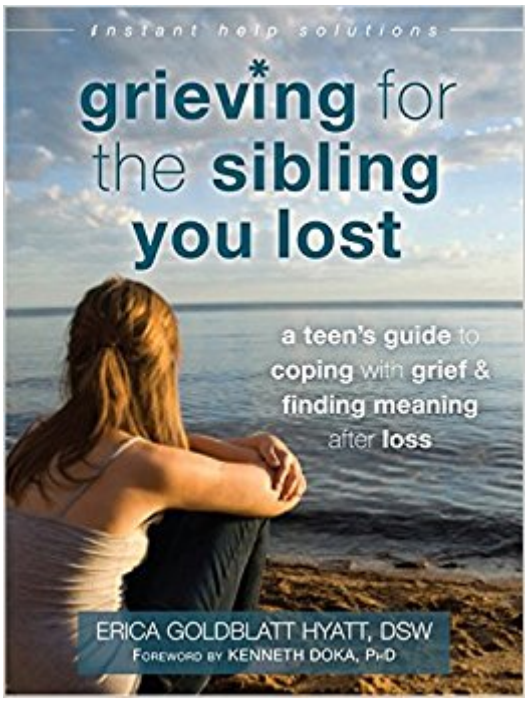
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Grieving For The Sibling You Lost: A Teen's Guide To Coping With Grief And Finding Meaning After Loss (The Instant Help Solutions Series)



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Synopsis

If youÃ¢â ¬â„¢ve lost a sibling, you feel sad, confused, or even angry. For the first time, a psychotherapist specializing in teen and adolescent bereavement offers a compassionate guide to help you discover your unique coping style, deal with overwhelming emotions, and find constructive ways to manage this profound loss so you can move forward in a meaningful and healthy way.Losing a loved oneÃ¢â ¬â •at any ageÃ¢â ¬â •is devastating. But if youÃ¢â ¬â„¢re a teen who has lost a sibling, this loss can feel even more so. Siblings are also lifetime playmates, confidants, role models, and friends. After losing a brother or sister, you may feel like a part of yourself is missing. You may also feel lonely, depressed, and anxious. These are all normal reactions. But even though the pain feels unmanageable now, there are ways you can start to heal.Grieving for the Sibling You Lost will help you understand your own unique coping style. You'll also find effective exercises based in cognitive behavioral therapy (CBT) to help you work through negative thoughts, and learn the importance of creating meaning out of loss and suffering. Most importantly, you'll learn when and how to ask for help from parents, friends, or teachers.If youÃ¢â ¬â„¢ve lost a sibling, the pain can feel unbearable, but there are ways you can start to heal. This book will show you how.

Book Information

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Customer Reviews

Ã¢â ¬Å“Grieving for the Sibling You Lost is a groundbreaking book, giving a much-needed voice to the experience of sibling deathÃ¢â ¬â •one of the most unacknowledged and minimized losses

today.Ã Â This book does a wonderful job of providing tips, tools, and coping strategies on how to find hope and meaning after a sibling loss. It is a must-read for bereaved siblings who want to gain a better understanding of the sibling experience.Ã Â I wish I had this book when my 17-year-old brother died.Ã¢â ¬Â• Ã¢â ¬â •Heidi Horsley,Ã Â PsyD, LMSW,MS, executive director of Open to Hope Foundation, and adjunct professor at Columbia UniversityÃ¢â ¬Å“A clear, helpful, experience-near book, this is useful not only for teens grieving the loss of a sibling but also for parents of adolescents. Written in a simple way, teens can identify with the way grief feels, think about their own feelings and behaviors that are normalized, and gain some understanding of the undertow of grief. A well-written and very direct look into the life of adolescents who face profound losses.Ã¢â ¬Â• Ã¢â ¬â •Joan Berzoff, MSW, EdD, professor and director of the End-of-Life Certificate Program, Smith College School for Social WorkÃ¢â ¬Å“Erica Goldblatt Hyatt provides a wonderful resource that can help teens understand what grief is, the symptoms that often accompany it, and the various ways to cope with sibling loss. Using real stories of teens who have suffered sibling loss, this book gives teens support in a very real and relatable way. Teens of all ages will be able to use these stories as guides to help them understand and make meaning of their own grief experiences.Ã¢â ¬Â• Ã¢â ¬â •Mary Alice Varga, assistant professor of educational research at the University of West Georgia, and active member of the Association for Death Education and CounselingÃ¢â ¬Å“Grieving for the Sibling You LostÃ Â is a first-rate guidebook for navigating one of lifeÃ¢â ¬â„¢s most painful experiences, the death of a brother or sister. The book speaks to teenagers as they try to come to terms with the confusing emotions associated with loss. This pioneering work by Goldblatt Hyatt offers practical guidelines and enlightening advice for teenagers, their parents, teachers, and clinicians. I recommend it highly.Ã¢â ¬Â• Ã¢â ¬â •Raymond Moody, MD, PhD, best-selling author of twelve books, including Life After Life, and coauthor of Life After LossÃ¢â ¬Å“Grieving for the Sibling You Lost by Erica Goldblatt Hyatt is a most excellent book. The book is amazingly written in a style that is both intimate, informative, and inspirational. What I found especially wonderful is the range of readership is so inclusive. This classic book is readable for young people who have lost their brother or sister, as well as for a professional person like myself who has been a psychologist and psychotherapist for many years. Reading this most interesting book brings you into this experiential matrix that is affectively informing, and in which the reader simultaneously experiences a personal connection with the author. I recommend this book not only for its informative content but also for the pleasure of reading an exquisitely written text.Ã¢â ¬Â• Ã¢â ¬â •Rudolph Bauer, PhD, diplomate in clinical psychology at the American Board of Professional Psychology, The Washington Center for Consciousness StudiesÃ¢â ¬Å“You are not

