from the international society for traumatic stress studies* (pp.106-138). New York: Guilford.

Davies, D. R., Burlingame, G. M., & Layne, C.M. (in press). Integrating small group process principles into trauma-focused group psychotherapy: What should a group trauma therapist know? In L. A. Schein, H. I. Spitz, G. M. Burlingame, & P. R. Muskin (Eds.), *Group approaches for the psychological effects of terrorist disasters*. New York: Haworth.

Donnelly, C. L., Amaya-Jackson, L., & March, J. S. (1999). Psychopharmacology of pediatric posttraumatic stress disorder. *Journal of the American Academy of Child and Adolescent Psychopharmacology*, 9(3), 203-220.

Follette, V. M., Ruzek, J. I., & Abeug, F. R. (1998). *Cognitive-behavioral therapies for trauma*. New York: Guilford Press.

LaGreca, A.M., Silverman, W.K., Vernberg, E.M., & Roberts, M.C. (2002). *Helping children cope with disasters and terrorism*. Washington, DC: American Psychological Association.

Ollendick, T. H., & Cerny, J. (1981). *Clinical behavior therapy with children*. New York: Plenum Press.

Books for Children and Teens on Trauma and Bereavement

Preschool and early grades

Aliki (1979). *The two of them*. New York: Greenwillow Books. (ages 3-8)

de Paola, T. A. (1973). *Nana Upstairs and Nana Downstairs*. New York: Putnam. (ages 4-8)

Harris, R. H. (2001). *Goodbye Mousie*. New York: Margaret K. McElderry Books. (ages 4-8)

Holmes, M. M., Mudlaff, S. J. (2000). *A terrible thing happened: A story for children who have witnessed violence or trauma*. Washington, DC: Magination. (ages 4-8)

Mellonie, B. and Ingen, R. (1983). *Lifetimes: A beautiful way to explain death to children*. New York: Bantam. (ages 3-8)

Thomas, P. (2001). *Miss you: A first look at death*. Hauppauge, NY: Barrons. (ages 4-8)

Varley, S. (1984). *Badger's parting gifts*. New York: Lothrop. (ages 5-8)

Viorst, J. (1971). *The tenth good thing about Barney*. New York: Atheneum. (ages 4-7)

White, E. B. (1952). *Charlotte's Web*. New York: Harper. (ages 4-8)

Middle grades

Agee, J. (1957). *A death in the family*. New York: Bantam. (ages 13 and up)

Gray, A. (Ed.) (1999). *Stories for a teen's heart*. Sisters, OR: Multnomah Publishers. (ages 13 and up)

Paterson, K. (1977). *Bridge to Terabithia*. New York: Crowell. (ages 12 and up)

Porterfield, K. M. (1996). *Straight talk about post-traumatic stress disorder: Coping with the aftermath of trauma*. New York: Facts on File. (ages 13 and up)

Romain, T. (1999). *What on earth do you do when someone dies?* Minneapolis: Free Spirit. (ages 9 and up)

Smith, D. B. (1973). *A taste of blackberries*. New York: Crowell. (ages 9-12)

High school and beyond

Canfield, J. Hansen, M. V., & Kirberger, K. (Eds.). (1997). *Chicken soup for the teenage soul: 101 stories of life, love and learning*. Deerfield Beach, FL: Health Communications, Inc. (ages 12 and up)

Grollman, E. (1993). *Straight talk about death for teenagers: How to cope with losing someone you love*. Boston: Beacon Press. (ages 13 and up)

Gunther, J. (1949). *Death be not proud: A memoir*. New York: Harper. (ages 13 and up)

All ages

Buscaglia, L. (1982). *The fall of Freddie the leaf: A story of life for all ages*. Thorofare, NJ: Slack, Inc. (all ages)

Krementz, J. (1988). *How it feels when a parent dies*. New York: Knopf. (all ages)

O'Toole, D. (1998). *Aarvy Aardvark finds hope: A read aloud story for people of all ages about loving and losing, friendship and loss*. Burnsville, NC: Celo Press. (all ages)

Books for Children and Teens – Sibling death

Preschool and Early Grades

Blanford, C. (2008). *Something happened: A book for children and parents who have experienced pregnancy loss*. Western Springs, IL: Cathy Blanford Publishing.

This paperback picture book is designed especially for children between the ages of two and six whose families have experienced a miscarriage, stillbirth, or neonatal death. The simple, clear story helps children to understand what has happened and to deal with their feelings and fears. It also reassures them that they are loved and secure.

Johnson, J., Johnson, M. (1982). *Where's Jess? For children who have a brother or sister die*. Omaha, NE: Centering Corporation.

