

FAMILY CAREGIVER EDUCATION SERIES

Handling Grief and Loss

July 14, 2022

Michele Shimamura, LMFT, CT

michele@trivalleycommunitycounseling.com

ONLINE

Caregiving and Ambiguous Loss

<https://www.caregiver.org/resource/caregiving-and-ambiguous-loss/#>

Depression and Caregiving

<https://www.caregiver.org/resource/depression-and-caregiving/>

Dr. Weil's Breathing Exercises: 4-7-8 Breath

www.drweil.com/health-wellness/body-mind-spirit/stress-anxiety/breathing-three-exercises/

Emotional Side of Caregiving

<https://www.caregiver.org/resource/emotional-side-caregiving/>

Grief and Loss - Family Caregiver Alliance

<https://caregiver.org/resource/grief-and-loss/>

16 Tips for Continuing Bonds with People We've Lost

<https://whatsyourgrief.com/16-practical-tips-continuing-bonds/>

PRINT

Devine, Megan. (2017). *It's OK that you're not OK: Meeting grief and loss in a culture that doesn't understand*. Sounds True Publishing.

Fitzgerald, Helen (1995). *The mourning handbook: The most comprehensive and compassionate advice on coping with all aspects of death and dying*.

Gilbert, Sandra M. (2006). *Death's door: Modern dying and the ways we grieve: A cultural study*.

Harvey, Greg, PhD. (2007). *Grieving for dummies*. "The impact of an anticipated loss" (p.32). Wiley Publishing.

Hickman, Martha Whitmore. (2002). *Healing after loss: Daily meditations for working through grief*. Harper Collins Publishing.

Reynolds III, Charles F, MD; Stack, Jacqueline, MSN; Houle, Jill, BS. (Spring, 2011). *Diagnosis and Treatment of Complicated Grief*, UPMC Synergies, University of Pittsburgh.

Worden, J. William PhD, ABPP. (2018). *Grief counseling and grief therapy*, Fifth edition. Springer Publishing Co., LLC.