

FROM EXPERTS AT  
HARVARD MEDICAL SCHOOL



# RAISING AN EMOTIONALLY HEALTHY CHILD WHEN A PARENT IS SICK



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# Raising An Emotionally Healthy Child When A Parent Is Sick

**Alison M. Heru**



## **Raising An Emotionally Healthy Child When A Parent Is Sick:**

*Raising an Emotionally Healthy Child When a Parent is Sick (A Harvard Medical School Book)* Paula K. Rauch, Anna C. Muriel, 2005-12-12 For families with a seriously ill parent advice on helping your children cope from two leading Harvard psychiatrists Based on a Massachusetts General Hospital program *Raising an Emotionally Healthy Child When a Parent is Sick* covers how you can address children's concerns when a parent is seriously ill how to determine how children with different temperaments are really feeling and how to draw them out ways to ensure the child's financial and emotional security and reassure the child that he or she will be taken care of

**Raising an Emotionally Healthy Child When a Parent Is Sick** Rauch, 2005-09 *Helping Children and Families Cope with Parental Illness* Maureen Davey, Karni Kissil, Laura Lynch, 2016-03-31 When a parent or parental figure is diagnosed with an illness the family unit changes and clinical providers should consider using a family centered approach to care and not just focus on the patient coping with the illness *Helping Children and Families Cope with Parental Illness* describes theoretical frameworks common parental illnesses and their course family assessment tools and evidence supported family intervention programs that have the potential to significantly reduce negative psychosocial outcomes for families and promote resilience Most interventions described are culturally sensitive for use with diverse populations in diverse practice settings and were developed for two parent single parent and blended families

*Children and Young People's Response to Parental Illness* David Morley, Xiaoming Li, Crispin Jenkinson, 2016-09-15 Assessment of the impact of parental illness has gathered significant momentum over recent years This book provides an up to date guide for a variety of professionals on how a range of conditions might impact upon children and young people Each chapter provides an overview of current literature an evaluation of relevant interventions an in practice section that provides guidance for readers in terms of best practice and future research directions Although the primary focus of the book is directed at children's and young people's response to their parent's condition the challenges of parenting are also frequently highlighted Additionally the text provides an overview of measurement issues when investigating children's and young people's response to parental illness

**Handbook of Communication in Oncology and Palliative Care** David Kissane, Barry Bultz, Phyllis Butow, Ilora Finlay, 2011-03-31 This comprehensive text provides clinicians with practical and evidence based guidelines to achieve effective patient centered communication in the areas of cancer and palliative care Written by an outstanding panel of international experts it integrates empirical findings with clinical wisdom draws on historical approaches and presents a state of the art curriculum for applied communication skills training for the specialist oncologist surgeon nurse and other multi disciplinary team members involved in cancer care today In this book communication is broken down into key modules that cover the life cycle of cancer care They include coverage of diagnosis and treatment including clinical trials empathic support in response to distress transition to survivorship or palliative therapies discussion of prognosis conduct of family meetings and care of the dying Complementary training of patients in

their communication with the doctor completes the interactive dyad The art of teaching impact of gender and power in the consultation and the ethical context are carefully considered Special communication challenges include discussion of genetic risk rehabilitative and salvage surgery promotion of treatment adherence unanticipated adverse outcomes intercultural issues fertility and sexuality The value of decision aides question prompt lists audio recording of consultations and use of the internet is illustrated By looking across the full spectrum of disciplines involved in the multidisciplinary team discipline specific issues are considered by experts in each field In this manner the needs of patients and their relatives are evaluated including paediatric and geriatric populations To achieve all of this theoretical models are examined from the medical school to the highly specialized practice facilitation training and actor training are made explicit and international approaches to communication skills training are compared and contrasted Finally research tools that assist in coding cancer consultations evaluating training courses and employing mixed methods in studies aid the reader in providing clear and sensitive communication when handling challenging situations whilst treating cancer sufferers and palliative care patients

