

# Suggested readings

## Booklet 6

Help in coping:

When someone dies in a road accident

Kristine Alilunas Rodgers

Kristine Alilunas Rodgers 1999, 2000

Australian Capital Territory Magistrates Court, Canberra, Australia

The NRMA - ACT Road Safety Trust provided funding for 'Help in Coping: When Someone Dies in a Road Accident' (a draft version of which was prepared in 1998 under the auspices of the National Association for Loss and Grief (ACT)).

Rodgers, Kristine Alilunas.

Suggested readings. Booklet 6 of Help in Coping: When Someone Dies in a Road Accident.

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In memory of Colin Rodgers. To all those who have died on Canberra's roads. For all those bereaved by a road accident in Canberra, and for those helping them.

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Those acknowledged are not responsible for the contents of the booklet.

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- some books listed here may become out of print or their contents out of date;
- new books of relevance will be published that are not included here;
- the policies, procedures or contact information of organisations mentioned here, and relevant laws, may change.

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## HOW TO USE THIS BOOKLET

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### **Information given for each publication includes, on the first line(s) of each entry:**

- title (in bold)
- author(s), editor(s), illustrator(s)
- publisher
- place of publication
- date of publication (where known)
- edition (where applicable)
- binding (where known – for example, paperback or hardback)
- number of pages (where known).

### **Abbreviations used:**

ed.	editor
ill.	illustrator
n.d.	no date indicated in the publication
pp.	number of pages

### **Publishing information is often followed by:**

- a rating  
Many of the publications included here have been personally recommended by bereaved persons and/or counsellors or others from the caring professions.
- a short summary or review of the contents
- an indication of availability (for example, ACT Library).

The edition of the book available at a library may be a different one from that listed here (for example, same title and author but different date, publisher or place of publication). Where an earlier edition is held by the library, this is indicated, where relevant. Cassette or video versions may also be available.

### **Abbreviations used:**

ACT Cancer Society library	available at ACT Cancer Society Inc. library
ACT Library	available at ACT Library Service
SIDA library	available at Sudden Infant Death Association (ACT) library

In some cases, an entry for a publication includes other publications (in bold) by the same author.

### **Index of books by title**

The index lists all publications by alphabetical order of the title of the publication. Use the index to find a title quickly.

# 1 LEGAL & OTHER RELATED MATTERS

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## 1 CORONIAL & OTHER RELATED MATTERS

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### **The Aftermath of Death: Coronials – Law, Pathology, Counsellors, Safety, Media**

Hugh Selby (ed.). Federation Press: Leichhardt, NSW, 1992. 266 pp.

Proceedings of a conference at the Australian National University. Includes contributions on coping with grief, trauma debriefing, preparing for an inquest, expert proof, medical and hospital negligence and other topics. ACT Library.

### **Dealing with Death: Practices and Procedures**

Jennifer Green & Michael Green. Chapman & Hall: London, 1992. 274 pp.

Comprehensive and detailed coverage of various legal and technical aspects of death (burial, cremation, organ donation, autopsy, exhumation, mortuary practice) and of a range of relevant religious practices. Includes a bibliography.

### **The Inquest Handbook**

Hugh Selby (ed.). Federation Press: Leichhardt, NSW, 1998. 224 pp.

Includes chapters on inquest law, the police role in coronial inquiries, preparing for the complex coronial inquiry, road crashes and autopsy.

Relevant legislation

**Cemeteries Act 1933** (ACT)

**Coroners Act 1997** (ACT) (\$5.50; amendments \$1.30)

**Cremation Act 1966** (ACT)

**Registration of Births, Deaths and Marriages Act 1963** (ACT)

**Transplantation and Anatomy Act 1978** (ACT).

## 2 GENERAL

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### **ACT Supplement to the Law Handbook (NSW)**

Geoffrey Howard (ed.). The Law Faculty of the Australian National University: Canberra, ACT, 1994 (5th edition).

Chapters on a wide range of topics, including:

- **laws, courts and lawyers; dealing with lawyers**
- **accidents and injuries**
- **criminal offences and criminal proceedings**
- **complaints** (including **Ombudsman; FOI; complaints about police, lawyers**)
- **wills, intestacy, estates** (including **glossary of legal terms**); **making your own funeral arrangements**
- **contact points.**

ACT Library (1989, 4th edition).

