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Losing a Parent



Passage to a New Way of Living

A GUIDE TO FACING DEATH AND DYING

Alexandra Kennedy

Losing A Parent Passage To A New Way Of Living

Alexandra Kennedy



Losing A Parent Passage To A New Way Of Living:

Losing a Parent Alexandra Kennedy,1991-06-21 Kennedy shares her own story of facing the loss of a parent and offers innovative strategies for healing and transformation **Losing A Parent** Fiona Marshall,2009-04-28 Whether from a sudden accident or a slow terminal illness the death of a parent is devastating to adults and children alike In **Losing a Parent** Fiona Marshall helps readers understand the process of coping with a parent s death from preparing for death to recognizing the different stages of grief from nurturing the relationship with the surviving parent to harnessing new strength to carry on with life Wise compassionate and practical **Losing a Parent** is an invaluable source of support for a time of overwhelming loss

Life After Grief Darrelyn Gunzburg,2004 Darrelyn Gunzburg explores how by using astrology we can learn to let go and encounter a changed future **I Wasn't Ready to Say Goodbye** Brook Noel,Pamela D Blair PhD,2008-05-01 The most helpful grief book to read when you re ready to start healing after the loss of a loved one Discover the transformative power of healing and hope with this top rated grief book and compassionate guide for those navigating the challenging journey of grief and loss Written with profound wisdom and heartfelt empathy **I Wasn t Ready to Say Goodbye** gently walks readers through the stages of grief providing practical tools and empowering strategies to cope with the pain and confusion that accompany the loss of a loved one Whether you ve experienced the recent passing of a family member friend or even a pet this book offers solace and guidance to help you navigate your unique grieving process Features include Practical Guidance Learn effective coping strategies and practical tools to navigate the grieving process Empathy and Understanding Feel understood and supported through heartfelt anecdotes and relatable experiences Personal Growth Find solace and meaning in your grief journey as you embark on a path of healing and personal growth Comprehensive Resource Access a comprehensive guide that addresses various aspects of grief including anticipatory grief sudden loss and long term complicated grief Hope and Inspiration Embrace a message of hope and inspiration knowing that healing is possible even in the face of profound loss Whether you are at the beginning of your grief journey or further along the path this book will help you find the strength to heal honor your loved one s memory and rediscover joy and purpose in your life Praise for **I Wasn t Ready to Say Goodbye** I highly recommend this book not only to the bereaved but to friends and counselors as well Helen Fitzgerald author of **The Grieving Child** **The Mourning Handbook** and **The Grieving Teen** This book by women who have done their homework on grief can hold a hand and comfort a soul through grief s wilderness Outstanding references of where to see other help George C Kandle Pastoral Psychologist Finally you have found a friend who can not only explain what has just occurred but can take you by the hand and lead you to a place of healing and personal growth this guide can help you survive and cope but even more importantly heal **The Rebecca Review** For those dealing with the loss of a loved one or for those who want to help someone who is this is a highly recommended read **Midwest Book Review** Named a Best Book on **Losing a Parent** for 2022 by **Choosing Therapy** **Supporting Pet Owners Through Grief** Ryane E. Englar,Jill Englar,Teresa Graham

Brett,2023-10-31 An empathic and emotional exploration of the inevitable subject of grief that veterinarians will regularly encounter throughout their relationships with clients on their journey through the care and management of animal patients The authors take an informed and supportive look at the philosophical and psychological impacts of grief emphasizing the individual experiences of clients while also addressing the impacts on the veterinarian and veterinary team Chapters cover the importance of the human animal bond unique circumstances relating to grief practical tool kit approaches that help the vet work alongside the client in a way that is supportive and practically helpful self management resources for a veterinary centric view of managing the process of euthanasia death and grief Supporting Pet Owners Through Grief provides practitioners and students alike with tools to better understand grief and its impact on the human animal bond Veterinary team members will also learn how to navigate their own mix of emotions as they themselves experience and process recurrent grief that can contribute to compassion fatigue and burnout 5m Books