**Comprehensive Guide to Supportive and Palliative Care for Patients with Cancer** Janet L. Abrahm, Bethany-Rose Daubman, Molly Collins, 2022-09-20 Leading palliative care experts illustrate how you can improve both communication with cancer patients and their quality of life For more than twenty years this guide has been the go to resource for busy practicing oncology and palliative care clinicians This fourth edition now titled Comprehensive Guide to Supportive and Palliative Care for Patients with Cancer provides physicians advanced practice clinicians and patients and their families with detailed information and advice for alleviating the suffering of cancer patients and their loved ones Drawing on the work of experts who have developed revolutionary approaches to symptom management and palliative care as well as on lessons learned during her decades as a teacher and clinician Dr Janet L Abrahm and her coauthors illustrate how to help patients and families understand their prognosis communicate their care preferences and minimize their distress This edition reflects important updates in the field while addressing the informational needs of a broader market of health care providers including social workers psychologists psychiatrists bereavement counselors and chaplains This new edition features three new chapters Spiritual Care in Palliative Care Psychological Considerations and Bereavement as well as specific guidelines about advance care planning at all phases of cancer understanding complex family dynamics and communication challenges partnering with interpreters in the care of patients and family members with limited English language proficiency special considerations to take into account for LGBTQ patients and their loved ones caring for patients who have a serious mental illness along with a cancer diagnosis nonpharmacologic management of pain and other symptoms associated with cancer or its treatment The book features self reflective exercises that encourage readers to consider their own biases before having discussions with patients and family members as well as numerous patient stories that illustrate the techniques and insights clinicians can use to provide holistic multidimensional care for a diverse cancer patient population **The Resilient Child:**

**Nurturing Emotional Strength During Challenging Times** Pasquale De Marco, Welcome to The Resilient Child  
Nurturing Emotional Strength During Challenging Times This book offers valuable insights and practical strategies for parents caregivers and educators to foster emotional resilience in children Drawing inspiration from the challenges faced by families with a seriously ill parent this book provides guidance on how to empower children to navigate difficult circumstances and develop the emotional strength needed to thrive In The Resilient Child you will discover a comprehensive exploration of various topics related to emotional resilience From understanding the concept of emotional resilience to nurturing a supportive environment developing emotional intelligence building positive relationships managing stress and anxiety dealing with loss and grief cultivating positive mindsets developing problem solving skills promoting emotional well being in schools and sustaining resilience in the long term this book covers a wide range of essential areas The approach taken in this book emphasizes the importance of creating a safe and nurturing environment teaching effective communication and coping skills and promoting self care and stress management techniques It explores the power of empathy compassion and positive relationships in building resilience as well as the role of mindfulness goal setting and perseverance in overcoming challenges The Resilient Child provides practical examples real life stories and evidence based strategies to help children develop emotional resilience By fostering emotional intelligence teaching problem solving skills and promoting a growth mindset this book equips children with the tools they need to navigate adversity build healthy relationships and thrive in an ever changing world Please note that this book is not a replication of the original work that inspired it While drawing inspiration from the book Raising an Emotionally Healthy Child When a Parent is Sick The Resilient Child offers a distinct approach and unique insights Care has been taken to ensure that the new book avoids verbatim similarities character names locations and specific plot details to respect copyright laws and maintain originality The Resilient Child is a valuable resource for parents caregivers educators and anyone interested in supporting children s emotional well being Let this book guide you in nurturing emotional strength in children and empowering them to face life s challenges with resilience and confidence

