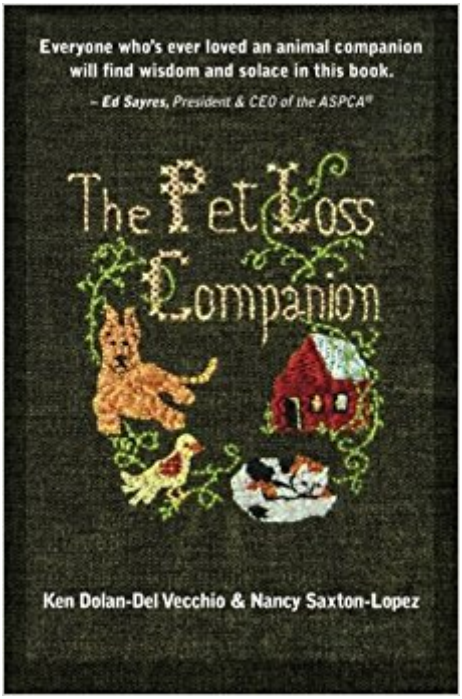
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The Pet Loss Companion: Healing Advice From Family Therapists Who Lead Pet Loss Groups



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Synopsis

Video trailer for The Pet Loss Companion and Making Love, Playing Power - vimeo.com/104627183Everyone who's ever loved an animal companion will find wisdom and solace in this book. The authors share stories drawn from decades of experience leading pet loss groups and practicing family therapy. Their recommendations for taking care of yourself and loved ones during the rough spots of grief will answer all of your important questions and help you feel well-supported. I highly recommend The Pet Loss Companion for companion animal lovers like me. -- Ed Sayres, President & CEO of the ASPCAÃ Â® The Pet Loss Companion is a wonderfully reassuring book for anyone who cares about pets. It is a loving book, full of personal and practical details about how to care for oneself after loss. The authors are sensitive pet-lovers, empathic and engaging in this moving and meaningful book. -- Monica McGoldrick, MSW, Ph.D. (h.c.), Director, Multicultural Family Institute, and author of You Can Go Home Again If you have ever lost a beloved pet and have wondered if your feelings are normal, this book is a must read for you. Ken and Nancy, in this single book, have captured the emotional roller coaster that most people experience during the end stages of the life of their pet. In addition there are helpful insights into their world as bereavement counselors and how they have helped their patients deal with the experiences of death. I have practiced Veterinary Medicine for over 30 years and have finally found a book that can be given to my grieving owners after such a trauma. -- Anthony Miele, DVM, CEO, Veterinary Asset Management, Inc. What a gift Ken and Nancy's book is to those of us who have cherished and lost a pet companion. They get it, and as such, gently and skillfully help to ease the treacherous journey that loss is. This gem explores the terrain of loss and grief and the vast love that surrounds the experience. Readers will be warmed, saddened, and delighted by the examples and tools that are provided to ease the necessary grief process. The experience of reading this little book leaves me feeling much gratitude for my pet companions and these authors who so beautifully convey the huge role they play in our lives. -- Lynn Parker, Ph.D., LCSW, Professor, Graduate School of Social Work, University of Denver St. Hubert's Animal Welfare Center is proud to offer free pet loss support as part of its programmatic efforts, with Nancy Saxton-Lopez at the helm for over 20 years. Together Ken and Nancy continue to provide this valuable service at our center twice monthly and they've expanded their reach by sharing their professional training and direct pet loss counseling expertise with the completion of The Pet Loss Companion. Their compassion for both pets and the people who love them is palpable in this concise, easy-to-read guide which offers understanding, solace, and hope to anyone struggling with the loss of a cherished animal companion, no matter the circumstances. The loss of a companion animal is a unique, yet not unique, grieving process not

always well understood by others. This book connects and thereby supports people at a time of what can be isolating grief, providing a life raft or light to navigate the process. It's also a helpful tool--whether as a gift or for personal awareness--for those looking for some guidance in supporting family and friends coping with pet loss. -- Heather Cammisa, President & CEO, St. Hubert's Animal Welfare Center, Madison, New Jersey

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Customer Reviews

Video trailer for The Pet Loss Companion and Making Love, Playing Power - vimeo.com/104627183

Ken Dolan-Del Vecchio is a Licensed Marriage and Family Therapist (LMFT) and Licensed Clinical Social Worker (LCSW) who has led monthly pet loss groups for eleven years. He is a lifelong animal companion enthusiast, having shared his home with dogs, cats, chickens, rabbits, cockatiels, finches, chinchillas, guinea pigs, turtles, mice, one horse, and one rat. A special rat, indeed, Nero sat on KenÃ¢â ¬â„¢s shoulder eating peanuts while Ken studied late into the evenings at college. Ken earned his B.A. in biopsychology at Cornell University and Master of Social Work (MSW) at Hunter College of the City University of New York. He completed a three year post-graduate program in family therapy at The Multicultural Family Institute, Highland Park, New Jersey, where he now serves on the board of directors. Ken makes his living as a health and wellness executive at a multinational company. He is a father and husband who lives with his family in Palmer, Massachusetts, and Newark, New Jersey. Ken is the author/coauthor of two previous books, Making Love, Playing Power: Men, Women and the Rewards of Intimate Justice and Transformative Family Therapy: Just Families in a Just Society. Nancy Saxton-Lopez is a Licensed Clinical Social

Worker (LCSW), Diplomate in Clinical Social Work (DCSW), and psychotherapist who began the Companion Animal Loss Support Group at St. HubertÃ¢â ¬â„¢s Giralda in Madison New Jersey, on April 3, 1990. Nancy earned her Master of Social Work (MSW) at New York University. She received a Certificate in Family Therapy from the Center of Family Studies in Springfield, New Jersey. Currently, Nancy is a Senior Partner in a behavioral healthcare consulting firm and has a private practice. She loves all animals and has shared her home with many dogs, birds, fish and a mouse. She lives with her daughter, husband, and four black pugs in Ridgewood, New Jersey.