### **The Law Handbook: Your Practical Guide to the Law in New South Wales**

Vani Sripathy & Lorain Ogle (eds). Redfern Legal Centre Publishing: Redfern, NSW, 1997 (6th edition). 1138 pp.

Chapters on a wide range of topics, including:

- **the legal system**

- **assistance with legal problems (legal assistance; dealing with lawyers; interpreters; doing legal research; representing yourself in court)**
- **arrest, bail and court process**
- **accidents, injuries and compensation**
- **media codes of practice (and contact points)**
- **consumers and contracts**
- **credit and banking**
- **debts**
- **complaints (including Ombudsman; FOI; complaints about police, lawyers); privacy**
- **insurance, superannuation and tax**
- **pensions, allowances and payments**
- **wills, estates and funerals (including glossary of legal terms)**
- **other helpful resources, contact points (including Internet sites)**
- **glossary of legal terms.**

ACT Library.

### **Victims of Crime: An Information Booklet for the ACT and Region**

Victims of Crime Assistance League ACT Inc. & Australian Federal Police. Australian Capital Territory Government: Canberra, ACT, 1997. 31 pp.

Helpful advice on the courts, police and compensation where criminal charges are involved.

**Note: Specialist guides**, updated annually, are published on a wide range of legal and related issues, including **superannuation, tax**, etc. > See also *Legislation & related information* in *Where to find books & other items (Chapter 4)*.

## 3 FREEDOM OF INFORMATION (FOI)

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'**Freedom of Information Act**', a pamphlet on the Commonwealth FOI Act, is available in hard copy from the Commonwealth Attorney-General's Department and on the Internet at <http://law.gov.au> (go to publications link).

### **The Law Handbook: Your Practical Guide to the Law in Victoria**

Cosima McPhee (ed.). Fitzroy Legal Service: Fitzroy, Vic., 1999.

Contains an excellent overview of the Commonwealth FOI Act.

> See also above, **The Law Handbook (NSW)** and the **ACT Supplement to the Law Handbook (NSW)**.

Relevant legislation

#### **Commonwealth**

**Freedom of Information Act 1982** (Commonwealth)

**Freedom of Information (Fees and Charges) Regulations** (Commonwealth).

#### **ACT**

**Freedom of Information Act 1989** (ACT)

**Health Records (Privacy and Access) Act 1997** (ACT).

## 4 ESTATES

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### **Rest Assured: A Legal Guide to Wills, Estates and Funerals**

Redfern Legal Centre Publishing. Redfern Legal Centre Publishing: Redfern, NSW, 1995. 126 pp.  
ACT Library.

### **Wills & Winding Up: Help for Will Makers and Executors**

Margaret Hendry & Julie Sienkowski. Margaret Hendry: Canberra, ACT, 1996. 64 pp.  
Written by a Canberra resident. ACT Library.

> See also above, **The Law Handbook (NSW)** and the **ACT Supplement to the Law Handbook (NSW)**.

Relevant legislation

**Administration and Probate Act 1929** (ACT) (reprint 1996, \$8.60). (There are new provisions regarding 'eligible partner'.)

**Family Provision Act 1969** (ACT). (There are new provisions regarding 'eligible partner' and 'domestic partner'.)

**Wills Act 1968** (ACT) (\$3.60; amendments \$1.00).

## 5 INSURANCE

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Motor vehicle insurance

### **How to Make an Insurance Claim**

David Niven. Consumer Law Centre of Victoria Ltd with Australian Associated Motor Insurers Ltd: Melbourne, Vic., 1996. 48 pp.

Contains much useful information. See especially 'Making a Successful Claim' about the need for evidence and how to deal with insurance companies, and 'Where to Take an Unresolved Dispute'. To order a copy: Tel.: (03) 9629 6300; Fax: (03) 9629 6898. (By the same author & publisher (1996): **How to Understand Car Insurance**.)

> See also above, **The Law Handbook (NSW)** and the **ACT Supplement to the Law Handbook (NSW)**.

Compulsory Third Party insurance

### **Relevant legislation**

**Motor Traffic Act 1936** (ACT).

> See also *Legislation & related information* in *Where to find books & other items* (Chapter 4).