**DSM-5-TR® Casebook and Treatment Guide for Child Mental Health** Cathryn A. Galanter, M.D., Peter S. Jensen, M.D., 2025-02-25 **Before and After Cancer Treatment** Julie K. Silver, 2015-11-01 The definitive guide for preparing for and recovering from cancer treatment A twelve year cancer survivor and oncology rehabilitation specialist Dr Julie K Silver wrote After Cancer Treatment to help others recover from the exhaustion and physical devastation that often follow treatment This new edition of the book retitled Before and After Cancer Treatment describes improved therapies better delivery of care holistic care options and energetics In covering the benefits of prehabilitation strategies which improve physical and emotional strength before beginning therapy the book adds another dimension to the experience of cancer treatment Dr Silver fills this survivor oriented book with exercise and diet recommendations as well as step by step instructions for fighting fatigue monitoring mood and overcoming setbacks Readers are encouraged to set balanced goals

take time to heal and consult both conventional and alternative medicine Most people will live for many years after their initial cancer diagnosis often cured or in remission Some will live with cancer as a chronic condition The goal is always to live life to the fullest which means feeling as strong as possible physically and emotionally Dr Silver recommends daring to dream again and preparing for the future Wherever they are in their own journey with cancer readers will find here a personal practical and powerful guide to recovery      **Parenting Through Illness** Leigh Collins,Courtney Nathan,2016-09-27

Parents get sick Their lives change radically and quickly This book offers immediate practical and experienced advice for adult family members and others responsible for the wellbeing of children when one parent has a serious illness The authors are both clinical social workers with years of training and time spent with children and families in crisis They establish a clear and authoritative voice while keeping a tone of encouragement throughout With its matter of fact language the book is organized to make it easy for parents to turn to the sections they most need when they need them Collins and Nathan keep their readers focused on the child in every situation while always supporting reasonable boundaries in positive self care for the adults who serve them The authors remind us that the task of parenting is hard enough even when Mom and Dad are healthy energetic and emotionally strong Add a diagnosis of cancer heart disease or a debilitating accident to the mix and parenting can quickly become overwhelming They acknowledge that anyone faced with a serious health crisis will be challenged daily to decide on treatment options to reorient priorities and to deal with the many stages of grief that humans suffer when confronted with survival issues They help us remember that one member s illness will affect the entire family system and explain how The book is unique It deals with any kind of serious illness not just cancer It explains how children of different age ranges commonly react to a parent s illness or other family crisis It suggests specific language in talking to children of different ages A full chapter is devoted to advantages and disadvantages of using information technology rarely covered in other books on this topic Based on extensive qualitative research Includes excerpts from interviews with parents and children coping with illness in the family Both authors rely on their training but also on early life experience in which they encountered traumatic family events As a teenager Courtney Nathan lost her mother to breast cancer Leigh Collins suffered a terrible accident as a young child and was confined in hospital for many weeks Their book reflects a dedication to other families who face such life altering circumstances The book has received wide endorsement from medical doctors and social service personnel who know the urgent need for this information for their patients and      Developmental Psychology for Family Law Professionals Benjamin Garber,2009-09-09 T he best and most useful social science text I have read in a decade It is comprehensive in its research and scope clearly written and uses excellent case studies and examples to illustrate in simple terms what might otherwise be complex phenomena Dr Tom Altobelli Federal Magistrate Family Law Courts Sydney Australia The goal of every family law professional and mental health practitioner is to improve family court outcomes in the best interests of the child This book will assist readers in meeting this critical goal Developmental

Psychology for Family Law Professionals serves as a practical application of developmental theory to the practice of family law. This book helps family law and mental health professionals gain a broader understanding of each child's unique needs when in the midst of family crisis. It presents developmental theories with which professionals might better assess the developmental needs, synchronies and trajectories of a given child. Ultimately, this book presents guidelines for making appropriate legal decisions and recommendations for children who have experienced crises such as abuse, neglect, relocation, divorce and much more. Key topics include Custodial schedules, Foster and adoptive care, Post-divorce disputes, Termination of parental rights, Psychological assessment and diagnosis, Incarcerated parents and visitation rights, Relocation and distance parenting, Visitation resistance and refusal, reunification, Parental Alienation, alignment and estrangement, Theories of cognitive language and social development. *Working With Families in Medical Settings* Alison M. Heru, 2013-08-21

