



# Parents and Bereavement: A Personal and Professional Exploration

Christine Young, Tracy Dowling

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## Parents and Bereavement: A Personal and Professional Exploration

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**Parents and Bereavement: A Personal and Professional Exploration** Christine Young, Tracy Dowling Grief is a very individual experience and it can impact all aspects of a person's life. *Parents and Bereavement: A Personal and Professional Exploration of Grief* brings together latest research and practice from the pioneering children and young adults' hospice - Helen and Douglas House, alongside the personal experience of a parent.

The book includes information on a range of challenges faced by parents, including supporting surviving children, making challenging decisions about subsequent pregnancies, managing the impact of grief on relationships, and facing birthdays and anniversaries. It discusses both, the theories and the day-to-day experience of grief, and what might make a difference to how people manage it.

This will be an invaluable resource for professionals involved in supporting families with end of life care and bereavement issues, including palliative care professionals, counsellors, and social workers. Parents and Bereavement will also help parents, family, and friends to understand and support each other through such loss.



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