



# GriefWork: Healing from Loss (Spiral-Bound)

*Fran Zamore, Ester R.A. Leutenberg*

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## Reproducible Assessments, Exercises & Educational Handouts

*GriefWork - Healing From Loss* is for therapists, counselors, group facilitators, and other professionals working to help grieving people heal from their losses. The handouts guide clients through stages of shock, disorganization, reorganization, and a New Normal, a term to convey that everyone's grief has a unique expression and is that particular person's "normal". Clients are encouraged to deal with sorrow, express feelings, share with peers, develop internal and external support systems, accept, adjust, and move forward. The book helps leaders understand and empathize, and teaches participants to heal and grow. Activities facilitate introspection and interaction. The book's reproducible handouts and art work "map" the journey from numbness to normal. Instead of using solely with grieving groups, consider using the the activities with participants in other groups. The human experience dictates that clients have already experienced, or will face future grief/loss issues. The book is an essential resource for an inevitable part of life.

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