## 2 COMMUNITY RESOURCES & PRACTICAL MATTERS

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### **CONTACT: A Community Information Handbook**

Community Information and Referral Service of the ACT Inc. Community Information and Referral Service of the ACT Inc.: Canberra, ACT. updated yearly.  
ACT Library (1996, 6th edition).

### **CONTACT for Young People: A Youth Services Information Handbook**

Pathways Information Service for Young People. Community Information and Referral Service of the ACT Inc.: Canberra, ACT. updated regularly.  
ACT Library (1994/95 edition).

### **What to Do When Someone Dies: A Guide to Social Security and Other Help Available to Recently Bereaved People**

Department of Social Security. Department of Social Security: Canberra, ACT, 1996.  
20 pp.

## 3 GRIEF

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**NOTE:** Titles are arranged by subject or general suitability for readers. The readership categories should not be considered restrictive; for example, you may find specialised publications aimed at the caring professions or students of grief to be of great help and interest, just as you may find books for children or adolescents very helpful for yourself.

### 1 GENERAL

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#### **Beyond Grief: A Guide for Recovering from the Death of a Loved One**

Carol Staudacher. New Harbinger Publications Inc.: Oakland, Calif., 1987. paperback. 244 pp.

Recommended by both a bereaved mother and a widower. ACT Library.

#### **Companion to Grief: Finding Consolation When Someone You Love Has Died**

Patricia Kelley. Judy Piatkus: London, 1997. paperback. 176 pp. (First published by Simon & Schuster in the US.)

Written following the death of a family member from cancer; includes sections on grief in children, helping yourself, how others can help, grief in the workplace.

#### **Coping with Grief**

Mal & Dianne McKissock. ABC Enterprises: Artarmon, NSW, 1995 (3rd edition). paperback. 64 pp.

Short, easy to read – a very popular book. (Also available on cassette.) ACT Cancer Society library; ACT Library (also cassette). (By the same authors and publisher (1996):

**In My Own Way: The Bereavement Journal** – OUT OF PRINT.)

#### **Father and Son: Time Lost, Love Recovered**

Edward C. Sellner. Ave Maria Press: Notre Dame, Ind., 1995. paperback. 176 pp.

About the loss of a parent, but helpful information on the grieving process and coping strategies for other losses, too; comforting. Christian viewpoint.

#### **Good Grief: A Constructive Approach to the Problem of Loss**

Granger Ellsworth Westberg. Joint Board of Christian Education: Collingwood, Vic., 1992. paperback. 37 pp.

Recommended. Christian viewpoint. ACT Library.

#### **Good Grief: Experiencing Loss**

Carol Lee. Fourth Estate: London, 1995. paperback. 256 pp.

Recommended. ACT Library.

#### **Grief and Dreams: A Reflection upon a Personal Journey through Grief**

Mary Symes. Rene Gordon: North Balwyn, Vic., 1987. paperback. 144 pp.

Offers Jungian perspectives.

#### **A Grief Observed**

C. S. Lewis. HarperCollins Publishers: San Francisco, Calif., 1994. paperback.

A well-known author's experience of widowhood. General reading. ACT Library.

#### **Grief Therapy**

Karen Katafiasz. Abbey Press Printing & Publishing: Saint Meinrad, Ind., 1993. hardback. 80 pp.

Recommended; a good little book.

**Healing Grief**

Amy Hillyard Jensen. Medic Publishing: Redmond, Wash., 1995 (2nd edition). paperback. 24 pp.  
Recommended.

**How to Go on Living When Someone You Love Dies**

Therese A. Rando. Bantam Books Inc.: Des Plaines, Ill., 1991. paperback. 352 pp.  
General reading.

**Life is Goodbye, Life is Hello: Grieving Well through All Kinds of Loss**

Campbell A. Bozarth. Hazelden Foundation: Center City, Minn., 1986. paperback. 256 pp.  
Recommended.

**Living Well with Grief**

Betty M. Riordan. Hale & Iremonger: Erskineville, NSW, 1995. paperback. 128 pp.  
Recommended. ACT Library.

**Living When a Loved One Has Died**

Earl A. Grollman. Souvenir Press: London, 1996 (3rd edition). paperback. 128 pp.  
Recommended. ACT Cancer Society library.

**Living with an Empty Chair: A Guide through Grief**

Roberta Temes. Irvington Publishers: NY, NY, 1992 (6th edition). paperback. 110 pp.  
Recommended.