How to Grieve What We've Lost Russ Harris,Alexandra Kennedy,Sameet M. Kumar,Mary Beth Williams,Soili Poijula,2024-07-01 An essential guide for anyone experiencing loss Sharon Salzberg author of Lovingkindness and Real Life Grief is a journey that can lead to powerful personal growth With contributions from grief experts Russ Harris Alexandra Kennedy Sameet Kumar Mary Beth Williams and Soili Poijula this thoughtful compilation will help you heal the pain of loss no matter the cause and move forward in life with a renewed sense of meaning and purpose Grief comes in many forms You may grieve a loved one who has passed on a romantic relationship which has ended the loss of a job you loved or even a place you used to go that no longer exists or has changed You may also be dealing with another kind of loss a sense of who you are and how you can live your life in an increasingly uncertain and changed world But what if you could transform your grief into lasting positive growth Featuring excerpts from the authors previously published works How to Grieve What We've Lost offers effective therapeutic tools based in acceptance and commitment therapy ACT mindfulness cognitive behavioral therapy CBT and more In the book you'll find strategies for immediate relief including present moment awareness and mindful breathing You'll learn to create a safe sanctuary for your grief so you can honor your feelings and give them the space they deserve And you'll discover ways to create a support network give voice to your sorrow and share your humanity with others This heartfelt guide also includes simple tools to help you Identify the things that really matter to you Honor your grief Prioritize your mental health and self care Learn and grow from your loss Whether you are struggling with your own loss or a collective sense of grief the evidence based skills in this book will help you mourn in healthy and resilient ways leading to profound personal growth and a renewed sense of meaning and purpose in life

No Time for Tears Judy Heath,Bernie Siegel,2015-05-01 Facing the loss of a loved one in a death avoidant culture can be excruciating Grievers may be expected to put on a brave face to move on quickly and to seek medication if they are still grief stricken after an acceptable amount of time Psycho therapist Judy Heath draws on extensive experience as a grief specialist in private practice to help those struggling with the anguish of loss

Addressing the myths and misinformation about mourning that still abound today Heath gently coaches readers to understand that coping with loss is a natural process that our society tends to avoid and hurry people through often leading to unresolved lasting grief No Time for Tears offers practical advice for both short and long term recovery including how to manage rarely discussed physical and emotional changes feelings of going crazy and inability to focus feeling out of sync with the world exhausted and chilled and crushingly lonely This updated second edition includes new information about medication and discusses various types of loss including that of a parent child spouse friend or pet Helpful not only to griever but also to those who care about counsel or employ them No Time for Tears is an essential resource for grief management and recovery

Death and Dying John F. Szabo, 2009-11-02 While it can be traced to the 1700s the term thanatology has gained traction in recent decades to refer to the study of death Because of the breadth of the published material and the challenges of discovery in large bibliographic databases and catalogs finding and identifying monographic material on death dying grief and bereavement can be extremely challenging Although there have been several bibliographical resources published on thanatology those titles were incomplete limited in scope or leaned heavily toward one area of the field In *Death and Dying An Annotated Bibliography of the Thanatological Literature* John F Szabo provides more than 2 200 citations of monographs on the science and study of death and dying Among the areas this volume addresses are the psychological philosophical and attitudinal aspects coping and dealing with the burdens of caregiving and working in the helping professions instructional and educational topics for practitioners primarily health care providers cultural differences in bereavement rituals and grief mourning and loss In addition notable titles on or relating to death and dying in popular culture death themes in literature methods of death or specific ethical policy or public issues are also included when they contribute important information to subject areas on which the book focuses This book will be helpful to students researchers academics caregivers health care professionals psychologists social workers and anyone with an interest in death dying bereavement or the care of the terminally ill

Teens, Loss, and Grief Edward Myers, 2006-08-21 *Teens Loss and Grief* is a self help guide for teenagers who are struggling with bereavement and the emotional difficulties it presents This book provides an overview of grief as a painful but normal process offering insights from bereavement experts as well as practical suggestions for coping with loss including accounts from teens This book closes a gap in the available literature on grief and bereavement that has tended to focus on adults and younger children It provides a warm accessible resource that will reassure teen readers about the normality of grief encourages their understanding of what happens during the grief process and provides an indispensable resource guide

[Encyclopedia of Counseling](#) Frederick T. Leong, 2008-04-25 CHOICE Outstanding Academic Title for 2009 2008 Best Reference Library Journal The scope depth breadth currency arrangement and authority of this work reflect the thorough in depth approach of the entire editorial and publishing team Advancing current thought and models in the field this work provides an unparalleled attempt to approach

this important subject from many perspectives Moreover each volume has a list of entries a reader s guide and information about the authors and the contributors The reader s guide incorporates substantive topics e g assessment testing and research methods biographies coping this is an essential addition to graduate and research collections Library Journal

