# Ways to Cope With Losing a Sibling

- Take time to reflect
- Create a new tradition
- Join a support group
- Seek professional help
- Stick to a routine
- Practice self-compassion
- Learn to forgive yourself
- Feel your feelings
- Allow yourself joy
- Practice mindfulness meditation

# **Sibling Loss**

Elizabeth H. Pike

#### **Sibling Loss:**

The Empty Room Elizabeth DeVita-Raeburn, 2007-03-13 DeVita Raeburn does for bereaved siblings what Motherless Daughters did for mourning daughters shining light on a largely unexamined profound loss and offering help and hope for Grieving for the Sibling You Lost Erica Goldblatt Hyatt, 2015-09-01 When teens lose a sibling it is devastating They lose a lifetime playmate confidant role model and friend Now for the first time a psychotherapist specializing in teen and adolescent bereavement offers an essential guide for teens who have lost a sibling In the book teens will learn how to process difficult feelings by finding their unique coping style deal with overwhelming emotions and find constructive ways to cope with this profound loss so they can moveforward in a meaningful and healthy way from the Loss of a Sibling Katherine Fair Donnelly, 2000-07-24 A book of hope and healing Recovering From the Loss of a Sibling is the first book for those who have experienced the death of a brother or sister It addresses the many questions fears and feelings of surviving siblings of all ages such as Will this soon happen to me It should have been me Why wasn t it God must have punished me for the time when I was so mean to my brother My sister was my parents favorite and I don't seem to count to them At work they have no idea what I m going through They think I m just a sibling All the focus is on my parents not my grief When a brother or sister dies surviving siblings may receive little support or even recognition of their pain Parents are so grief stricken at the loss of a child that they often find themselves unable to cope with the needs of their surviving children With family and friends concentrating on the parents tragedy the suffering of siblings often goes unnoticed These intimate true stories provide valuable insight demonstrating that the reader is not alone and that others have gone through this devastating experience and have survived In these pages sisters and brothers share their innermost feelings wanting others to gain comfort from their experiences The book also serves as a compassionate aid to friends co workers teachers family members and the helping professions **Surviving Sibling Loss: The Invisible Thread that Connects** Us Through Life and Death Dawn DiRaimondo, Psy.D., 2025-01-04 When author Dawn DiRaimondo PsyD lost her brother in 2004 she found only one book on sibling loss So she wrote the book she wished she had then Surviving Sibling Loss The Invisible Thread that Connects Us Through Life and Death is the gold standard of grief books helping not only people who are grieving but also their therapists partners and friends better support their loved ones The chapters are deliberately short and full of easy to find resources and the book can be read cover to cover or picked up and put down again This structure aids those who are struggling who fatigue and lose focus easily under the weight of their grief Dr DiRaimondo is a clinical psychologist whose specialties include working with clients who have experienced significant loss including the loss of children siblings spouses grandchildren and young parents Surviving Sibling Loss interweaves her personal and professional experience and knowledge of bereavement as well as the perspectives of fourteen individuals she interviewed who also lost siblings Sibling Loss Across the Lifespan Brenda J. Marshall, Howard R. Winokuer, 2016-10-04 Sibling Loss Across the