**Men and Grief**

Carol Staudacher. New Harbinger Publications, Inc.: Oakland, Calif., 1992. paperback. 240 pp.  
Recommended. ACT Library.

**No Time for Goodbyes: Coping with Sorrow, Anger and Injustice after a Tragic Death**

Janice Harris Lord. Millennium Books: Newtown, NSW, 1988. paperback. 156 pp.  
ACT Library.

**Now that the Funeral is: Over Understanding the Effects of Grief**

Doris Zagdanski. Hill of Content Publishing: Melbourne, Vic., 1997. paperback. 53 pp.  
ACT Library.

**Questions and Answers on Death and Dying**

Elizabeth Kubler-Ross. Touchstone Books/Simon & Schuster: NY, NY, 1997.  
paperback.  
Recommended. SIDA library; ACT Cancer Society library; ACT Library.

**Rumor of Angels: Quotations for Living, Dying and Letting Go**

Gail Perry & Jill Perry (eds). Ballantine Books: Westminster, Md., 1989. paperback.  
(OUT OF PRINT).

**Softly My Grief**

Ann MacDonald. Mcphee & Gribble/Penguin: Fitzroy, Vic., 1988. paperback. 127 pp.  
(OUT OF PRINT).  
Recommended. ACT Library.

**Surviving Grief and Learning to Live Again**

Catherine M. Sanders. John Wiley & Sons Ltd: Chichester, W. Sussex, 1992. paperback. 240 pp.  
Recommended, for both bereaved people and professionals.

### **A Time to Grieve: Meditations for Healing after the Death of a Loved One**

Carol Staudacher. Souvenir Press: London, 1995. paperback. 256 pp.  
Book of reflections, informative and reassuring. Good to dip into and then reflect on.  
Highly rated.

### **Understanding Mourning: A Guide for Those Who Grieve**

Dr Glen W. Davidson. Augsburg Publishing House: Austin, Tex., 1984. paperback.  
112 pp.  
Good, particularly for death of an infant or miscarriage.

## 2 LOSS OF A PARTNER

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### **For Women Who Grieve: Embracing Life after the Death of Your Partner**

Tangea Tansley. Crossing Press: Freedom, California, 1996. paperback. 144 pp.  
Recommended. Set out in steps, easy to follow. ACT Library.

### **Shattered and Restored: One Woman's Journey Back to Hope**

Elsa McInness. ANZEA Publishers: Homebush, NSW, 1990. paperback. 173 pp.  
Christian viewpoint. ACT Library.

### **When Your Partner Dies**

Mary Mortimer. Women's Press Ltd: London, 1996. paperback. 128 pp.  
Written by a Canberra resident. ACT Library.

### **Widow's Journey: A Return to the Loving Self**

Xenia Rose. Souvenir Press: London, 1992. paperback. 224 pp.  
ACT Library.

## 3 LOSS OF A CHILD & PREGNANCY LOSS

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### Books

#### **The Bereaved Parent**

Harriet Sarnoff Schiff. Viking/Penguin: Bergenfield, NJ, 1978. paperback.  
Helpful suggestions for coping from a bereaved mother. SIDA library; ACT Cancer Society library; ACT Library.

#### **Empty Cradle, Broken Heart: Surviving the Death of Your Baby**

Deborah L. Davis. Fulcrum Publishing: Golden, Colo., 1996. paperback. 280 pp.  
Suggestions from parents for coping with miscarriage, stillbirth, infant death. SIDA library; ACT Library.

#### **Future Perfect: Surviving a Teenage Daughter's Death**

Jan Foster. Openbook: Adelaide, SA, 1995. paperback. 71 pp. (OUT OF PRINT).  
ACT Library.

#### **How to Go on Living after the Death of a Baby**

Larry G. Peppers & Ronald J. Knapp. Peachtree Publishers: Atlanta, Ga., 1985.  
paperback. 204 pp.  
Coping after a perinatal death. SIDA library; ACT Library.

#### **Little Footprints: A Special Baby's Memory Book**

Dorothy Ferguson. Centering Corp.: Omaha, Neb., n. d.  
For creating a memory book following the death of a baby. SIDA library.