This easy-to-understand picture book for children aged three to six is considered a classic about sibling grief. The authors wrote it after losing their daughter Jess to sudden infant death syndrome (SIDS).

Keough, P. (2001). *Remembering our baby: A workbook for children whose brother or sister dies before birth*. Omaha, NE: Centering Corporation.

This workbook for children aged four to nine begins with the family finding out that the expected baby has died before birth. The book offers activities that allow children to express and share their feelings and to remember the brother or sister they never had a chance to know.

Munoz-Kiehne, M. (2000). *Since my brother died: Desde que murio mi hermano..* Omaha, NE: Centering Corporation..

In this bilingual Spanish-English paperback book for children aged four to eight, the young narrator talks about what it was like to lose his brother and how he learned to keep memories in his heart. The book includes a bilingual section for caregivers and teachers.

Old, W.C. (1994). *Stacy had a little sister*. Morton Grove IL: Albert Whitman & Company.

In this illustrated hardcover book for children aged four to nine, Stacy is so jealous of her new little sister that she sometimes wishes the baby would “go away.” When the baby dies of sudden infant death syndrome (SIDS), Stacy feels guilty and begins to fear that she too might die in her sleep. Her parents try to comfort and reassure her. The book includes information and resources about SIDS for parents.

Roper, J. (2001). *Dancing on the moon*. Cheverly, MD: SIDS Educational Services.

This paperback for toddlers to preschoolers tells the story of five-year-old Carly, who is jealous of her new baby brother Nigel. But when he dies of sudden infant death

syndrome (SIDS), she feels confused and sad. She dreams that she flies to the moon to find him but he tells her that he will always be with her in her heart.

Schwiebert, P. (2007). *Someone came before you*. Portland, OR: Grief Watch.

This paperback picture book is for very young children through preschool age who were born after their parents lost a child born earlier. It describes the parents' grief and sadness and how they eventually decide they want to bring another child into their lives. The book offers ideas for keeping the deceased child's memory alive.

Schwiebert, P. (2003). *We were gonna have a baby, but we had an angel instead*. Portland, OR: Grief Watch.

This illustrated paperback helps children aged two to eight to confront and deal with their grief when a baby brother or sister dies before or shortly after birth. It includes practical suggestions for parents on how to help children cope and remember the baby who died.

Temes, R. (1992). *The empty place: A child's guide through grief*. Far Hills, NJ: Small Horizons.

In this paperback for children aged four to eight, a nine-year-old boy has trouble facing the reality of death and the pain of his loss when his beloved older sister dies. His babysitter, who had lost her own brother as a child, becomes an empathetic role model who helps him learn to cope and heal.

Yeomans, E. (2000) *Lost and found: Remembering a sister*. Omaha, NE: Centering Corporation.

In this paperback for children aged five to nine, a young girl explores what it means to "lose" her older and only sister to death. She copes with her grief as she tries to "find" Paige, and she learns that she and her family will always keep Paige in their lives.

Middle Grades

Aiken, S. (2001). *Anna's scrapbook:: Journal of a sister's love*. Omaha, NE: Centering Corporation (www.centering.org).

This spiral-bound book for middle-school readers tells the story of Anna, whose preschool sister Amelia dies from an accidental fall. Anna deals with her grief by keeping a diary and then decides to create a scrapbook in which she can keep her memories of Amelia. The rest of the book offers readers blank pages in which they can create their own diary and scrapbook.

Coulombis, A. (2000). *Getting near to baby*. New York: Putnam.

Intended for sixth- to eighth-graders, this novel (a 2000 Newbery Honor Book) tells the story of Willa Jo and Little Sister, whose family falls apart after their baby sister

dies. When their mother sinks into a serious depression, the two older girls are sent to live with their strict Aunt Patty and their more sympathetic Uncle Hob. But no one understands what the girls are going through until the morning they climb up onto Aunt Patty's roof and refuse to come down. During that long, sad day, the girls and their family realize the healing power of love in the face of grief and loss.

Gryte, M. (1999). *No new baby: For siblings who have a brother or sister die before birth*. Omaha, NE: Centering Corporation (www.centering.org).

This paperback, for children aged nine to twelve, is a first-person account about the different feelings children may have when a sibling dies before birth. It answers children's most-asked questions and includes a section for parents and grandparents.

Jackson, A. (2004.) *Can you hear me smiling? A child grieves a sister*. Washington, DC: Child & Family Press.

This paperback, for grade two to four, recounts the illness and death of African-American author Aariane Jackson's beloved older sister at age twelve. Both girls were adopted, and Jackson describes their sibling intimacy and the difficult and conflicting emotions she had to cope with following her sister's death. The book includes a preface by the girls' mother and an afterword by grief counselors that offers advice on how to help children cope with the anguish of losing a sibling.