Lifespan brings together researchers clinicians and bereaved siblings to explore sibling loss Unique in both form and content the book focuses on loss within five key age ranges childhood adolescence emerging adulthood adulthood and late adulthood and losses within a special topics section that addresses areas of interest across multiple age groups In addition to chapters from researchers and clinicians the book includes personal stories from bereaved siblings who describe the lived experience Adult Sibling Loss Brenda Marshall, 2016-12-05 He was my best friend I feel like I ve lost that one person I of this loss could always count on Siblings know each other in ways friends and other blood relatives do not They have shared bedrooms bathrooms holidays family milestones meals and a way of growing up that those outside the family can never fully understand The bond is intense complicated sometimes difficult often wonderful and absolutely irreplaceable When death interrupts what might have been a lovely lifelong connection the impact is tremendous And yet this loss is rarely the focus of research and is not well understood or recognised within society leaving many siblings searching for appropriate support and validation This book gives readers the opportunity to experience the intensity of this relationship through the eyes of three bereaved siblings Their experiences both before and after loss are powerfully presented using a narrative style that allows the complexity and depth of their individual relationships to shine brightly The author a bereaved sibling herself artfully weaves her story throughout adding to the richness of the text Through these collective stories readers are invited to explore their own reactions and reflect on the many ways siblings affect each other over the long term Bereaved siblings clinicians medical professionals therapists social workers funeral directors religious leaders bereavement groups and anyone who supports or knows a bereaved sibling will find benefit in this book This highly readable text will both touch and inform Sibling Grief P. Gill White, 2006-05-01 P Gill White PhD has done an outstanding job of writing on a much needed readers subject within the bereavement community sibling grief As siblings sadly are often the forgotten grievers when the death of their brother or sister occurs a book such as this is greatly needed Dr White's insights and experiences as both a bereaved sibling herself and as a sibling grief counselor are sure to be a great help to all who read her book Bereaved Parents of the USA will definitely be recommending her book as a resource to both our siblings and their parents Patricia L Moser President Bereaved Parents of the USA www bereavedparentsusa org Author P Gill White PhD was only fifteen when her sister Linda made her swear not to tell anyone about the pain Linda had in her side because she thought it would spoil an upcoming family vacation Linda died four months later from a rare form of cancer called rhabdomyosarcoma White and her family never talked about the loss until decades later when memories began to haunt her Sibling Grief is White s validation of the emotional significance of sibling loss She draws on clinical experience research and wisdom from hundreds of bereaved siblings to explain the five healing tasks specific to sibling grief White identifies the effects of this profound loss on daily actions and emotions and describes the dream patterns of bereaved siblings showing how healing is reflected in the dream state Throughout she illustrates the long lasting connection between siblings a connection that death itself cannot sever

Sibling Grief is a powerful mix of information personal reflections and poetry just what you need to begin your own Sibling Loss Across the Lifespan Brenda J. Marshall, Howard R. Winokuer, 2016-10-04 Sibling Loss Across healingjournev the Lifespan brings together researchers clinicians and bereaved siblings to explore sibling loss Unique in both form and content the book focuses on loss within five key age ranges childhood adolescence emerging adulthood adulthood and late adulthood and losses within a special topics section that addresses areas of interest across multiple age groups In addition to chapters from researchers and clinicians the book includes personal stories from bereaved siblings who describe the lived experience of this loss Sibling Loss Joanna H. Fanos, 2014-02-04 Despite the rise of clinical interest in posttraumatic stress disorder and traumatic stress in children there has been little attention paid to the impact of sibling death as a traumatic event Although there is much evidence that children suffer long lasting consequences of such trauma as divorce or the loss of a parent the loss of a sibling has not been the topic of substantial clinical or research attention The sibling relationship has only begun to receive research and theoretical attention. The complexities of the sibling bond as it changes and evolves over the life span have only begun to be explored The death of a child has generally been considered one of the most stressful events encountered by families in our society The chronicity of illnesses such as cystic fibrosis is in a sense new an outgrowth of recent advances in medical treatment which have considerably extended the lives of children stricken with leukemia cystic fibrosis HIV infection diabetes and others This book explores the long term consequences of chronic illness followed by the death of a sibling on adult adjustment The illness and loss of the child will have a direct impact on the siblings dependent upon their own capacity to give meaning to its occurrence and to mourn the loss effectively In addition the sibling s world will be inexorably shaped by the handling of the illness and loss by the parents Sibling Grief P. Gill White, 2008-05 P Gill White PhD has done an outstanding job of writing on a much needed subject within the bereavement community As siblings sadly are often the forgotten grievers when the death of their brother or sister occurs a book such as this is greatly needed Dr White s insights and experiences as both a bereaved sibling herself and as a sibling grief counselor are sure to be a great help to all who read her book Patricia L Moser president of Bereaved Parents of the USA A book for professional caregivers and grieving siblings alike Robert B Simmonds Ph D author of Emotional Wellness Matters P Gill White PhD was only fifteen when her sister Linda made her swear not to tell anyone about the pain she had in her side fearing it would spoil an upcoming family vacation Linda died four months later from a rare form of cancer White and her family never talked about the loss until decades later when memories began to haunt her Sibling Grief is White s validation of the emotional significance of sibling loss She draws on both clinical experience and her own deeply personal experience along with wisdom from hundreds of bereaved siblings to explain the five healing tasks unique to sibling grief White also describes the dream patterns of bereaved siblings showing how healing is reflected in the dream state Throughout she illustrates the long lasting connection between siblings a connection that death itself cannot sever Unspoken Grief Helen

