

# Grief Counseling Resource Guide

A FIELD MANUAL

New York State  
Office of Mental Health

Sharon Carpinello, RN, Ph.D.  
Commissioner

# **Journey Through Grief A Sephardic Manual For The Bereaved And Their Community Hardcover**

**Stuart M. Matlins, The Editors at Jewish  
Lights**



## **Journey Through Grief A Sephardic Manual For The Bereaved And Their Community Hardcover:**

Journey Through Grief Yamin Levy, 2003     *A Time to Mourn, a Time to Comfort* Ron Wolfson, 2005 A Step by Step Guide for Honoring the Dead and Empowering the Living When someone dies there are so many questions from what to do in the moment of grief to dealing with the practical details of the funeral to spiritual concerns about the meaning of life and death This indispensable guide to Jewish mourning and comfort provides traditional and modern insights into every aspect of loss In a new easy to use format this classic resource is full of wise advice to help you cope with death and comfort others when they are bereaved Dr Ron Wolfson takes you step by step through the mourning process including the specifics of funeral preparations preparing the home and family to sit shiva and visiting the grave Special sections deal with helping young children grieve mourning the death of an infant or child and more Wolfson captures the poignant stories of people in all stages of grieving children spouses parents rabbis friends non Jews and provides new strategies for reinvigorating and transforming the Jewish ways we mourn grieve remember and carry on with our lives after the death of a loved one     The Jewish Book of Grief and Healing Stuart M. Matlins, The Editors at Jewish Lights, 2016-03-25 This companion in sorrow offers compassionate guidance for putting the insights of Judaism into practice and finding new strength in ancient traditions Beloved and respected spiritual leaders from across the Jewish denominational spectrum share insights from their experience Jewish tradition and their personal encounters with grief and healing     **A Journey Through Grief** Alla Renée Bozarth, 1994     **Passages ... Through Grief** Ph. D. Mary Ann Lippincott, Gc-C Susan H. Williams, 2015-09-28 We experience any number of losses through death relationships health or community Usually we feel alone in our grief It doesn't have to be that way Dr Mary Ann Lippincott and grief counselor Susan H Williams have designed a program called Passages through grief a healing process that helps the bereaved respond to loss This manual Passages through grief follows the program and is designed for group members and individuals who want guidance in healing This book helps those grieving all kinds of life's losses Lippincott and Williams offer helpful practical step by step guidance and counsel with compassion and knowledge of this vital intricate and complicated process Exercises and reflections aid in identifying and facing the many tumultuous feelings that arise during grief     *Consolation* Maurice Lamm, 2010-01-01 For most of us mourning is something to be endured We are often merely passive spectators of our own pain and we see our grief period as a grim mountain that we must climb over But Maurice Lamm tells us it can be much more Bereavement he says can often be an enriching experience even as it is a sorrowful and often tragic one Our faith in a higher power can move us to not only live through the present but also to stride into the future with renewed energy and a revitalized outlook on life In this his sequel to the best selling *The Jewish Way in Death and Mourning* over 350 000 copies sold Rabbi Lamm helps mourners not just get through their grief but also grow through it He gently steers mourners on the path that allows their sorrow to teach them important lessons about life And he shows consolers how to listen and speak with their hearts so that they can provide real comfort to

others His marvelous insights on the days of shiva the year of kaddish and the lovingkindness of others reveal the richness and true purpose of Jewish mourning rituals and customs They prepare us to receive consolation and ready us for the journey that will take us beyond grief His Words for a Loss When at a Loss for Words is a treasury of readings for finding and giving comfort by transforming the spiritual ideas of an ancient faith into contemporary language Here there are stories and fables that illuminate our complicated lives meditations from the depths of human experience and a gallery of unforgettable images that speak to our souls during times of loss Rabbi Lamm s words will help all who walk the path of grief to find their way to consolation and then beyond to an appreciation of the blessings and opportunities that present themselves to us when we confront loss And they can even take us further to discover the celebrated Jewish art of wringing blessing out of tragedy

