



Effective Grief and Bereavement Support: The Role of Family, Friends, Colleagues, Schools and Support Professionals

Kari Dyregrov, Atle Dyregrov

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Effective Grief and Bereavement Support shows how social networks, whether they be friends, colleagues or family, can provide an important source of support following sudden bereavement. Individuals in social networks surrounding bereaved people often feel very uncertain about how best to offer support following the death of someone close. As a result of this, people often find that their relationships with friends and family suffer in the wake of bereavement. Kari and Atle Dyregrov provide concrete, evidence-based advice about how support processes can be improved. Issues covered include common reactions to grief, problems that can arise within families as a result, when to involve professional assistance, how to help bereaved children, and the main principles for effective network support. This book will be essential reading for counsellors, psychologists, psychiatrists, social workers, priests, police, community doctors, hospital staff and teachers, as well bereaved families and those who support them.

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