Jampolsky, G.G. (Ed.), (1983). *Straight from the siblings: Another look at the rainbow*. Millbrae, CA: Celestial Arts.

This collection of images and quotes from bereaved brothers and sisters, for children aged nine to twelve, is a memorial to love between siblings. The quotes and stories by the bereaved siblings who contributed to the book describe not only sadness but also the difficult feelings, such as jealousy and guilt, that have troubled them.

Park, B. (2009). *Mick Harte was here*. New York: Scholastic.

In this paperback for sixth- through ninth-graders, eighth-grader Phoebe must come to terms with the death of her fun-loving brother Mick after he is killed in a bicycle accident at age twelve. The story leavens sorrow and grief with humor in capturing the pain that Phoebe and her family go through as they try to cope with their loss.

Rothman, J.C. (1996). *A birthday present for Daniel: A child's story of loss*. Amherst, NY: Prometheus Books.

In this paperback for children aged seven to twelve, young Ellen shares what her brother Daniel's death means to her, and especially how she and her parents resolve the painful issue of how to acknowledge his birthday each year. Highly recommended by grief counselors and support groups, the book helps parents support their children as family members explore different ways of grieving and communicating their feelings about their loss.

Samuels, V.R. (2006). *Always my twin*. (N. Clemmons, Illus.). Victoria, BC: Trafford Publishing.

This illustrated paperback, for children aged seven through twelve, tells the story of a young girl who loses her twin sister shortly after their birth. Based on the experience of the author, who lost a twin daughter in infancy, it is a story of heartache, healing, and hope. The book includes interactive pages that readers can respond to by using pictures and describing feelings. It also lists support resources for families that have experienced the death of a baby, including a twin or other multiple sibling.

Simon, J. (2002). *This book is for all kids, but especially my sister Libby. Libby died*. Kansas City, MO: Andrews McMeel Publishing.

In this hardbound book for children aged nine to twelve, the author tells of the death of his younger sister Libby from a rare medical condition when she was 3½ years old. Jack was only five and, like other small children facing such a huge loss, he thought no one else could understand how he felt. However, the universality of his story captures the emotions of every grieving sibling.

Thomas, C. (2005). *Hugs & kisses from Brittany: A children's book about the death of another child, from a child's point of view*. Orchard Hill, GA: Brittany's Books.

This paperback for children aged eight to twelve explores how one young girl coped with the death of a younger sibling. Shelby's discovery of the importance of hugs and kisses after her baby sister Brittany dies of a brain tumor opens the way for talks and sharing about grief, loss, hope, and healing.

High School and Beyond

Linn-Gust, M. (2001). *Do they have bad days in heaven? Surviving the suicide loss of a sibling*. Albuquerque, NM: Chellehead Works.

This paperback for teen and adult readers recounts the author's personal experience of losing her younger sister to suicide. Considered the first comprehensive resource for sibling suicide survivors, it offers a journey of hope. It includes available research and practical advice for survivors and those who care about them and want to help them. The author is the creator of Sibling Survivors (www.siblingsurvivors.com; see listing in "Web Sites" section below).

Ruiz, R.A. (2001). *Coping with the death of a brother or sister*. New York, NY: Rosen Publishing Company.

This hardbound book for seventh- to twelfth-graders offers honest, descriptive narratives in which young survivors of sibling loss talk about how they handled their grief. When a brother or sister dies, everything changes for the survivors, even if the death occurred when the surviving child was very young. A chapter on finding additional help and resources speaks to youngsters who may be coping with feelings of anger or rage in the aftermath of their loss.

Books for Caregivers

Davies, B. (1998). *Shadows in the sun: The experiences of sibling bereavement in childhood*. New York: Routledge.

This study summarizes a great deal of information about how the death of a sibling affects the remaining children. The author discusses the bonds among siblings and how the survivors may react to their loss, how children understand death, how a sibling's death affects the overall functioning of the family, and the long-term effects of the death. The book includes practical guidelines for those seeking to help grieving siblings, children, and families.

DeVita-Raeburn, E. (2007). *The empty room: Understanding sibling loss*. New York, NY: Scribner.

The author, a science journalist, tells how the death of her older brother at age seventeen of aplastic anemia (which forced him to live in a sterile hospital "bubble room" for almost half his life), affected her. She uses powerful interviews with more than 200 sibling survivors to explore how difficult it can be, and how long it can take, to finally come to terms with the grief of losing a brother or sister.

White, P. G. (2006). *Sibling grief: Healing after the death of a sister or brother*. Lincoln, NE: iUniverse.