**Loss of a Baby, Death of a Dream: Understanding Maternal Grief**

Margaret Nicol. HarperCollins: Pymble, NSW, 1997. paperback. 204 pp.  
Recommended, for both mothers and fathers. SIDA library; ACT Library (also video).

**My Son, My Son**

Iris Bolton & Curtis Mitchell. Bolton Press: Atlanta, Ga., 1983 (12th edition). paperback. 120 pp.  
On the loss of a son.

**When a Baby Dies: A Handbook for Healing and Helping**

Rana K. Limbo & Sara Rich Wheeler. Resolve through Sharing: La Crosse, Wisc., 1991. paperback. 148 pp.  
SIDA library.

## Pamphlets &amp; booklets

**Children Die, Too**

Joy & Marv Johnson. Centering Corporation: Omaha, Neb., 1992. paperback. 16 pp.  
Help for parents in the initial responses to the shock of their child's death. SIDA library.

**Choices in Arranging a Child's Funeral**

National SIDS Council of Australia, 1994. 24 pp.  
SIDA library.

**Fathers Grieve, Too**

Centering Corp.: Omaha, Neb., 1985. pamphlet.  
SIDA library.

**For Better or Worse: For Couples Whose Child Has Died**

Maribeth Wilder. Doerr & Ben Sieff (ills). Centering Corp.: Omaha, Neb., 1992. 24 pp.  
Describes differences in grieving in couples. SIDA library.

**The Grief of Parents When a Child Dies**

Margaret Shandor Mile. The Compassionate Friends: Oak Brook, Ill., 1978. 13 pp. (OUT OF PRINT).  
ACT Cancer Society library.

**Helping to Say Goodbye**

National SIDS Council of Australia. (Adapted from 'I wish I had . . .' by SIDA NSW Inc.). pamphlet.  
SIDA library.

**More than Surviving: Caring for Yourself While You Grieve**

Kelly Osmont & Shari Borum. Centering Corp.: Omaha, Neb., 1990. 32 pp.  
Written by a mother who lost her son; helpful tips for anyone following a loss. SIDA library.

**To Family and Friends: You Can Make a Difference**

National SIDS Council of Australia, 1997. 16 pp.  
SIDA library.

## 4 HELPING CHILDREN & ADOLESCENTS

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### Books for children

#### **Badger's Parting Gifts**

Susan Varley. Magi Publications: Hayes, Middlesex, 1997. paperback. 32 colour illustrations.

Storybook for pre-school children. Good, but some cultural differences. SIDA library; ACT Library.

#### **Beginnings and Endings with Lifetimes in Between**

Bryan Mellonie & Robert Ingpen. Puffin/Penguin: Ringwood, Vic., 1989. paperback. 38 pp. (OUT OF PRINT).

Storybook for pre-school children. Recommended; a good book about the death of all things in nature. ACT Library (also cassette).

#### **Death**

K. Bryant-Mole. Wayland Publishers Ltd: Hove, E. Sussex, 1995. (OUT OF PRINT).

For age 6-12; clear, easy to understand on the child's level.

#### **Emir's Education in the Proper Use of Magical Powers**

Jane Roberts. Stillpoint Publishing: Walpole, NH, 1984. paperback. 138 pp.

For older children. For emotional education rather than recent bereavement. 'New Age' parable on why people have to die.

#### **The Fall of Freddie the Leaf: A Story of Life for All Ages**

Leo F. Buscaglia. Slack Inc.: Thorofare, NJ, 1982. hardcover. 32 pp.

Storybook for children. Somewhat slow-paced but a classic. SIDA library; ACT Library (also video cassette).

#### **Goodbye, Mitch**

Ruth Wallace-Brodeur. Albert Whitman: Morton Grove, Ill., 1995. hardback. 32 pp.

Storybook for children about the loss of a pet. Recommended.

#### **Gran's Grave**

Wendy Green. Albatross Books: Sutherland, NSW, 1989. paperback. 24 pp.

Storybook for children. Recommended.

#### **Helen the Fish**

Virginia L. Kroll. Judith Matthews (ed.). Teri Weidner (ill.). Albert Whitman & Co.: Morton Grove, Ill., 1992. hardcover. 32 pp.

Storybook for children under 10. Recommended. ACT Library.

#### **I Had a Friend Named Peter: Talking to Children about the Death of a Friend**

Janice Cohn. William Morrow & Co. Inc.: NY, NY, 1987. hardcover. 32 pp.

