

## Traumatic Loss – Helpful Books

### **Transforming Traumatic Grief: Six Steps to Move from Grief to Peace after the Sudden or Violent Death of a Loved One**

*Courtney Armstrong*

Although losing someone you love to a sudden or violent death is a shocking experience, there are steps you can take to heal. This book provides compassionate support and creative ways to soothe and transform your emotions with powerful, but simple strategies that: promote healing and calm feelings of anxiety, anger, or despair; alleviate nightmares, intrusive images, and ruminating thoughts; relieve guilt and regrets so you can open up to new experiences in your life; help you get the kind of support you want from other people; retain "the living story" of your loved one and sense them as a positive presence in your life.

### **Dying to Be Free: A Healing Guide for Families After a Suicide**

*Beverly Cobain and Jean Larch*

Honest, gentle advice for those who have survived an unspeakable loss—the suicide of a loved one. Surviving the heartbreak of a loved one's suicide - you don't have to go through it alone. Authors Beverly Cobain and Jean Larch break through suicide's silent stigma in *Dying to Be Free*, offering gentle advice for those left behind, so that healing can begin.

### **From Heroin to Hope: Making Sense of the Loss of a Child**

*Marsha Wiggins*

In *From Heroin to Hope: Making Sense of the Loss of a Child*, professional counselor Dr. Marsha Wiggins describes the unique aspects of grieving a child lost to drugs, and offers compelling insights into how to navigate grief. A professor emerita of counseling at the University of Colorado Denver and retired ordained clergywoman, Dr. Wiggins shares her experience of losing her son to a heroin overdose, and relates ways she coped with this heart-breaking loss. Using grief and loss research and personal vignettes, Dr. Wiggins opens the door to healing for those suffering the agony of losing a child to addiction.

### **The Gift of Second: Healing from the Impact of Suicide**

*Brandy Lidbeck*

After a suicide, loved ones painfully struggle to make sense of the unexplainable tragedy. *The Gift of Second* comes alongside loss survivors and helps navigate the common pitfalls for those left behind. It offers hope and encouragement to guide survivors through this desperate time. In *The Gift of Second*, you will: explore the ins and outs of grief and trauma; Release the guilt and shame survivors carry; recognize how to take care of yourself -Gain practical tips for enduring the first year; discover what helps other survivors; determine when to seek professional help; stop replaying the past and blaming yourself; START healing in a healthy way

### **Grief Diaries: Surviving Loss by Homicide**

*Lynda Cheldelin Fell*

Part of the 5-star book series, *Grief Diaries: Surviving Loss by Homicide* shares the poignant journeys of men and women seeking healing and hope in the aftermath of losing a loved one to murder. Offering 10 firsthand accounts about navigating the legal system, sorting belongings, facing the holidays and more, readers who share the same path will find comfort and compassion, family and friends will gain better understanding, and professionals will appreciate the rich spectrum of journeys narrated by writers from around the world.

### **Grief Diaries: Surviving Loss by Overdose**

*Lynda Cheldelin Fell, Shannie Jenkins, and Whitney O'Brien*

Surviving Loss by Overdose is a compilation of stories by 12 people who answered 18 questions about losing a loved one to overdose in hopes of raising awareness, educating, and inviting society to offer survivors the compassion that's often denied in a stigmatized death.

### **Grief Diaries: Surviving Loss by Suicide**

*Lynda Cheldelin Fell*

Part of the award-winning Grief Diaries series, *Surviving Loss by Suicide* shares the poignant stories of people who have all lost someone they love. Covering tender issues such as surviving the funeral and transition, navigating the holidays, handling sensitive questions and more, *Surviving Loss by Suicide* is a wonderful source of comfort for all who share the journey, and offers a treasured reminder that none of us walk this journey alone.