*Working With Families in Medical Settings* provides mental health professionals with the tools they need to figure out what patients and families want and how, within the constraints imposed by 21st century healthcare setting, to best give them the care they need. Psychiatrists and other clinicians who work in medical settings know that working with a patient with a chronic illness usually entails work with that patient's family as well as with other medical professionals. Some families need education, others have specific difficulties or dysfunctions that require skilled assessment and intervention. It is up to the clinician to find productive ways to work with common themes in family life: expressed emotion, levels of resilience, life cycle issues and adaptation to illness among others. Enter *Working With Families in Medical Settings*, which shines a spotlight on the major issues professional caregivers face and shows them how to structure an effective intervention in all kinds of settings. Psychiatrists, particularly those in psychosomatic medicine, and other clinicians who work with the medically ill will find *Working With Families in Medical Settings* to be an essential resource and guide to productive relationships with patients and their families.

**Raising Emotionally Healthy Boys** Michael Reist, 2015-07-25 Raising emotionally healthy children is not just about what we need to do but what we need to avoid doing. We all know that repressing our feelings can be damaging and that emotional repression is an especially prevalent issue among males. From a very young age, boys are socialized to hide their emotions. Girls, on the other hand, are encouraged to learn a much broader range of emotional expression. The long-term repercussions of this imbalance are profound. Many of the problems we face, both as a society and as a species, are directly affected by how we raise our boys. We are all products of nature and nurture combined. The conscious and unconscious lessons we give our children often enhance and improve their human natures but can sometimes degrade them too. As we come to the end of thousands of years of patriarchy, we are being challenged to redefine masculinity. Our boys are lucky to be living in such a time, and luckier when they have adults in their lives who are aware of how their minds function and what they need. If we want to raise men who are strong, confident and whole in the best sense of these words, then parents around the world urgently need a conversation about what we teach and don't teach our boys. A

*Life-Cycle Approach to Treating Couples* Anne K. Fishel, 2018-05-16 A Life Cycle Approach to Treating Couples draws on 30 years of clinical work and a rich body of research about lifecycle theory to offer couple therapists a guide to helping couples traverse six developmental stages dating and commitment transition to parenthood midlife couples launching and retiring couples late life couples and relationship endings For each stage the author offers clinical vignettes as well as questions and strategies for the clinician to pursue In this clear and authoritative book Fishel provides examples and research about clients who are diverse in their marital status sexual orientation race ethnicity SES and health **Your Healthiest Healthy**

Samantha Harris, 2018-09-18 This book will change your life Kris Jenner This is such an incredible resource for all around healthy living Brooke Burke Buy it People magazine From celebrity TV host and cancer survivor Samantha Harris comes a comprehensive action plan for helping to prevent and fight cancer and living your best healthiest life Millions watched Samantha Harris cohost Dancing with the Stars and Entertainment Tonight and then share the story of her breast cancer diagnosis at age 40 After the initial shock and recovery from a double mastectomy she sought answers to why it could have happened and ways to improve her overall health Now the Emmy winning journalist nutrition advocate certified personal trainer and mother of two offers her real world strategies for overcoming adversity and systematically improving your total well being Your Healthiest Healthy combines her humorous sometimes harrowing always inspiring journey with research backed advice insights from doctors and scientists and effective tips into an easy to follow eight step road map Her practical advice will empower you to eat better work out smarter reduce toxins around you master your medical awareness handle health crises strengthen your relationships boost your positivity and build resiliency With this complete program you can maximize your health energy and happiness for life *Clinical Manual of Palliative Care for Any Setting* Eric L.