ACT Library.

#### **Kirsty's Kite**

Carol Curtis Stilz. Gwen Harrison (ill.). Albatross: Sutherland, NSW, 1988. paperback.

Storybook for children, primary age. ACT Cancer Society library; ACT Library.

#### **Meggie's Magic**

Anna Dean. Colin Stevens (ill.). Viking: Ringwood, Vic., 1993. hardback. 32 pp.

Storybook for children, primary age. A girl loses her sister, Meggie, from an illness, but Meggie's magic lives on. SIDA library; ACT Library.

#### **A New Star is Born**

Helen Lucas. Random House: Milson's Point, NSW, 1996. hardback. 28 pp.

About the life and death of a baby from SIDS as told by a young sibling, but could be used in other circumstances as well. ACT Library.

### **Saying Goodbye to Daddy**

Judith Vigna. Abby Levine (ed.). Albert Whitman & Co.: Morton Grove, Ill., 1991. library binding. 32 pp.

Storybook for children about the death of a parent.

### **The Tenth Good Thing about Barney**

Judith Viorst. Aladdin/Simon & Schuster: NY, NY, 1987. paperback. 32 pp.

Storybook for children about the death of a pet. Good for emotional education rather than at a time of bereavement. ACT Library (video cassette only).

### **Things about Zac, My Baby Brother**

Nadia A. McComb. Sudden Infant Death Research Foundation Inc.: Malvern, Vic., 1996. SIDA library.

### **Timothy Duck: The Story of the Death of a Friend**

Lynn Bennett Blackburn. Shari Borum (ill.). Centering Corp.: Omaha, Neb., 1987. 24 pp.

Storybook for children. A duck struggles with its feelings and eventually finds comfort. SIDA library.

### **The Very Best of Friends**

Margaret Wild. Julie Vivas (ill.). Margaret Hamilton Books: Sydney, NSW, 1991. paperback. 32 pp.

Storybook for children aged 3 to 10. ACT Library (cassette).

### **Waterbugs and Dragonflies**

Doris Stickney. Mowbray: London, 1997. paperback.

Storybook for children under 10 on the way waterbugs disappear, only to become dragonflies.

### **When Dinosaurs Die: A Guide to Understanding Death**

Laurie Krasny Brown. Little, Brown & Co.: NY, NY, 1996. hardcover. 32 pp.

Highly recommended, for children under 10. ACT Cancer Society library; ACT Library.

### **When Uncle Bob Died**

Althea. Dinosaur Publications: London, 1988. paperback. (OUT OF PRINT).

Storybook for children. ACT Library.

## Books for adolescents

### **The Bridge to Terebithia**

Katherine Paterson. Trophy/HarperCollins Children's Books: NY, NY, 1987. paperback. 144 pp.

Fiction for adolescents. Death of a friend. ACT Library (also cassette).

### **How It Feels When a Parent Dies**

Jill Krementz. Peter Smith Publisher: Magnolia, Mass., 1993. hardback.

Good, but some cultural differences. ACT Cancer Society library; ACT Library.

### **How Teenagers Cope with Grief: Something I've Never Felt Before**

Doris Zagdanski. Hill of Content: Melbourne, Vic., 1994. paperback. 100 pp.

Recommended, for years 8 to 10. Written specifically for the grieving teenager.

Informative; teenage feedback. Sections to assist parents, teachers and friends. SIDA library. (By the same author: **Something I've Never Felt Before: How Teenagers**

**Cope with Grief** (Hill of Content: Melbourne, Vic., 1990. paperback. 92 pp. (OUT OF PRINT). ACT Cancer Society library; ACT Library.)

### **Island**

Mary Dilworth. Houghton Mifflin/Jacaranda Wiley: Milton, Qld, 1991. hardcover. 98 pp.

For older teenagers. Death of a mother. ACT Library.

**Learning to Say Goodbye: When a Child's Parent Dies**

Eda LeShan. Avon Books: NY, NY, 1978. paperback. 128 pp.

Non-fiction for teenagers. Death of a parent. ACT Library (cassettes).

**Straight Talk about Death for Teenagers: How to Cope with Losing Someone You Love**

Earl A. Grollman. Beacon Press: Boston, Mass., 1993. paperback. 144 pp.

