

1. Record Nr.	UNINA9910450774003321
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Titolo	Helping teens work through grief // Mary Kelly Perschy
Pubbl/distr/stampa	New York : , : Brunner-Routledge, , 2004
ISBN	1-280-15819-0 0-203-48790-7
Edizione	[2nd ed.]
Descrizione fisica	1 online resource (187 p.)
Disciplina	155.9/37/0835
Soggetti	Grief in adolescence Bereavement in adolescence Teenagers - Counseling of Grief therapy Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references (p. 155-157) and index.
Nota di contenuto	Cover; Title; Copyright Page; Dedication; Contents; List of Activity Sheets; List of Figures; Acknowledgments; Introduction; Part A: Understanding Grieving Teens and How to Support Them; Chapter 1 Teens and the Grieving Process; Teen Years: Thunderstorms and Tightropes; The Process of Grief; The Grieving Teen; Chapter 2 When Teens Experience Trauma; Complicated Mourning; Implications Groups With Teens Affected by Trauma; Chapter 3 Social Support; Family; Parents; Other Adults; Leaders of a Grief Group; Part B: The Teen Grief Group; Chapter 4 The Value of a Group in Dealing With Grief Peers: Some Are Helpful Others Are Not So Helpful; Normalizing the Experience of Grief; Chapter 5 Initiating and Organizing a Grief Group; Initiating the Plan; Publicizing the Group; Registration and Interview; Chapter 6 Group Design; The First Two Meetings; The Middle Meetings; The Final Meeting: Saying Goodbye and Evaluating; Beyond the Group; Part C: Specific Structured Activities; Chapter 7 Helping Teens Connect; Activity 7.1 Getting to Know You; Activity 7.2 My Coat of Arms; Activity 7.3 Line Up; Activity 7.4 Stress Busters; Activity 7.5 Mirroring Activity 7.6 Telling One's Story (Important Activity for First Meeting) Chapter 8 Teens Caring for Themselves; Activity 8.1 Clearing a Space;

Activity 8.2 Affirmations; Activity 8.3 The Precious Present; Activity 8.4 Supports in My Life; Activity 8.5 Words That Help; Words That Don't Help; Chapter 9 Creating a Journal; Activity 9.1 Structured and Customized Journaling; Activity 9.2 Unstructured Journaling; Chapter 10 Learning About Grief; Activity 10.1 Helps in Moving Through Your Grief; Activity 10.2 Choosing to Work With Your Grief; Activity 10.3 Fishbowl: Visualizing Grief
Activity 10.4 Sand Jacket: Experiencing GriefChapter 11 Moving Through the Pain; Activity 11.1 Journaling; Activity 11.2 How My Life Has Changed; Activity 11.3 Focusing: Listening and Making Friends With Our Feelings; Activity 11.4 Externalizing Angry Feelings; Activity 11.5 Dealing With Guilt; Activity 11.6 Expressing Grief Through Visual Arts; Activity 11.7 Expressing Grief Through Music; Chapter 12 Continuing Bonds: Commemorating and Connecting With the Person Who Died; Activity 12.1 Journaling: Continuing the Dialogue; Activity 12.2 Sharing a Memento; Activity 12.3 Ritual
Activity 12.4 Family Remembering AlbumChapter 13 Moving On and Beyond: The Search for Meaning; Activity 13.1 Exploring Beliefs: Guidance and Resources; Activity 13.2 Journaling: Teens Exploring Their Beliefs; Activity 13.3 Positive Outcomes of Grief; Activity 13.4 Choices; Appendix A: Signs of Complicated Grief; Appendix B: Be Aware of the Warning Signs (of Suicide); Appendix C: Feelings of Grief; Appendix D: Crisis: Danger and Opportunity; Appendix E: Crazy Grief (Teen Copy); Appendix F: My Mind, Emotions, and Soul Matured... Too Fast for My Years (Teen Copy)
Appendix G: Amy and Mr.Matthews (Teen Copy)

Sommario/riassunto

The second edition of Helping Teens Work Through Grief provides a more complete and updated manual for facilitators of teen grief groups. It includes additional background information about developmental aspects of teens, the process of grief, aspects of trauma and its effects on teens, the value of a group, determining the group-appropriateness of particular teens, and parental involvement. The many details involved with beginning a group - publicity, interviews, registration, structure, closure, evaluation, and follow-up - are listed.
