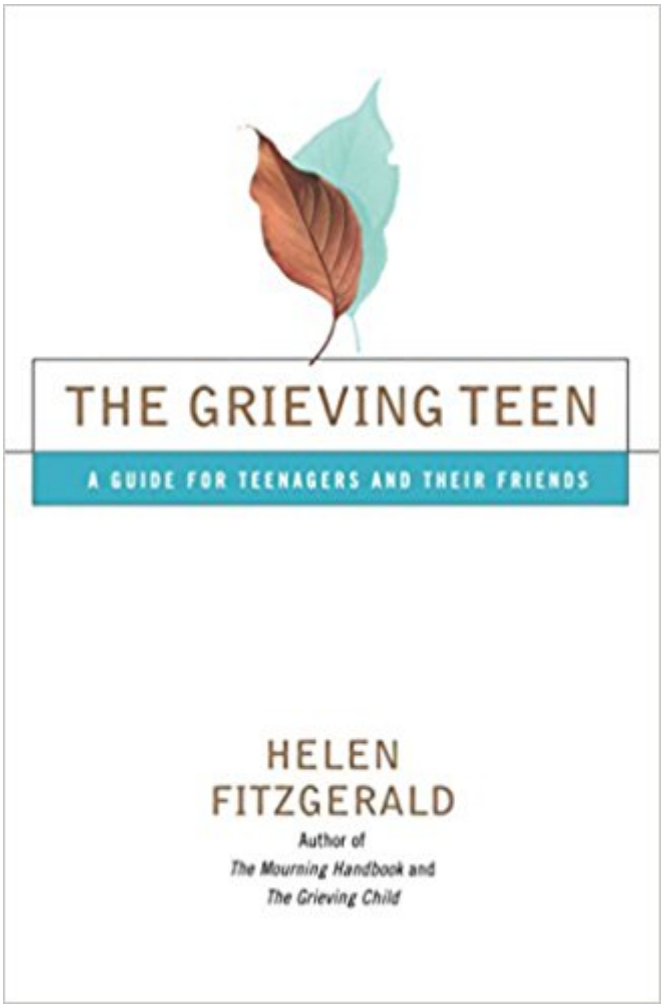
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The Grieving Teen : A Guide For Teenagers And Their Friends



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Synopsis

In this unique and compassionate guide, renowned grief counselor Helen Fitzgerald turns her attention to the special needs of adolescents struggling with loss and gives teens the tools they need to work through their pain and grief.Although the circumstances surrounding a death are difficult to handle at any age, adolescence brings with it challenges and struggles that until now have been largely overlooked. Writing not only about but also for teenagers, Fitzgerald adeptly covers the entire range of situations in which teens may find themselves grieving a death, whether the cause was old age, terminal illness, school violence, or suicide. She helps teens address the gamut of strong and difficult emotions they will experience and the new situations they will face, including family changes, issues with friends, problems at school, and the courage needed to move forward with one’s own life. Using the clear and accessible format that has made The Mourning Handbook and The Grieving Child enduring and helpful classics, Fitzgerald guides teens through everything from the sickbed to the funeral, from the first day back at school to the first anniversary of the death. Above all, she lets teens know that even in their darkest hour, they are not alone.

Book Information

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Customer Reviews

Although other excellent books have been published about grief in childhood, including Earl A. Grollman’s Bereaved Children and Teens (LJ 8/95), in light of Columbine and other recent tragedies it seems appropriate for two new books to revisit this issue. The Grieving Teen is written specifically for teenagers. Fitzgerald, an expert in grief counseling and the author of The Mourning Handbook, communicates the issues clearly without oversimplifying or resorting to "teenspeak." Chapters

consist of typical questions that young adults may have about grief, followed by a "What You Can Do" section. The topics covered include such contemporary issues as death from AIDS, posttraumatic stress disorder, and Internet support. Fitzgerald provides many real-life experiences and a true sensitivity to differing religious and cultural practices. Copyright 2000 Reed Business Information, Inc.

Helen Fitzgerald is the author of The Mourning Handbook and The Grieving Child. She is the coordinator of the first grief program in the nation established in a community mental health center (The Mt. Vernon Center for Community Mental Health in Springfield, Virginia). A certified death educator, Fitzgerald lectures across the country on grief and loss. She lives in Fairfax, Virginia.

I lost my Mom when I was 16, so when I was asked for some recommended books for teens who lost their parents in the Sept 11, 2001 terrorism attacks, this was one of them. It is a good book for any grieving teen. We sent about 30 copies of this book to New York City and Washington DC (along with other books as well). Helen Fitzgerald does a wonderful job explaining grief and the healing process to teens. I would suggest supplementing the book with some sort of journal like the book "Fire in My Heart, Ice in Veins" .. But this one is definitely worth purchasing for any grieving teen. It covers the full spectrum of grief’s emotions - anger, fear, exhaustion, shock, disbelief and more. It also covers the funeral and what to expect, reacting to your emotions, and how to go on living your life.

I attended a workshop taught by Helen Fitzgerald in 2004, in Fairfax. We were blown away by her approach, and I bought a copy of this book. I have found the psychoeducational portions to be invaluable when working with adolscent clients, and the structure and activities give them some concrete and safe ways to grieve. My original copy disappeared in the last office move. So glad to find it on .

A very detailed table of contents makes a statement and "What You Can Do" as an empowering response through the sequence of topics. Users can jump ahead or move back as they continue in the grieving process. The emphasis on "do what is best for you" comes through. The reading level is on the upper end of the scale for teens.

Returned, wouldn’t interest teens.

Could have gone a bit deeperSomewhat repetitious in format and content, but a good startWish there was more theory and framework, good for answering questions in class

I purchased this book for my 17tear old granddaughter who lost her grandfather.I liked the format and style of writing,she said the book answered some of her questions and found it helpful.Would recomend it highly.The author knows what she’s talking about!

Very simplistic helpful for young folks. I recommend it for the parents to read also -a lot of reference to death in family

Helen Fitzgerald has all the experience needed to be an excellent source of what is "normal" for a teen who is grieving. There is so little out there to help a grieving teen but this book is a huge help. My daughter lost a friend 4 years ago when she was 12 and still struggles with the grieving process. I bought this book to help her but I read it first. The book is for a teen who has lost anyone close to them-friend, parent, grandparent, sibling, aunt or uncle. This book was recommended to me by someone at Highmark Caring Place.

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