alone. This is the promise that Erica Goldblatt Hyatt so skillfully makes and delivers to you in the pages of this remarkable book. She takes you on the journeys of other teens who have lost siblings, and in the process helps you to understand your own unique grief. She offers insights and invaluable resources to help you get through the most difficult experience and I highly recommend this book to you.Ã¢â ¬Â• Ã¢â ¬â •Carol Tosone, PhD, LCSW, associate professor at the New York University Silver School of Social Work, and editor-in-chief of Clinical Social Work JournalÃ¢â ¬Å“This is an exquisitely written and sensitive book on a difficult and often overlooked topic. While written for teens that have suffered the loss of a sibling, the book is also of great value to parents and clinicians. The case studies and types of grieving responses make the book easily accessible to the readers.Ã¢â ¬Â• Ã¢â ¬â •Richard J. Gelles, PhD, dean of the School of Social Policy and Practice, University of Pennsylvania

Erica Goldblatt Hyatt, DSW, is assistant professor and department chair of psychology at Bryn Athyn College. Over the course of her career, she has served as a hospital administrator, mental health clinician, academic advisor, family-informed trauma treatment therapist, and clinical oncology social worker to both adult and pediatric populations. To contact Goldblatt Hyatt, you can reach her at Doctor.Erica@icloud.com, or find her on Facebook at www.facebook.com/doctorEricaGHyatt. Foreword writer Kenneth J. Doka, PhD, is professor of gerontology at the Graduate School of The College of New Rochelle, and senior consultant to the Hospice Foundation of America.Ã Â He is author ofÃ Â Improving Care for Veterans Facing IllnessÃ Â and Death,Ã Â Ethics and End-of-Life Care,Ã Â and more.

I read this book in an attempt to gain some insight into how I could support a relative grieving the loss of their twin. While this individual is an adult, the book describes changes in family dynamics and the coping methods used to respond to these changes that are relevant to many ages. I found the authorÃƒÂ¢Ã â ¬Ã â„¢s voice to be very respectful and genuine in her framing and exploration of the unique experience a teen has when faced with the loss of a sibling. I feel that this is important to the teen audience, as an authoritative or ÃƒÂ¢Ã â ¬Ã Å“preachyÃƒÂ¢Ã â ¬Ã Â• tone would not be relatable. The author clearly has the knowledge, insight and practical experience to be able to provide guidance and advice that is useful, informative and inspirational. The guide offers excellent examples for readers to connect with, along with practical tools to learn to cope and heal. The provided exercises are well thought out and helpful. Overall I think this is an excellent resource for teens and young adults experiencing the loss of a sibling.

Whether a person has lost a sibling or some other loved one, there are so many tools for expressing one’s emotions, and thus helping to heal, in Grieving For the Sibling You Lost. The insights that Dr. Hyatt shares from her interviews with teenagers and their thought processes, help to show that teenagers beat themselves up needlessly. It helps to enlighten parents on the strain they may be putting on their bereaved teenagers without even being aware of it.So many books on grieving just focus on emotions without offering constructive options for healing. This is why I highly applaud Dr. Hyatt’s research, interviews and constructive healing tools offered in her book.

I was given a copy of this book as I have a connection to the author. I was intrigued by the title and concept. I lost my only sibling at 20 years old, but it was many years ago and I wasnÃƒÂ¢Ã â ¬Ã â„¢t sure how relevant the information would be for me.The book, the examples, and the exercises really brought me back and I realized just how little I had processed my own grief. This book would have been great to have during my own grieving.I recommend this book wholeheartedly for teenagers, but also as a guide for all people who are experiencing or have experienced the loss of a sibling.

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