**You Take the High Road**

Mary K. Pershall. Penguin Books: Ringwood, Vic., 1989. paperback. 256 pp.

Fiction for teenagers. Loss of a sibling. ACT Library.

Books for parents, teachers, counsellors & other helpers

**Grief****Grief in Children: A Handbook for Adults**

Atle Dyregrov. Jessica Kingsley Publishers: London, 1991. paperback. 144 pp.

By a specialist in children's grief. Recommended. ACT Cancer Society library.

**Helping Bereaved Children: A Handbook for Practitioners**

Nancy B. Webb (ed.). Guilford Press: NY, NY, 1993. hardcover. 304 pp.

For professionals.

**Helping Children Cope with Grief**

Alan Wolfelt. Accelerated Development Inc/Taylor & Francis Inc.: Muncie, Ind., 1983. paperback. 176 pp.

**Helping Children Cope with Grief: Facing a Death in the Family**

Rosemary Wells. Sheldon Press: London, 1988. paperback. 104 pp.

Recommended. SIDA library; ACT Library.

**How Do We Tell the Children? Helping Children Understand and Cope When Someone Dies**

Dan Schaefer & Christine Lyons. Newmarket Press: NY, NY, 1988 (rev. ed.). paperback. 145 pp.

Describes children's understanding of death at different ages, common reactions, the funeral. SIDA library.

**Learning to Grieve: Life Skills for Coping with Losses, for High School Classes**

Geoffrey T. Glasscock & Louise Rowling. Millennium/E. J. Dwyer Pty Ltd: Newtown, NSW, 1994. spiral bound paperback. 129 pp.

For high school teachers (years 7 to 10).

**Motherless Daughters: The Legacy of Loss**

Hope Edelman. Hodder: London, 1997. paperback. 352 pp.

Recommended by a widower raising his 9- and 11-year-old daughters. Also useful for women who lost their mothers in girlhood. ACT Library. (By the same author: **Letters from Motherless Daughters**. Hodder & Stoughton: Rydalmere, NSW, 1995. ACT Cancer Society library.)

**On Children and Death**

Elizabeth Kubler-Ross (ed.). Touchstone Books/Simon & Schuster: NY, NY, 1997. paperback. 271 pp.

Although written as a guide for families of terminally ill children, it contains some information not seen in other books. Spiritual but not religious; simple and highly readable. ACT Cancer Society library.

### **The Private Worlds of Dying Children**

Myra Bluebond-Langner. Princeton University Press: Princeton, NJ, 1980. paperback. 298 pp.

### **Should the Children Know: Talking to Young Children about Death**

Marguerita Rudolph. Dove Communications: East Malvern, Vic., 1978. paperback. 114 pp.  
SIDA library; ACT Library.

### **Sibling Grief: How Parents Can Help the Child Whose Brother or Sister Has Died**

Marcia G. Sherago. Medic Publishing Co.: Redmond, Wash., 1987. 12 pp.  
Good, simple text. SIDA library.

### **Talking about Death: A Dialogue between Parent and Child**

Earl A. Grollman (ed.). Beacon Press: Boston, Mass., 1991 (3rd edition). paperback. 128 pp.

A guide, recommended for parents. Includes tips on what children are able to understand about death at various ages. SIDA library; ACT Cancer Society library. (By the same author: **Explaining Death to Children**. Beacon Press: Boston, Mass., 1967. paperback. 296 pp. SIDA library.)

### **Unspoken Grief: Coping with Childhood Sibling Loss**

Helen Rosen. Lexington Books: San Diego, Calif., 1985. paperback. 144 pp. (OUT OF PRINT).

## **General and activity books for children & parents**

### **Confident Kids: Helping Your Child Cope with Fear**

Janet Hall. Lothian Publishing Co.: Port Melbourne, Vic., 1993. paperback. 128 pp.  
Not particular to bereavement, but can be helpful for dealing with fears and sleeplessness. ACT Cancer Society library; ACT Library.

### **Starbright: Meditations for Children**

Maureen Garth. Collins Dove: North Blackburn, Vic., 1991. paperback. 105 pp.  
Visualisations/stories/guided meditations to read to children to help them relax, sleep, quieten fears, concentrate and awaken creativity. SIDA library; ACT Library. (By the same author: **Moonbeams: A Book of Meditations for Children** and **Sunshine: More Meditations for Children**. ACT Cancer Society library.)