**Taking Steps in Loss and Life** Barbette Shepherd,2013-11 With innovative scripted sessions this support group manual is much more than a facilitator tool In a broadened sense it functions as the group leader s personal guide and partner With informative introductions and caring wrap ups the manual content eases the flow of group discussions Composed with the most recent expert research and a comprehensive set of supplementary material each rich session has the potential to foster a healing imprint on bereaved individuals regardless of where they are in their grief journey Each member will need their own copies of the Taking Steps in Loss and Life Guided Reflections Journal as they make their way through The Work of Renewal with the group

**Living with Loss, Healing with Hope** Earl A. Grollman,2001-11-18 The author of Living When a Loved One Has Died draws from Jewish wisdom and tradition to provide thoughtful advice on moving through loss with grace and hope Earl Grollman s Living When a Loved One Has Died has brought comfort to more than 250 000 readers In Living with Loss Healing with Hope Grollman speaks directly to mourners of the Jewish faith By weaving quotations from Jewish writers and philosophers into his comforting and expert prose Grollman guides readers through the journey of mourning healing and hope A colleague of Grollman s once told him Earl I am not a member of your faith but if I wanted the soundest emotional and spiritual approach to death I would be a Jew Occasionally quoting from sacred texts as well as Jewish writers and philosophers Living with Loss Healing with Hope illuminates Judaism s powerful recognition of the trauma of grief and of the mourner s responsibility eventually to return to the rhythm of life In a brief final section the author guides readers through Jewish funeral observances Shiva and beyond and reminds all that these symbolic customs are about change remembrance letting go and moving on Earl Grollman is still the master of consolation Every word of this little book is a polished jewel Harold S Kushner author of When Bad Things Happen to Good People

The Journey Through Grief Alan D. Wolfelt,2003-09-01 This spiritual companion for mourners affirms their need to mourn and invites them to journey through their very unique and personal grief Detailed are the six needs that all mourners must yield to and eventually embrace if they are to go on to find continued meaning in life and living including the need to remember the deceased loved one and the need for support from others Short explanations of each mourning need are followed by brief spiritual passages that when read

slowly and reflectively help mourners work through their unique thoughts and feelings Also included in this revised edition are journaling sections for mourners to write out their personal responses to each of the six needs This replaces 1879651114

*When a Jew Dies* Samuel C. Heilman,2001 This account of the traditional customs that are practiced when a Jewish person dies provides an anthropological perspective on Jewish rites of mourning and explains the cultural meaning behind Jewish practices and traditions *The Jewish Mourner's Handbook* Terry Kaye,1992 In the face of death we can find comfort and security in knowing that the Jewish tradition offers a set of mourning rituals to help us through our grief This guide blends consolation with information What happens at the funeral service What is Kaddish How is shiva observed What is yahrzeit Discover the meaning and compassion of the Jewish way of mourning and begin to heal **Taking Steps in Loss**

**and Life** Barbette Shepherd,Randy Shepherd,2014-04-03 With innovative scripted sessions this support group manual is much more than a facilitator tool In a broadened sense it functions as the group leader s personal guide and partner With informative introductions and caring wrap ups the manual content eases the flow of group discussions Composed with the most recent expert research and a comprehensive set of supplementary material each rich session has the potential to foster a healing imprint on grieving individuals regardless of where they are in their adjustment journey Each member will need their own copies of the Taking Steps in Loss and Life Guided Reflections Journal Revised for Breakup Grief as they make their way through The Work of Renewal with the group *Spark Seekers* Rabbi Baruch HaLevi,Rabbi Baruch Halevi D Min,2015-04-29 Whether grieving the loss of a loved one or confronting our own mortality we all come face to face with the darkness of death at some point during life s complicated journey And Rabbi Baruch HaLevi DMin is no exception During a long career in which he has guided countless others through the process of loss and bereavement he faced two devastating losses of his own when two decades apart his grandmother and father tragically took their own lives But when the shadows of grief took hold Rabbi B dedicated his life to breaking this cycle searching within the darkness rather than turning away By transforming his mourning into meaning he discovered the sparks that lie within inspiring thousands of others along the way Featuring a mixture of personal stories and enlightening perspectives on love and loss Spark Seekers serves as a companion for anyone at any point along the grief journey seeking to emerge from death s darkness with newfound inspiration purpose and life From preparing for the end of life to exploring a myriad of meaningful mourning practices this guide coauthored by hospice bereavement counselor Ellen Frankel LCSW combines equal parts inspiration and practical how tos paving the way for a new approach for looking at dying death and life after loss in the twenty first century **Mourning & Mitzvah** Anne Brener,2001 An innovative integration of Jewish tradition and modern professional resources gives spiritual insight and healing wisdom to those who are mourning a death to those who would help them and to those who face a loss of any kind This revised edition features a new introduction new writing exercises and resource lists [The Healing Power of Grief](#) Gloria Lintermans,Marilyn Stolzman,2006 Lintermans relates how she spent 24 months of mourning and healing following

