

FUNERAL

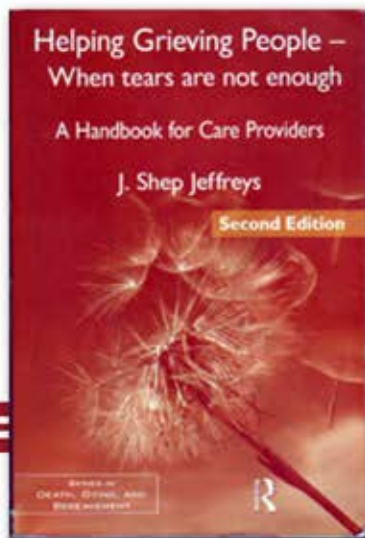
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FEATURED READING: “Helping Grieving People – When tears are not enough”

by J. Shep Jeffreys

Sooner or later, life taps us on the shoulder and we ask this question. What can I do to help a person who is grieving? Grief alienates. It isolates. It paralyzes. Even the most capable, confident people find themselves wordless—helpless—in the face of anguished tears or angry outbursts or depressions as deep and silent as winter snow. Whether you’re a professional service provider – funeral professional, clergy, counselor or someone who wants to comfort a loved one or friend in pain, you can learn how to accompany and support an anguished person on his or her “grief journey” – when their tears are not enough.

Helping Grieving People –When tears are not enough is a book which teaches you what to expect from griever and is filled with practical help about how to listen without giving advice and what supportive actions you can take. Special emphasis is given to the needs of grieving children, parents, older adults, as well as the dying and chronically ill and/or impaired. The book includes a rich source of both practical and clinical suggestions, discusses the role of culture, family and nature of the death, on the grief reactions. Personal stories, case histories, and self-awareness exercises are woven in throughout the book.

An estimated fifteen to eighteen million are newly bereaved every year. Since we are a people who are more inclined to run away from rather than turn towards death and illness, the experience with grief reaction to loss is limited for most and non-existent for many. As a result of this “not wanting to talk about it” or reach out to it, we have mourners who ask funeral directors, clergy and counselors many questions. “Am I supposed to hurt this much, feel such dread, be so confused and unable to remember or concentrate?” “Why am I so tired all the time, unable to eat or sleep, not want to see anyone or never want to be alone?” “Why am I so bitter, irritable, angry at God and my faith, disgusted with medical science or the law?” “Why does my body ache so much?” “How will I ever be able to have any kind of acceptable life again?” “I have so many questions and can’t find the answers – is this normal? Am I going crazy?”

Colleagues, friends and family of the bereaved, hurting griever also have questions as a result of lack of experience. They may ask or say to you, “What do I say to a dying neighbor? or How do I talk to a father or mother in grief?” “What can we do to help?” “Is it better to just keep out of their way and not ‘bother’ them?” “I never know what to do to help before or after the funeral.”

This book will point out how much of the emotional and physical distress people suffer after a loss is a normal, and natural reaction. This is human grief. Thus, this is a book of help, hope and healing.

The learning of new ideas about grief will be blended with the reader’s own personal life through the use of self-discovery exercises which bring the material home to the individual. Knowing this gives one a sense of control: an understanding of why most of the feelings, thoughts and behaviors arising from grief are not only ok but are both expected and useful.

About the author:

J. Shep Jeffreys, Ed.D., F.T., is a licensed psychologist with a practice specializing in grief, loss, and end-of-life concerns. Dr. Jeffreys is a Fellow in Thanatology (ADEC). He is also Assistant Professor of Psychiatry and Behavioral Sciences at Johns Hopkins University School of Medicine, where he provides seminars on loss, grief and bereavement for psychiatric residents and medical students; and is Affiliate Assistant Professor of pastoral counseling, Loyola University, Maryland, where he teaches the course in Loss and Bereavement.



He is author of *Helping Grieving People—When Tears Are Not Enough: A Handbook For Care Providers, 2nd Edition*; he is also author of *Coping With Workplace Grief: Dealing With, Loss, Trauma and Change*. Shep can be found on the web at www.GriefCareProvider.com. **FBA**