



Library Books & Resources Available through Mourning Hope’s Lending Library:

**Section: Adult Books**

**Topic: Helping Others**

Title	Author (Last Name)	Description
Companioning At a Time of Perinatal Loss	Heustis	Intended for nurses, doctors, midwives, social workers, chaplains, and hospital support staff, this guide gives caring and practical advice for helping families grieve properly after losing a child at birth. As the special needs of families experiencing perinatal loss are intense and require more than just the bereavement standards in most hospitals, this handbook offers tips and suggestions for opening up communication between caregivers and families, creating a compassionate bedside environment, and helping with mourning rituals.
Companioning the Bereaved	Wolfelt	This book advocates a model of bereavement care that recognizes grief as a normal and necessary process that is fundamentally a journey of the heart and soul. Dr. Wolfelt coined the term “companioning” to capture this model of care. Dr. Wolfelt writes, “Companioning the bereaved is not about assessing, analyzing, fixing or resolving another’s grief. Instead, it is about being totally present to the mourner, even being a temporary guardian of her soul.”
Companioning the Dying	Yoder	This guide for counselors and lay caregivers explores the art of caring for the dying and their families. Based on the tenets first articulated by renowned grief educator Dr. Alan Wolfelt, this respectful and gratifying guide to caregiving includes personal accounts that debunk the myth of the "good death" and teach caregivers to find the transformative potential of every moment in every experience.
Don’t Ask for the Dead Man’s Golf Clubs	Kelly	Drawing on her own experience of being widowed at a young age, and combining it with the words of survivors who have lost mothers and children, husbands, grandparents and siblings, Lynn Kelly offers a

		simple but profound little book of advice. There are four sections: What to Do Now, What to Do Over Time, What Not to Do, and the particularly difficult situations of Suicide, Stillbirth, and Miscarriage.
Finding the Right Words	Bockelman	Gives practical suggestions for offering care and comfort, plus provides guidelines for using Scripture and sharing faith in reaching out to others.
Giving Care Taking Care	Ilse	Sherokee Ilse lets us find out if we're rescuers or helpers, tells us it's okay to cry, and packs this little book with information, including a self-care evaluation. Read it page-by-page on coffee breaks to keep constantly reminded that you can only care for others if you care for yourself.
Helping People With Developmental Disabilities Mourn	Markell	This book explains the how-tos of creating rituals for people with developmental disabilities, including the use of pictures, memory objects, drawing, music, and writing in ritual as well as storytelling.
How Can I Help?	Miller	Held one way, this book is for those who are grieving. In 12 brief, easy-to-read chapters, to offers helpful suggestions for how one can move through one's grief in a healthy, healing way. Held the opposite way (so the back cover becomes the front cover), it's a book for those who want to help someone who is grieving. Its 12 succinct chapters offer positive, practical advice.
How to Care for Yourself While You Care of the Dying and the Bereaved	Wolfelt	Do you need some practice taking better care of yourself? Dr. Wolfelt has written a booklet on the importance and the practice of self-care for caregivers to the dying and the bereaved. This practical booklet explores why self-care is so essential.
I Don't Know How to Help Them	Maurer	We'll know how to help a grieving friend after reading this packed-full book. Details about how to help parents right away, what to say and not to say, how to be understand. Helps us get past the fear of not saying or doing the right thing.
Learning to Say Good-by	LeShan	Discusses the questions, fears, and fantasies many children experience when a parent or someone close to them dies.
My Friend, I Care	Kames	"My Friend, I Care" is a booklet intended for the newly grieving. It addresses the normalness of grieving while offering suggestions for moving forward into living. Many use it as a sympathy card.
The Art of Listening in a Healing Way	Miller	Listening is one of the most caring, affirming gifts you can offer another grieving person. This book reveals the art of being a healing listener as both a promise and reward.
What Can I Say?	Osmont	How to support someone who is grieving a loss. This booklet is an aid to those who care about someone but are not sure how to help. You will

		learn that it takes very little effort to be a big support to someone who is grieving. Gives confidence and understanding to those who want to help.
When There Are No Words	Walton	This book is a conversation between a victim of sudden, tragic loss, and any person struggling to endure the numbing first hours and weeks of a catastrophe. Helpful to families, friends, counselors and caregivers.
When You Don't Know What to Say: How to Help Your Grieving Friends	Smith	Your friend has been devastated by the loss of a loved one. Do you care enough to rub shoulders with that grief? Do you care enough to be inconvenienced? Do you care enough to put aside cliched condolences and stick close through a long grieving process? You can never "fix" and individual's grief. But you can wash a sink full of dishes. You can listen. You can take the kids to the park. You can go along on a cemetery visit. Sharing another's grief is not about "fixing it" - it's about showing up.