Rosen,1986 A brother or sister is often a child's most important contemporary. Yet the effect of sibling death on the surviving child has received little attention. This pathbreaking book takes a compassionate look at the problem and provides advice for parents and adults to help the surviving child. Sibling Loss Joanna H. Fanos, 2014-02-04. Despite the rise of clinical interest in posttraumatic stress disorder and traumatic stress in children there has been little attention paid to the impact of sibling death as a traumatic event Although there is much evidence that children suffer long lasting consequences of such trauma as divorce or the loss of a parent the loss of a sibling has not been the topic of substantial clinical or research attention. The sibling relationship has only begun to receive research and theoretical attention. The complexities of the sibling bond as it changes and evolves over the life span have only begun to be explored. The death of a child has generally been considered one of the most stressful events encountered by families in our society. The chronicity of illnesses such as cystic fibrosis is in a sense new an outgrowth of recent advances in medical treatment which have considerably extended the lives of children stricken with leukemia cystic fibrosis. HIV infection diabetes and others. This book explores the long term consequences of chronic illness followed by the death of a sibling on adult adjustment. The illness and loss of the child will have a direct impact on the siblings dependent upon their own capacity to give meaning to its occurrence and to mourn the loss effectively. In addition the sibling s world will be inexorably shaped by the handling of the illness and loss by the parents

Adult Sibling Loss Brenda J. Marshall, 2013 A narrative inquiry into the experiences of bereaved siblings The author a bereaved sibling herself artfully weaves her story throughout adding to the richness of the text Readers are invited to reflect on the many ways siblings affect each other over the long term **Surviving the Death of a Sibling** T.J. Wray,2003-05-27 When T J Wray lost her 43 year old brother her grief was deep and enduring and she soon discovered not fully acknowledged Despite the longevity of adult sibling relationships surviving siblings are often made to feel as if their grief is somehow unwarranted After all when an adult sibling dies he or she often leaves behind parents a spouse and even children all of whom suffer a more socially recognized type of loss Based on the author's own experiences as well as those of many others Surviving the Death of a Sibling helps adults who have lost a brother or sister to realize that they are not alone in their struggle Just as important it teaches them to understand the unique stages of their grieving process offering practical and prescriptive advice for dealing with each stage In Surviving the Death of a Sibling T J Wray discusses Searching for and finding meaning in your sibling s passing Using a grief journal to record your emotions Choosing a grief partner to help you through tough times Dealing with insensitive remarks made by others Warm and personal and a rich source of useful insights and coping strategies Surviving the Death of a Sibling is a unique addition to the literature of bereavement When a Brother or Sister Dies Claire Berman, 2009-02-17 The trauma of losing a sibling when we are in our adult years is one of the most unrecognized and undertreated areas of psychology There is no other loss in adult life that appears to be so neglected as the death of a brother or sister says bereavement specialist and psychologist Therese Rando And Rando is just one expert

author Berman interviews in this moving book about loss We see here how when an adult dies the parents spouse and children of that person become the focus but brothers and sisters most often fall to the sidelines and are left to find a way to deal with the grief and recover alone Yet when a brother or sister dies we lose our longest lifetime companion someone with whom we have shared an intimate family history And in most cases that was someone for whom we had conflicted feelings shared identity yet competitive feelings pride yet jealousy love yet hate Most of us come to make peace with the relationship at some point How to make peace with the death of the sibling which can conjure up a well of feelings from wishing you were closer to wanting to change some past events you shared can haunt an adult But author Claire Berman who lost her own sister to heart disease in the week of September 11 2001 when America lost its innocence takes us into the emotional world of sibling loss showing us how to understand and navigate the aftermath of a loss that can leave adults feeling angry confused guilty empty or just like Berman wanting to hit that speed dial button still marked with her sister s name