Krakauer, 2025-10-03 Palliative care is a medically and morally imperative response to any suffering physical psychological social or spiritual chronic or acute that is associated with serious illness serious injury or severe emotional trauma and that is not promptly relieved by treatment of underlying conditions Clinical Manual of Palliative Care for Any Setting provides an easy to use manual and clinical guide aimed at helping medical doctors clinical officers nurse practitioners and other healthcare professionals to provide high quality and contextually adapted palliative care in any setting This is particularly important for contexts where healthcare resources are limited The manual is designed to enable practicing clinicians at all levels of health care systems to integrate basic palliative care with illness treatment and to integrate state of the art symptom relief and psycho social support with local cultural values To maximize its usefulness in resource limited settings where palliative care is least accessible and suffering most pervasive its guidance includes only medicines equipment and resources that are safe effective inexpensive and widely available in most low and middle income countries It also guides integration of palliative care into health care systems The manual is a product of the Program in Global Palliative Care at Harvard Medical School and its network of dedicated partners working in low and middle income settings toward universal access to palliative



care     **A Physician's Guide to Pain and Symptom Management in Cancer Patients** Janet L. Abrahm, 2015-01-01 This highly regarded handbook provides clinicians with the information they need to treat their cancer patients effectively and compassionately This comprehensive guide to managing pain and other symptoms for people with cancer has helped tens of thousands of patients and families Designed for busy practicing clinicians A Physician's Guide to Pain and Symptom Management in Cancer Patients provides primary care physicians advanced practice nurses internists and oncologists with detailed information and advice for alleviating the stress and pain of patients and family members alike Drawing on the work of experts who have developed revolutionary approaches to symptom management and palliative care as well as on the lessons learned from patients and their families during her thirty years as a teacher and clinician Dr Janet L Abrahm shows how physicians and other caregivers can help patients and families heal emotionally even as the disease progresses The third edition includes updates to medications and clinical stories and features two new chapters Working with Patients Families and Sexuality Intimacy and Cancer New lessons from palliative care and hospice care can help patients their professional caregivers and their families support each other every step of the way     Oxford Textbook of Palliative Medicine Geoffrey W. C. Hanks, 2011-07-21 Emphasising the multi disciplinary nature of palliative care the fourth edition of this text also looks at the individual professional roles that contribute to the best quality palliative care     **Out of the Crucible** Arthur Kellermann, Eric Elster, Borden Institute, Charles Babington, Racine Harris, 2017 Out of the Crucible How the U S Military Transformed Combat Casualty Care in Iraq and Afghanistan edited by Arthur L Kellermann MD and MPH and Eric Elster MD is now available by the US Army Borden Institute This comprehensive resource part of the renowned Textbooks of Military Medicine series documents one of the most extraordinary achievements in the history of American medicine the dramatic advances in combat casualty care developed during Operations Enduring Freedom and Operation Iraqi Freedom Each chapter is written by one or more military health professionals who played an important role in bringing the advancement to America's military health system Written in plain English and amply illustrated with informative figures and photographs Out of the Crucible engages and informs the American public and policy makers about how America's military health system devised tested and widely adopted numerous inventions innovations technologies that collectively produced the highest survival rate from battlefield trauma in the history of warfare     *Lewis's Child and Adolescent Psychiatry* Andrés Martin, Fred R. Volkmar, Melvin Lewis, 2007 Established for fifteen years as the standard work in the field Melvin Lewis's Child and Adolescent Psychiatry A Comprehensive Textbook is now in its Fourth Edition Under the editorial direction of Andrés Martin and Fred R Volkmar two of Dr Lewis's colleagues at the world renowned Yale Child Study Center this classic text emphasizes the relationship between basic science and clinical research and integrates scientific principles with the realities of drug interactions This edition has been reorganized into a more compact clinically relevant book and completely updated with two thirds new contributing authors The new structure incorporates economics diversity and a heavy focus on evidence

based practice Numerous new chapters include genetics research methodology and statistics and the continuum of care and location specific interventions A companion Website provides instant access to the complete fully searchable text

## Decoding **Raising An Emotionally Healthy Child When A Parent Is Sick**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Raising An Emotionally Healthy Child When A Parent Is Sick**," a mesmerizing literary creation penned with a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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