My beloved Jack Russell Terrier of 15 years passed away in July of 2013. I am still mourning his loss, and I know a part of me will never be the same now that he's gone. After he died, there was such emptiness, such longing (and there still is, in some ways). I really, truly felt like nobody understood, or maybe even that my feelings were extreme (my dog's death affected me more than some family members' deaths through the years). I have a five year old son (who was also missing his buddy), so I knew I had to pull myself together. But that was easier said than done. Eventually I wound up at an amazing pet loss support group, one of the only ones I could find locally. And that's when I was given this book. I loved the support group so I took the book home and started reading it (almost reluctantly). I didn't see how any more written words could help. But these words did, I assure you. First and foremost, it's written by pet lovers who truly "get it." They've been there and they understand. Every chapter touched on the feelings I was going through- it almost made me chuckle because it was so intuitive. The authors have led many, many pet loss support groups through the years so they know first-hand what people go through after losing beloved pets. I also appreciated how they referred to our pets as "companions" instead of constantly saying "pets," because they really are so much more than that. My dog was absolutely my beloved companion and friend for 15 years. So if you feel/felt like I do/did- if you're lost and feel like you're alone with these tremendous feelings of sorrow, this book really might help you to not feel so alone and to figure out what to do with some of those extreme feelings. There are also a few other positive points to highlight about the book: it's a small size so you can carry it in a purse or tuck it inside a jacket. The chapters are short (on purpose). They highlight specific suggestions/ key points at the end of each quick chapter because they know you're grieving and it is difficult to take in a lot of information right now. I loved that about it. Because many of the other books I read- I had to stop mid-way because I broke down crying, or could not get through because too many memories were flooding me. That was not the case with this book. So give this one a chance, maybe it will help you like it helped me. And don't ever think you're alone in your grief- there are other people out there who "get

it." I get it. My dog, my Milo, he was my little angel here on earth. Life will never be the same. And to the authors and the wonderful people who sat and listened to me at that pet support group- thank you, thank you, thank you. Thank you for listening to me, and for letting me talk about Milo and for supporting me. You didn't even know me, but you cared enough to listen. I am forever grateful.

This books is a gem. I could identify with several examples discussed in the book. It also shed some light on things that I already knew but found too hard to accept. The language is completely secular so I'm confident that everyone would feel comfortable reading this book.

Our family lost two pets within a two month time frame. The second pet grieved for the loss of his friend, stopped eating and didn't respond to medical treatment. We struggled with "what ifs" and wondered if we could have done anything to change the outcome. Pets aren't just animals, they are family members. This book is so insightful and well written. It addresses many of the issues that we are struggling with. Although our hearts are broken and we are forever changed by these losses, it helps to understand our reactions to the loss. The different chapters address the ranges of feelings and actions that result from the loss of a pet. Everyone reacts and copes differently. I actually learned a lot reading this book. My only regret is that I didn't read it sooner. Reading it at any time would have been helpful, but you don't need to wait until your loved one has passed before reading it. The sooner you read it, the better equipped you will be.

Living with dogs and having worked for over a decade as a pet sitter for animals of all kinds and as a holistic practitioner whose clientele has primarily included terminally ill animals, I have been privileged to share with many the joy animals bring to our lives as well as the grief their loss leaves behind.Each person has a unique relationship with his or her pet and Ken Dolan-Delvecchio and Nancy Saxton-Lopez take this into account as they bring their decades of experience, both as people who have shared their lives with animals, and as pet grief counselors and family therapists to create this wonderful resource to help those who have lost a pet to deal with the grieving process in whatever way is most meaningful and comfortable for them.Animals teach us to live in the moment. They teach us to have compassion. This book help readers find how to live these lessons after a beloved pet has passed away and gives practical advice on a number of issues, such as:how to talk about an animal's death with children of different ages including specific wording that can be usedhow following funerary rituals typically used for people can bring closure after a pet's death and refocus the attention on a celebration of his or her lifehow to find personal and professional support

and when to seek further counseling if necessarylearning to accept events over which we have no control and how to move forward in what's most important in lifeI've already given this book to four people including friends, family members and clients. I recommend it not only for people who have lost a pet, but also for those who have not yet suffered a loss, as it helps people with practical planning for the inevitable, removing that burden during a time of grieving.

This book was extremely helpful and touched on every emotion I was feeling, and gave practical, thoughtful, insightful, reassuring advice on grief. I think this book would help anyone with coping with the death of human family members in addition to pets. Excellent book, I highly recommend it.

I recently had an opportunity to read through this book, and I highly recommend it. I purchased the book for a friend who lost a very beloved pet, and the advice provided is sound and given in a nonjudgmental way. As an example, the author mentioned his work with a couple, and the struggles this couple had with respect to explaining death to their small children. The author gently helped the couple come to a realization that their original method for explaining loss would have presented more damage than good, and guided the couple to a better way of delivering the news. A must have for any (pet) parent dealing with loss and working through the grieving process.

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