### **Of Grief, Garlic and Gratitude: Returning to Hope and Joy from a Shattered Life – Sam's Love Story**

*Kris Francoeur*

*Of Grief, Garlic and Gratitude* follows the first thirty months after Sam Francoeur's death from an accidental opiate (prescription) overdose. His mother, Kris Francoeur, shares her journey from the first crushing days to her eventually being able to find light, joy and hope again through the practices of conscious and deliberate gratitude, unconditional acceptance of others, and making strong connections to the natural world.

### **Healing Your Traumatized Heart: 100 Practical Ideas After Someone You Love Dies a Sudden, Violent Death**

*Alan D. Wolfelt*

Dealing with grief in a practical manner, this guide offers compassionate tips for those affected by a traumatic death. Included are topics such as coping with family stress, expressing feelings of hurt and anger, dealing with hurtful comments, and exploring feelings of guilt. Each of the 100 suggestions is aimed at reducing the confusion, anxiety, and huge personal void in order to help survivors begin their lives again. Some of the tips include understanding the special characteristics of trauma grief, planting a tree in memory of the person who died, and making connections with others affected by a similar death.

### **No Time for Goodbyes: Coping With Sorrow, Anger, and Injustice After a Tragic Death**

*Janice Harris Lord*

Janice Harris Lord's definitive and beloved guide is now available in its 7th edition, completely enhanced and updated. Survivors grieving the tragic death of a loved one will find here deep understanding and insight as well as detailed practical information on dealing with legal and financial issues. Eloquent comments from survivors are combined with the author's many years of research and experience to make this an incredibly helpful resource. *No Time for Goodbyes* is used extensively by grieving families as well as numerous professionals and organizations.

### **The Wilderness of Suicide Grief: Finding Your Way**

*Alan D. Wolfelt*

Likening the death of a loved one to the experience of being wrenched from normal life and dropped down in the middle of nowhere, the handbook employs 10 touchstones, or trail markers, that survivors use to begin to make their way through the new landscape. Each touchstone gently guides readers through the entire grieving process and includes topics such as dispelling misconceptions regarding suicide, exploring feelings, and embracing the uniqueness of a loss.

## Traumatic Loss – Helpful Websites

[afsp.org](http://afsp.org)

“AFSP is dedicated to saving lives and bringing hope to those affected by suicide. AFSP creates a culture that’s smart about mental health by engaging in the following core strategies:

- Funding scientific research
- Educating the public about mental health and suicide prevention
- Advocating for public policies in mental health and suicide prevention
- Supporting survivors of suicide loss and those affected by suicide in our mission”

[grasphelp.org](http://grasphelp.org)

“Grief Recovery After Substance Passing (GRASP) was created to offer understanding, compassion, and support for those who have lost someone they love through addiction and overdose.”

[losscs.org](http://losscs.org)

“LOSS Community Services exists to be an instillation of hope to the bereaved by suicide, empowering them so they can thrive. We envision a community of loss survivors experiencing a restoration of hope and standing together for suicide awareness.”

[nctsn.org](http://nctsn.org)

“The National Child Traumatic Stress Network (NCTSN) was created to raise the standard of care and increase access to services for children and families who experience or witness traumatic events.

[taps.org](http://taps.org)

“TAPS provides comfort, care and resources to all those grieving the death of a military loved one. Since 1994, TAPS has provided comfort and hope 24/7 through a national peer support network and connection to grief resources, all at no cost to surviving families and loved ones.”

[victimsofcrime.org](http://victimsofcrime.org)

“The mission of the National Center for Victims of Crime is to forge a national commitment to help victims of crime rebuild their lives. We are dedicated to serving individuals, families, and communities harmed by crime.”

[whatsyourgrief.com](http://whatsyourgrief.com)

“Our mission is to promote grief education, exploration, and expression in both practical and creative ways. We aim to provide the public with...

- Education that reaches beyond generalization
- Practical and specific suggestions for moving forward
- Modes of self-exploration and self-expression that suit all types of thinkers and doers
- Ways to honor and remember deceased loved ones.
- A supportive community”