Additional Resources on Childhood Traumatic Grief

Resources for Professionals

This list includes some of the many resources on childhood traumatic grief available to professionals in the fields of mental health, education, and child welfare.

Please note that all product descriptions are based on information provided by the publisher or manufacturer, and do not necessarily represent the opinions of the NCTSN. Inclusion on this site is not an endorsement of any product by the NCTSN.

Books


Information on how to help children cope with intense emotions brought on by violence, disaster, divorce, or the death of a loved one. Includes ways to deal with physical symptoms and suggestions on how to respond to children’s questions and concerns.


A cornerstone in the fields of psychiatry and mental health, this textbook discusses neural science, genetics, neuropsychiatry, psycho pharmacotherapy, and other key subjects. The book includes case histories, the most current DSM-IV-TR criteria and tables, and up-to-date comparative classification codes from ICD-10.


Discusses normal and abnormal responses to stress, disasters, war and civil conflict, and interpersonal violence. The authors also address diagnosis, interventions, treatments, and legal aspects.


Examines the effect of separation on the development of a child and the psychopathology that often follows.

Examines how children ages 3–17 cope with a parent’s terminal cancer and subsequent death. A review of the literature is provided and examples from five age groups are discussed.


A systematic approach for using cognitive behavioral therapy to treat traumatized children and their families.


Written for therapists, this book provides assistance for helping children cope with death and bereavement. It covers children from infancy through middle school age.


This book looks at the effect of abrupt unexpected death on survivors. Complicated grief and grief counseling are also discussed.


Overview of child and adolescent grief in a variety of situations. Chapters discuss various interventions, such as play therapy and school protocols and recommendations for reading materials are included.


This guidebook for elementary, middle- and high-school teachers offers practical tips and information on how to help children who are responding to a death.


Written by a husband and wife the authors rely on their experiences with grief to offer expert advice on helping children cope with the death of a parent or sibling.


Material from leading experts in the field of childhood post-traumatic stress.

The guide provides educational and practical information for parents, schools, and professionals on how to understand and respond to children’s reactions to traumatic events. The guide also addresses how to be sensitive to children most at risk for developing problems following a traumatic event.


In this book, pioneers in the fields of thanatology and traumatology join together to explore overlapping aspects of the two disciplines.


This 83-page manual is designed for school personnel who encounter students affected by any type of loss, especially death in the family. Includes instructions and tools for understanding grieving students at each grade level, for assessing the needs and resources of the whole school, for building and implementing a school-wide crisis plan, and for creating school-based programs for grieving students.


Treatment guidelines, research, and clinical reviews of therapeutic approaches to PTSD. The second edition has been revised and expanded to include new information on child and adolescent therapies.


Information on treating trauma and associated conditions in a wide range of populations. Provides a comprehensive review on the use of CBT for different types of trauma. Includes detailed assessment and case formulation guidelines and well-illustrated clinical techniques.


Written for the clinician, this book details the cases of 23 children who have lost a parent. The book looks at the psychological impact of bereavement on children and provides suggestions for helping children cope with their loss.

This resource guide for professionals includes information on the techniques of grief work and provides useful tools, ideas, and inventories for use when helping children to commemorate loss.


Provides ideas for working with children with complicated grief, including words and methods for initiating discussions and tools to help children communicate. Includes information on a wide variety of additional resources.


A comprehensive guide to helping children and adolescents cope with the emotional, religious, social, and physical consequences of a loved one’s death.


Children who lose a parent at the hands of the other parent suffer from both bereavement and post-traumatic stress and are frequently lost in the situation. The book combines information on bereavement with information on traumatic stress and will be useful to professionals and lay persons.


Provides working criteria, associated descriptive features, and information on the clinical course of traumatic grief.


The book provides a comprehensive review on the effect of terrorism and disasters on children and adolescents. The book discusses children’s fears and reactions and identifies factors which may protect children from developing a severe reaction to traumatic events.

Comprehensive review on the effects of violence on youth. The purposes of the book are to direct attention to violence in schools, explain the mechanisms of violence, and to stimulate further research. Anyone working with children or adolescents will find the book useful.


Information on the treatment of infants, toddlers, and preschoolers who have experienced the death of a parent or primary caregiver. Educators and caregivers who are caring for bereaved children will also find the book informative.


The author presents a theoretical background and practical interventions useful to those involved in caring for the bereaved or dying. Special attention is paid to childhood grief.


In this compassionate book, the author leads the reader through the process of grief and offers guidance on moving into a new life without forgetting the past. Information is included on talking to children about death.


The book discusses ways to minimize psychological damage resulting from catastrophic disasters as well as the trauma developed from the threat of future terrorist attacks. Includes manualized group methods for the prevention and treatment of the acute and longer-term psychological effects for children, adolescents, and adults.


This book has an interactive workbook format. Children are prompted to complete different exercises and express how they feel in drawing and writing.

A practical and multifaceted approach to how children cope with death. Includes information on the wide range of effects of loss upon children and the challenges they face as they grieve.


The author outlines how children grieve, how grief affects their behavior, and the feelings they typically experience. A chapter is devoted on how to support children who have had a parent murdered. An outline at the end of the book explains services available to help children and families cope.


The comprehensive textbook explores the nature and course of grief. Thirty-one articles discuss a wide range of topics including theory, methodology, ethical issues, intervening in the coping process, and the bereaved individual across the life span.


The book describes ways to help children and their families in the wake of major traumatic events. Detailed case examples point out the difficulty in assessment and treatment when dealing with children of varying ages and backgrounds. The authors offer guidelines for treatment of children, families, and self-care for therapists.


Interventions to help children and adolescents cope with all forms of bereavement. Includes in-depth case material to help practitioners understand the rationale behind interventions used for treatment.


An essential resource for anyone providing treatment services or conducting research in the area of trauma and PTSD. Includes detailed information about trauma assessment and recommendations for practice.

This resource offers advice on how to answer children’s questions about death and ways to help them cope with their grief.


Resource for mental health professionals working with clients who are experiencing normal and abnormal grief reactions. Includes information on specific principles and procedures for working with bereaved clients.

**Scientific Papers**


**Games**

**The Goodbye Game (Ages 6–12)**

Developed to help therapists facilitate a child’s disclosure of his/her perception and understanding of a loved one’s death. The game play allows the child to express feelings and perceptions and allows the facilitator to educate the child and dispel myths or false beliefs regarding death. Available from: Childswork/Childsplay (http://www.childswork.com/)

**The Grief Game (Children and adolescents)**

This game is for children and adolescents who have experienced bereavement and is particularly useful for those struggling to come to terms with their loss. Intended for group work, it may also be played with individuals and can be used to facilitate intra-familial communication when played with families. The game can help to remove some of the taboo surrounding death and can help children to realize that other children and adults experience similar reactions.

**Videos, training guides, and manuals**


A web based curriculum for using trauma-focused cognitive behavioral therapy (TF-CBT) in children experiencing traumatic grief. Continuing education credit available.