

## Samenvatting

*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, in some cases over decades, 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

## Recensie

The book is organized in an intuitive, thematic way where each section covers a different aspect of grief counseling. Each of the ninety-four chapters tells you which clients the technique is appropriate for followed by a detailed description of the technique, a case example and concluding thoughts. It is highly practical and points out common pitfalls that can be avoided as well as providing sample worksheets and activities to be used both in and between sessions. The book is concise and clearly written. It is an essential resource for all professionals working in the palliative care field -Dr Ann Rowland, Director of Bereavement Services, Child Bereavement Charity Thanks to the user friendly organization, easy accessibility, emphasis on practicality, and the great range of techniques, the usefulness and applicability of Niemeyer's work will extend way beyond psychologists, to include social workers, nurses, pastors, spiritual directors, caring family and friends and anyone else who finds themselves confronted with the invitation to be a soul companion for a grieving soul. The sheer volume and rich diversity of techniques represented almost guarantees that there is something of value in every reader. -Brendon Jones, Journal of Psychology and Theology 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 A major goal of *Techniques of Grief Therapy* is 'to present a rich and representative smorgasbord of methods for engaging grief and its complications,' and toward that goal it succeeds brilliantly. While every reader may not test taste each 'dish,' the useful blend of practice and research support will foster an engaging, creative, and rich contribution to therapeutic practice. Prepare to be challenged, and dig in! -Donna L. Schuurman, EdD, FT, executive director of The Dougy Center for Grieving Children & Families Finally, a handbook for clinicians in the trenches! Whether working individually, with families, or with groups; whether providing supportive, cognitive-behavioral, psychodynamic or experiential therapies; whether working with the very young or very old-this volume delivers. No clinician need ever feel 'stuck' again... This is a treasure trove of options for helping professionals across the spectrum of care. -Renee S. Katz, PhD, FT, coeditor of *When Professionals Weep: Emotional and Countertransference Responses in End-of-Life Care* *Techniques of Grief Therapy* offers a generous trove of newly developed practices to help counselors augment their own skills and to help bereaved people make more informed choices about what they need. I recommend it highly. -Dennis Klass, PhD, author of *Dead but Not Lost: Grief Narratives in Religious Traditions* and *The Spiritual Lives of Bereaved Parents*