Surviving the Death of a Sibling T.J. Wray, 2009-02-04 When T J Wray lost her 43 year old brother her grief was deep and enduring and she soon discovered not fully acknowledged Despite the longevity of adult sibling relationships surviving siblings are often made to feel as if their grief is somehow unwarranted After all when an adult sibling dies he or she often leaves behind parents a spouse and even children all of whom suffer a more socially recognized type of loss Based on the author's own experiences as well as those of many others Surviving the Death of a Sibling helps adults who have lost a brother or sister to realize that they are not alone in their struggle Just as important it teaches them to understand the unique stages of their grieving process offering practical and prescriptive advice for dealing with each stage In Surviving the Death of a Sibling T J Wray discusses Searching for and finding meaning in your sibling s passing Using a grief journal to record your emotions Choosing a grief partner to help you through tough times Dealing with insensitive remarks made by others Warm and personal and a rich source of useful insights and coping strategies Surviving the Death of a Sibling is a Surviving Sibling Loss Psy D Dawn Diraimondo, 2020-11-15 In a world unique addition to the literature of bereavement that doesn't understand or want to talk much about grief losing a sibling changes someone forever Grieving siblings often feel very alone as much of the focus and support is geared toward their parents With limited vocabulary to express grief people can be left with the feeling that a piece of them has died too In 2004 clinical psychologist Dawn DiRaimondo suddenly lost her 22 year old brother Michael who was serving as a flight medic in Iraq when his helicopter was shot down This life altering event compelled Dr DiRaimondo to build a practice specializing in helping her clients through the most difficult of losses children young parents siblings and spouses Surviving Sibling Loss interweaves both her story of losing her own brother with clinical insights into the impact of significant grief and loss in one s life This book will help surviving siblings feel validated and understood as well as provide a number of ways to both cope and honor their sibling Surviving Sibling Loss is powerful raw and heartfelt It's a must have resource for anyone who has lost a sibling and for the people in their life

partners friends parents even clinicians who want to better support them **Sibling Loss** Laura Prince,2017-05-10 This is a first person account of one of the most devastating and least talked about subjects a child or young person s loss of a sibling Laura Prince shares her decades long process of healing that is as she claims a lifelong struggle This is however a book that brings hope The author both shares her story and her many insights into the web of grief that surrounds such a loss Recovering from the sudden death of her beloved brother over the course of many years Prince openly and candidly examines the pitfalls and surprising triumphs of grieving She offers readers a window into her world and allows us to share in her sadness and in the eventual celebration of her brother as she slowly works her way into a place of quiet joy and gratitude

**Sibling Loss** Elizabeth H. Pike, 1997 The death of a sibling is generally recognized to be a significant and traumatic loss for the surviving sibling especially if the loss occurs in childhood Cain et al 1963 Davids 1993 Rosen 1985 1986 However little is known about the subjective experience of losing a sibling in early adulthood and what it means to mourn the death of an adult sibling This study was a qualitative exploration of the subjective experience of losing a sibling in early adulthood and of the mourning process that ensues This study attempted to understand the multiple meanings the death can come to have for the surviving sibling to examine how this loss becomes integrated into the life of the surviving sibling and to understand more fully the complexities of the mourning process of sibling death in early adulthood Counseling Adolescents Through Loss, Grief, and Trauma Pamela A. Malone, 2016-02-19 Loss grief and trauma come into the lives of adolescents in many forms and with more frequency than the adults in their lives may realize Assessing the depth and nature of their emotions can be difficult adolescents are typically reluctant to show strong emotions and can be difficult to reach particularly when they experience the untimely death of a loved one How best to work with a young person who may have trouble communicating their emotions even under the best of circumstances And what if he or she has learned about the death of a loved one or classmate from another peer rather than a family member What about gender differences and the influence of culture and family What role do cell phones text messaging and technologies such as Facebook play in the adolescent grief experience Adolescents use of technology creates unlimited access to friends support systems and information but news that spreads guickly without buffering effects can intensify the strength of the adolescent grief responses Counseling Adolescents Through Loss Grief and Trauma not only examines these issues it also provides clinicians with a wealth of resources and time tested therapeutic activities that are sure to become an indispensable part of any clinician's practice

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