

Techniques of Grief Therapy

Creative Practices for Counseling the Bereaved

EDITED BY ROBERT A. NEIMEYER

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"Those who struggle desperately to find meaning and purpose after a loss need creative approaches to healing their existential and psychic pain. With impressive scope, Techniques of Grief Therapy draws together many of the best research-informed methods for working with the challenges of bereavement and complements them with wisdom from the field. The result is an uncommon blend of scientific insight and clinical savvy in a sourcebook that every bereavement counselor and therapist will want to have on the office shelf."

—**Holly Prigerson, PhD, Harvard Medical School and the Dana-Farber Cancer Institute**

Techniques of Grief Therapy is an indispensable guidebook to the most inventive and inspirational interventions in grief and bereavement counseling and therapy. Individually, each technique emphasizes creativity and practicality. As a whole, they capture the richness of practices in the field and the innovative approaches that clinicians in diverse settings have developed, to effectively address the needs of the bereaved. New professionals and seasoned clinicians will find dozens of ideas that are ready to implement and are packed with useful features, including:

- Careful discussion of the therapeutic relationship that provides a "container" for specific procedures
- An intuitive, thematic organization that makes it easy to find the right technique for a particular situation
- Detailed explanations of when to use (and when not to use) particular techniques
- Expert guidance on implementing each technique and tips on avoiding common pitfalls
- Sample worksheets and activities for use in session and as homework assignments
- Illustrative case studies and transcripts
- Recommended readings to learn more about theory, research and practice associated with each technique.

Robert A. Neimeyer, PhD, is a professor in the department of psychology at the University of Memphis, where he also maintains an active clinical practice. He has published more than two dozen

books, including *Grief and Bereavement in Contemporary Society* and *Constructivist Psychotherapy*, both with Routledge. He is also the editor of *Death Studies* and has served as president of the Association for Death Education and Counseling as well as chair of the International Work Group on Death, Dying and Bereavement.

SELECTED CONTENTS:

Framing the Work. Modulating Emotion. Working with the Body. Transforming Trauma. Changing Behavior. Restructuring Cognition. Encountering Resistance. Finding Meaning. Rewriting Life Narratives. Integrating the Arts. Consolidating Memories. Renewing the Bond. Revising Goals. Accessing Resources. Grieving With Others. Ritualizing Transition. Healing the Healer.

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