Professional counseling involves helping clients individually or in groups or as couples and families deal with various career vocational educational and emotional problems Whether performed by psychologists psychiatrists social workers psychiatric nurses or counselors thousands of professionals throughout the United States as well as the world are providing counseling services to fellow human beings to help them address and resolve the various problems of living that exceed their coping resources and social support The Encyclopedia of Counseling provides a comprehensive overview of the theories models techniques and challenges involved in professional counseling With approximately 600 entries this definitive resource covers all of the major theories approaches and contemporary issues in counseling The four volumes of this Encyclopedia are flexibly designed so they can be use together as a set or separately by volume depending on the need of the user

Key Features Reviews different types of counselors their different professional identities and their different models of graduate education Examines important historical developments that have shaped the evolution of the counseling profession into its current form Provides a comprehensive compilation of information about established and emerging topics in mental health and personal emotional counseling Addresses problems in personal emotional counseling ranging from concerns about normal developmental processes and common life transitions to debilitating problems of great severity Discusses the major social scientific and professional forces that have shaped the evolution of cross cultural counseling and psychotherapy Offers complete information on conventional and up and coming areas of interest in career counseling

Key Themes Assessment Testing and Research Methods Biographies Coping Counseling General Economic Work Issues Human Development and Life Transitions Legal and Ethical Issues Organizations Physical and Mental Health Professional Development and Standards Psychosocial Traits and Behavior Society Race Ethnicity and Culture Subdisciplines Theories Therapies Techniques and Interventions This ultimate resource is designed for laypeople who are interested in learning about the science and practice of counseling It is also a useful source for undergraduate and graduate students and professionals from other specialties to learn about counseling in all its forms and manifestations

The Infinite Thread (EasyRead Edition) , **The Infinite Thread** Alexandra Kennedy,2011-03-15 The loss we feel when a loved one dies is profound often accompanied by regret for all that we didn t say or do Such regret can hinder emotional growth and create wounds that affect all other aspects of our lives But loss doesn t necessarily mean the end of a connection with a loved one In fact it can open the doors to a unique relationship that offers intimacy healing and renewal In The Infinite Thread author Alexandra Kennedy helps us deal with loss in a powerful new way by using active imagination letters and inner dialogue to re create and heal past relationships In doing so we also amend the often strained ties with those still living The Infinite Thread strips away the veils of mystery

surrounding death and transcends preconceptions about death and dying Rich with opportunities for reflection it brings enormous comfort to anyone who has ever lost a loved one or been faced with their own mortality

The Emotional Dynamics of Law and Legal Discourse Heather Conway, John Stannard, 2016-12-15 In his seminal work *Emotional Intelligence* Daniel Goleman suggests that the common view of human intelligence is far too narrow and that emotions play a much greater role in thought decision making and individual success than is commonly acknowledged The importance of emotion to human experience cannot be denied yet the relationship between law and emotion is one that has largely been ignored until recent years However the last two decades have seen a rapidly expanding interest among scholars of all disciplines into the way in which law and the emotions interact including the law's response to emotion and the extent to which emotions pervade the practice of the law In *The Emotional Dynamics of Law and Legal Discourse* a group of leading scholars from both sides of the Atlantic explore these issues across key areas of private law public law criminal justice and dispute resolution illustrating how emotion infuses all areas of legal thought The collection argues for a more positive view of the role of emotion in the context of legal discourse and demonstrates ways in which the law could in the words of Goleman become more emotionally intelligent

From Child to Elder Alan Pope, 2006 *From Child to Elder* explores the personal growth that can arise when a middle aged adult loses his or her last living parent Based on an empirical phenomenological study this book details the complex ways in which the adult orphan's ongoing relationship to the deceased parents combined with the unique meanings of the loss leads to a deepening of individual autonomy and spiritual awakening Confrontation with mortality and fundamental aloneness promotes among other things an increased sense of existential responsibility toward self and others as the adult orphan psychologically assumes its new role as an elder These and many other themes are structured into an integrated whole and amplified through developmental existential and Jungian perspectives The result is a compelling portrait of the processes by which the death of one's parents can accelerate psychospiritual development

