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Autore	Lukas Christopher
Titolo	Silent grief : living in the wake of suicide // Christopher Lukas and Henry M. Seiden
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Edizione	[Rev. ed.]
Descrizione fisica	1 online resource (222 p.)
Altri autori (Persone)	SeidenHenry M. <1940->
Disciplina	362.28/30973
Soggetti	Suicide - United States Bereavement - United States - Psychological aspects Suicide victims - Family relationships - United States
Lingua di pubblicazione	Inglese
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Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Cover; Title Page; Contents; What Survivors Say; Preface to the Revised Edition; Part One - The Short Term: "What's Happening to Me?"; Introduction: Lukas's Story; 1 What Happens to the Survivor After Someone Commits Suicide; 2 Emotional Reactions to Suicide; 3 A Family's Story; Part Two - The Long Run: "What's Going to Happen to Me?"; 4 The Bargain: A Deal We Make with Life; 5 Bargains: The Long Good-bye; 6 Bargains: Scapegoating; 7 Bargains: "I Am Guilty; I Am a Victim"; 8 Bargains: Cutting Off; 9 Bargains: A Miscellany; 10 The Saddest Bargain: "Because You Died, I'll Die" 11 The Grand Bargain: Silence 12 Reactions to an Adolescent's Suicide; Part Three - Giving Help and Getting Help: Listening and Talking; 13 Responding; 14 Giving Help by Listening; 15 Getting Help by Talking; 16 Talking with Children; 17 Living with Suicide: Some Stories About Responding; Epilogue-Lukas's Story: A Personal Summary; Notes; Appendix: Where to Find Self-Help Groups; Bibliography and Further Reading; Index;
Sommario/riassunto	Silent Grief is a book for and about "suicide survivors"; those who have been left behind by the suicide of a friend or loved one. Author Christopher Lukas is a suicide survivor himself

– several members of his family have taken their own lives
– and the book draws on his own experiences, as well as those
of numerous other suicide survivors. These personal testimonies are
combined with the professional expertise of Henry M. Seiden, a
psychologist and psychoanalytic psychotherapist. The authors present
information on common experiences of bereavement, grief reacti
