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Understanding Grief: An Introduction

Richard Gross

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Understanding Grief is a comprehensive and accessible 'one stop' introduction to all the major models of grief. In addition to the individual perspective, bereavement is discussed in relation to social, cultural and religious factors and influences. **Richard Gross** also examines the impact of different types of bereavement, such as the death of a child, parent, spouse/partner, and sibling, and discusses the impact of traumatic death in relation to complicated grief. The text also covers pet loss, death anxiety, and post-traumatic growth.

This innovative book combines personal accounts of grief with clinical accounts of patients provided by psychiatrists and psychologists, and research involving large numbers of bereaved individuals.

Understanding Grief will be invaluable to all those working with bereaved clients, including bereavement counsellors, counselling and clinical psychologists, healthcare professionals, social workers, and the interested layperson. It is also suitable for people training to work with bereaved individuals.

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