



# Dying, Death and Grief: Working with Adult Bereavement

*Brenda Mallon*

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"This book's strengths are [Brenda Mallon's] clinical wisdom, experience and insights, and the practical, constructive, down-to-earth way in which she conveys these to her readers. This will appeal to many who are searching for guidance in the difficult task of providing support for the bereaved" - *Bereavement Care, Spring 2010*

"This is a well written book that makes a very useful addition to the field" - *Therapy Today, February 2009*

'A refreshing, down-to-earth text that examines theory and research without becoming an academic tome. It is comprehensive, focused on practice and contains important insights for developing the essential skills required to provide effective bereavement care' - *Dr John Costello, Head of Primary Care, University of Manchester*

'Brenda Mallon gives the term "grief counselling" definition in a way no one has done before. If you are new to counselling the bereaved, this book is the best introduction I have seen. If you are an experienced grief counsellor, this should be the next book you read' - *Professor Dennis Klass, Webster University,*

**Dying, Death and Grief** is written for anyone who provides support to adults following bereavement. Whether in a professional or voluntary capacity, bereavement care requires empathy, judgement and skill to ensure your response matches the needs of the person you are helping. Recognizing that we all experience bereavement differently, this book introduces theory and skills which can be used in any context to address a wide range of needs.

The author explains the theoretical background to attachment and loss and the core skills needed to support people who have been bereaved. Case studies and personal accounts illustrate key points and exercises help you examine your own experiences and attitudes in relation to loss. The book also takes into account topics frequently overlooked in other texts, such as sexuality, spiritual responses to loss, cultural influences and diversity, as well as the nature of chronic and disenfranchised grief.

**Dying, Death and Grief** is designed for use on a wide range of training and academic courses that prepare practitioners to work with the bereaved. Professionals in a range of settings including hospitals and in the community as well as volunteers and be-frienders in hospices and nursing homes will find this a useful source of guidance.

**Brenda Mallon** is a counsellor, trainer and author who specialises in bereavement care. She is vice chair of The Grief Centre, Manchester Area Bereavement Forum.

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