The author, a psychologist who specializes in working with people who have lost a sibling, was only fifteen when her sister died of a rare form of soft-tissue cancer. White draws on her own experience as well as on her professional background to explain the griefwork involved in sibling loss. She also explores how grief and healing are reflected in siblings' dreams. White is the creator of The Sibling Connection, a not-for-profit support organization and web site (<http://www.counselingstlouis.net>) for bereaved siblings (see listing in "Web Sites" section below).

Resources & Websites – General Bereavement

Association for Death Education
<http://www.adec.org/>

The Centering Corporation
<http://www.centering.org>

Compassionate Friends
(http://www.compassionatefriends.org/Local_Chapters/Frequently_Asked_Questions.aspx)

This national organization, with chapters throughout the United States and worldwide, is dedicated to helping parents following the death of a child at any age by offering peer support groups for grieving parents. The web site also provides a list of resources.

The Dougy Center: www.dougy.org.

Genesis Bereavement Resources: www.genesis-resources.com.

The Center for Loss: www.centerforloss.com.

National Association of Home Care and Hospice
<http://www.nahc.org/>

National Center for PTSD Managing Grief after Disaster:
www.ncptsd.org/facts/disasters/fs_grief_disaster.html.

National Child Traumatic Stress Network:
www.NCTSN.net.

Resources & Websites - Military

Army Morale Welfare and Recreation (MWR)
<http://www.armymwr.com>

Local Veterans Centers
<http://www.vetcenter.va.gov>
800-273-TALK (Emergency Hotline) 800-827-1000

Mental Health America
<http://www.mentalhealthamerica.net/reunions/infoWarChildLoss.cfm>
(800) 969-6642

Military Child Education Coalition (MCEC)
<http://www.militarychild.org>
254-953-1923

Military OneSource
<http://www.militaryonesource.com>
800-342-9647

National Military Family Association (NMFA)
<http://www.nmfa.org>
800-260-0218

Operation Render Comfort
<http://www.operationrendercomfort.org>
979-821-2266

Tragedy Assistance Program for Survivors (TAPS)
<http://www.taps.org/youth/>
800-959-TAPS (8277) (24-hour hotline)

Tricare: Your Military Health Plan
<http://www.tricare.osd.mil>

ZERO TO THREE (Military Families)
http://www.zerotothree.org/site/PageServer?pagename=key_military
202-638-0851

Resources & websites: Sibling death

Open to Hope (<http://opentohope.com/hope-online/dealing-with-grief/dealing-with-loss/death-of-a-sibling/>)

This link on the web site of the Open to Hope Foundation (www.opentohope.com), a general online grief resource, focuses specifically on sibling grief. It offers a series of first-person accounts and reflections on sibling loss, and visitors are invited to leave comments.

The Sibling Connection (<http://www.counselingstlouis.net/>)

Created by psychologist P.G. White, author of *Sibling grief: Healing after the death of a sister or brother* (see the listing in “Books for Caregivers”), The Sibling Connection, offers support to anyone who has lost a sibling. It includes extensive information, articles, and resources about sibling grief at different ages of the life cycle. It also lists resources on sibling loss in films, art, and psychology. Visitors can submit their own stories and communicate through the site’s message board.

Resources & websites: mental health, school

American Psychological Association
<http://www.apa.org>
<http://www.apahelpcenter.org/featuredtopics/feature.php?id=56&ch=5>
(800) 374-2721

American School Counselor Association
<http://www.schoolcounselor.org>
(800) 306-4722

Center for School Mental Health
<http://csmh.umaryland.edu/resources.html/index.html>
(888) 706-0980

Center for Mental Health in Schools
<http://smhp.psych.ucla.edu>
(866) 846-4843

National Institute of Mental Health
<http://www.nimh.nih.gov/health/topics/coping-with-traumatic-events/index.shtml>
(866) 615-6464

National Association of School Psychologists
<http://www.nasponline.org>
(866) 331-NASP

School Social Work Association of America
<http://www.sswaa.org>
(888) 446-5291

Substance Abuse and Mental Health Services Administration (SAMHSA)

National Mental Health Information Center
www.mentalhealth.samhsa.gov/databases
(800) 789-2647

Supplies

The Goodbye Game, M & B Distributors
PH: 1(204) 728-3758

The Grief Game, Jessica Kingsley Publishers, 116 Pentonville RD, London N1 9JB,
www.jkp.com

Black, C (1984). *The Stamp Game: A game of feelings*. Denver: MAC Printing and Publications.

O'Conner, K (1983). The color-your-life technique. In C.E. Schaefer & K.J. O'Conner (Eds.), *Handbook of play therapy* (pp. 251-258). New York: Wiley.

WPS-11 Emotional Bingo for Children (6-12). Available @ www.slosson.com/item98761.ctlg