the death of her husband Rick while Dr Stolzman a psychotherapist specializing in grief counseling presents her vision of healing to help readers face their loss mourn and eventually heal      **Grief in Our Seasons** Rabbi Kerry M.

Olitzky,2013-05-07 Jewish tradition encourages study as a way of honoring the memory of those who are no longer among us Grief in Our Seasons offers a comforting link between study and the tradition of saying Kaddish helping those who are mourning to heal at their own pace and to cherish the memory of their loved ones each and every day Each section of Grief in Our Seasons is devoted to a stage of mourning providing daily readings from sacred Jewish texts and words of inspiration comfort and understanding Meditations Before Saying Kaddish share the insights of others who have faced the challenges of mourning and tell how they found solace during the process      *Such Is the Way of the World* Barbara Schiff Brisson,1997

Good things really do come in small packages This book is one of them Just open it to any page and read You ll find tidbits of wisdom everywhere not abstract and difficult philosophical ideas but clear understandable and practical ways to deal with life s most difficult challenge grief and mourning      *The ABC's of Grief* Christine A. Adams,2003-01-01 The ABC s of Grief A Handbook for Survivors meets bereaved persons wherever they might be in the grieving process providing snatches of meaning hope empathy and understanding The handbook is a product of the author s own passage and includes materials collected over a three year period of the grieving process Confronting her loss Christine Adams found that it was all right to grieve at her own pace one day at a time one thought word and letter at a time she grew and healed The handbook s alphabetical format allows readers or group leaders to focus on any aspect of grief that suite them If a reader becomes absorbed in anger or anxiety he or she can go back to reread those parts of the handbook and with each visit will find some new realization and meaning Every section contains appropriate quotations stories and poems written by survivors who found solace in writing Intended Audience Counselors therapists social workers and clergy will find ABC s of Grief of tremendous value to their clients In addition every hospice would benefit by having a copy of the handbook in their library

*Healing Journeys with the Shepherd* Mary Kay McCauley Stone,2020-03-03 Healing Journeys with the Shepherd guides readers through the road of painful and desperate times by helping them to experience complete healing through a deeper connection with Jesus The Shepherd The journey of grief is raw and messy In those painful and desperate times travelers need a guide who understands the road and knows intimately the goodness of Jesus The Shepherd Healing Journeys with the Shepherd draws from Mary Kay McCauley Stone s personal experience and journal entries to create a heart to heart connection In sharing some of the real and often silent struggles of the valley she serves as a caring guide with practical suggestions to help tender hearts process through the hard questions Together readers move from the ache of loss to the joyful discovery of bright new life landscapes Healing Journeys with the Shepherd includes a 40 day devotional and provides practical life coaching for daily care while exploring the restoration process as described in Psalm 23 The goal is to experience complete healing through a deeper relationship with Jesus as the Good Shepherd      **From Mourning to**

**Morning** Simeon Schreiber, 2018-12-27 Rabbi Simeon Schreiber Senior Staff Chaplain at Mount Sinai Medical Center in Miami Beach translates his many years of experience into a greater understanding of the emotions surrounding death grieving mourning and bereavement in Judaism From Mourning to Morning presents these principles in a comprehensive format Focusing on the Shiva the seven day period of mourning in Judaism Rabbi Schreiber explains the foundation of visiting a house of mourners and suggests proper etiquette in conducting a visit With sensitivity and expertise Rabbi Schreiber provides unique and practical advice on how to cope with death mourning and the related issues that we all will inevitably face

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