Nobody's Child Diane Lutovich, 2016-12-05 When Diane Sher Lutovich set out to attain closure of her mother's death she simultaneously discovered how other women address their losses *Nobody's Child* How Older Women Say Good bye to Their Mothers in poetry and prose tells the big and little stories of women who having come of age during the feminist revolution lived very different lives than their mothers The author addresses the guilt a daughter feels when confronted by her mother's life choices the loss of family history and a belated recognition of her mother's legacy The voices are heard within these pages giving occasion for the reader to learn about the multiplicity of feelings including remorse fear frustration compassion and deep admiration that many daughters experience at their mother's passing

The Grief Club Melody Beattie, 2009-08-07 *The Grief Club* is Melody Beattie's profoundly personal powerfully healing book to help readers through life's most difficult times Part memoir part self help book part journalism *The Grief Club* is a book of stories bound together by the human experience of loss in its many forms such as death divorce drug addiction and the tumultuous yet tender

process of recovery It s a book you need to read and share Twenty years ago Codependent No More established Melody Beattie as a pioneering voice in self help literature and endeared her to readers who longed for healthier relationships Over the years Melody has invited readers into her life with several more best selling books each punctuated with her trademark candor and intuitive wisdom

Tarot Shadow Work Christine Jette,2000 In *Tarot Shadow Work* Christine Jette bravely takes the practice of tarot readings to new depths and places many people fear to go She shows us how we can use the cards to trigger awareness in ourselves of troubling aspects of our lives and histories and then go beyond discovery to use the cards as tools for healing This is part of the work that needs to be done with tarot in this new century Rachel Pollack author of *78 Degrees of Wisdom* and the forthcoming *Shining Tribe Tarot* Deep within our psyches the unconscious holds our forbidden feelings secret wishes and creative urges Over time these dark forces take on a life of their own and form the shadow a powerful force of unresolved inner conflicts and unexpressed emotions that defies our efforts to control it The shadow takes its shape from a menagerie of archetypes each recognizable throughout time and around the world troubling characters who thrive within our persona The shadow is saboteur martyr victim addict sadist masochist or tyrant all the dark figures that prey on the lighter qualities of the human personality The shadow also represents those latent talents and positive traits that were banished from us at some time along our life path artistic musical athletic or creative talents An undeveloped ability a dream that has gone unexpressed a fantasy of what might have been these too make up the personal shadow the lost parts of ourselves *Tarot Shadow Work* shows you how to free yourself from the shackles of the shadow s power Through tarot work journaling meditation creative visualization and dream work you will bring the shadow into the light This book is ideal for those who are in recovery from a serious addiction or illness as well as any person seeking a deeper understanding of his or her true self By exploring the dark and uncharted territory of the unconscious mind you will work towards understanding and integrating the shadow No prior knowledge of the tarot is required You will learn to use the cards as a tool to help you break free from negative patterns and self destructive behavior Once we realize that we are made of both light and darkness life will start to make sense When we accept our dual natures we stop sabotaging our own efforts and learn to be compassionate with others and with ourselves

Tarot for the Healing Heart Christine Jette,2001 Jette details how to create a healing atmosphere through tarot One does not need to be a tarot expert or a healing practitioner to benefit from this book All that is needed is a desire to heal an open mind and a courageous heart

How Did I Miss All This Before? Alexandra Kennedy,2010-03-30 We tend to believe that waking up to our natural state of joyfulness comes with huge claps of thunder or miraculous events Yet *How Did I Miss All This Before* shows that lifes magic happens in the most ordinary of moments if only we are willing to see with fresh eyes The process of awakening asks us to be fully present to life as it is right now A psychotherapist for more than thirty years author Alexandra Kennedy has written an intimate account of courageous transformation in the midst of lifes common challenges truly a womans path of awakening to the Divine

Alexandras three decade quest begins with an unusual transcendent experience unfolds through epiphanies at three sacred Earth sites and culminates in the discovery that her yearning for union was always available to be fulfilled right here in the most ordinary aspects of daily life Through the medium of a compelling multilayered story that is both personal and accessible How Did I Miss All This Before offers a unique combination of rich prose deep professional and personal experience suggestions and questions for readers to explore and a wealth of references from pioneers of both spirit and psychology This book is for everyone wishing to find greater openness to life in each precious moment **Trauma and Dreams** Deirdre Barrett,2001-10-30 Finally this volume concludes with a look at the potential traumas of normal life such as divorce bereavement and life threatening illness and the role of dreams in working through normal grief and loss

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