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Autore	Dyregrov Kari
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Altri autori (Persone)	DyregrovAtle
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Nota di contenuto	FRONT COVER; Effective Grief and Bereavement Support: The Role of Family, Friends, Colleagues,Schools and Support Professionals; Contents; WHEN LIFE MUST GO ON; PREFACE; 1 Introduction; What is the book about?; The foundation and perspective of the book; Who will find the book useful?; The chapters in the book; How to read this book; The book's characteristics; 2 How does sudden death affect the close bereaved?; Myths about grief; Common reactions; Immediate reactions; Long-term reactions; Challenges in the family; Existential challenges; Challenges in relation to the social network Main themes 3 What types of support do the bereaved encounter and what do they want?; Support from social networks; Support from other bereaved people; Help from professionals; Main themes; 4 Children and young people: Their situation and help need; The situation of children and young people; What kind of support and help do young people want?; Main themes; 5 How does sudden death affect social networks; Painful, difficult, but incredibly rewarding!; Main themes; 6 Social network support: Challenges and solutions; The significance of social network support; The challenges of social support

How do the parties attempt to resolve the challenges? Social network support is communication; Main themes; 7 The main principles behind good network support; Conditions for good network support; Main criteria for good network support; Ensuring a good relation with the network; Choosing a support form that helps; Communicating support so it is experienced as helpful; Main themes; 8 What kinds of support can family and friends give?; General advice for family and friends; Support from the family; Support from friends; Support from other bereaved people

A special focus on supporting children and young people What should you not do or say?; When one is rejected; Main themes; 9 What kind of support can the school and workplace provide?; The school; The workplace; Main themes; 10 When should professional help be brought in?; Grief: important contributing factors; Complicated grief reactions; Professional help for adults; Main themes; 11 Support for the social network; The support network's need for support; How can social networks be supported?; Main themes; APPENDIX: PROJECTS MENTIONED IN THE BOOK

The Support and Care project (The Bereavement study)¹ The Network project; The Young Suicide Bereavement project; The Children and Cancer project; Intimacy and sexuality after the death of a child; REFERENCES; SUBJECT INDEX; AUTHOR INDEX

Sommario/riassunto

Effective Grief and Bereavement Support shows how social networks, whether they be friends, colleagues or family, can provide an important source of support following sudden bereavement. Kari and Atle Dyregrov provide concrete, evidence-based advice about how support processes can be improved, and the main principles for effective network support.
