Grief Counseling and Grief Therapy: A Handbook for the Mental Health Practitioner

In this updated and revised fourth edition of his classic text, Dr. Worden presents his most recent thinking on bereavement drawn from extensive research, clinical work, and the best of the new literature. Besides addressing a number of new topics, the book includes the best vignettes from the first three editions to bring bereavement issues to life for students and practitioners.

Dr. Worden presents the highly anticipated fourth edition to Grief Counseling and Grief Therapy, the gold standard of grief therapy handbooks. The previous editions, translated into 12 languages, received worldwide acclaim for their sensitive, insightful, and practical approach to grief counseling.

Key Features:
* The task model has been modified to account for new thinking and research findings in the field, including meaning making, resilience, and continuing bonds
* A new chapter on the Mediators of Mourning helps clinicians to understand what accounts for individual differences in adapting to the death of a loved one
* Looks at recent controversies in the field including the best way to understand complicated bereavement and the efficacy of grief counseling and therapy
* Presents the vital distinction between grief and trauma, and highlights different intervention approaches for each

Comprehensive and highly organized, this text is useful to therapists just beginning to work in the field as well as seasoned practitioners.