### **This is Our Book of Memories about Someone Who Died**

Beth Scott. Rose Foundation: Camden, NSW, 1994. 12 pp.  
A memories scrapbook for pre-school and primary children to help when someone has died. (Also by the same author (7 pp.): **Understanding Children's Grief When Someone They Love Has Died** – parents' companion to the book of memories.) Both books are available as a set (\$10.50 including postage & handling) from The Rose Foundation Inc. (for contact information > see *Specialised mail-order services* in *Where to find books & other items* (Chapter 4)).

### **When Someone Is Very Sick: An Activity Book for Children When Someone You Care about Is Sick**

Beth Scott & Wendy Rainbird. Rose Foundation: Camden, NSW, 1994. 20 pp.  
An activity book for pre-school and primary children to help when someone is seriously ill or injured. (Also, by Wendy Rainbird, Beth Scott & Sheila Stephenson (5 pp.): **When Someone is Very Sick: A Book for Parents to Accompany 'An Activity Book for Children When Someone Is Very Sick'** – parents' companion to the activity book.) Both books are available as a set (\$12 including postage & handling) from The Rose Foundation.

## 5 FUNERALS & OTHER RITUALS

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### **Footsteps Back to Living: Creating Your Own Rituals and Ceremonies for Death and Bereavement**

John Bottomley. Urban Ministry Network: Caulfield North, Vic., 1991. paperback. 107 pp. (OUT OF PRINT).

Recommended, for bereaved people and professionals.

### **Funerals to Celebrate Life: The Positive Value of Creating an Appropriate Funeral**

Marian Barnes. Simon & Schuster: NY, NY, 1992. paperback. 192 pp. (OUT OF PRINT).

SIDA library; ACT Library.

### **Good Grief Rituals: Tools for Healing**

Elaine Childs-Gowell. Station Hill Press: Barrytown, NY, 1992. paperback.

Recommended, for professionals. ACT Library.

## 6 FOR HELPERS

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For those who would like to help a bereaved friend, relative or colleague

### **Don't Wait Until I Die to Send Me Flowers**

Evie Hodge. B. W. Publications: Bairnsdale, Vic., 1996. paperback.

Recommended. ACT Cancer Society library; ACT Library.

### **Stuck for Words: What to Say to Someone Who is Grieving**

Doris Zagdanski. Hill of Content Publishing: Melbourne, Vic., 1994. paperback. 140 pp.

Recommended. ACT Library.

## 7 FOR THE CARING PROFESSIONS & STUDENTS OF GRIEF

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General

### **The Anatomy of Bereavement: A Handbook for the Caring Professions**

Beverley Raphael. Jason Aronson Publishers: Dunmore, Pa., 1995. paperback. 454 pp.

Essential reading for counsellors and other professionals. ACT Library.

### **Bereavement: Studies of Grief in Adult Life**

Colin Murray Parkes. Routledge: London, 1996 (3rd edition). hardback.

Academic study of widows' and others' experiences of bereavement. ACT Library.

### **Good Grief – Good Health: A Public Health Approach to Bereavement Education in the ACT**

Rachel Lacey. ACT Cancer Society & the National Association for Loss and Grief ACT: Canberra, ACT, 1997. 153 pp.

Report of the ACT Community Bereavement Education Project survey. Includes suggested readings and useful ACT resources.

### **Grief Counselling and Grief Therapy: A Handbook for the Mental Health Practitioner**

J. William Worden. Routledge: London, 1991 (2nd edition). paperback.

Recommended, for professionals. ACT Library.

### **How We Grieve: Relearning the World**

Thomas A. Attig. Oxford University Press: Oxford, 1996. paperback. 224 pp.  
Recommended, for professionals; useful for case studies.

### **Penguin Book of Death and Dying**

Gabrielle Carey & Rosemary Sorensen (eds). Penguin: Ringwood, Vic., 1996. paperback. 340 pp.

Essays and reflections for the general reader. Includes 'A Death-Denying Circus' by Gabrielle Carey.

## About children

### **Lost Children: Separation and Loss between Children and Parents**

Louise Kaplan. Pandora Press: London, 1995. paperback. 288 pp.

Recommended, as a psychotherapeutic text for therapists and psychoanalysts; theoretical rather than practical.

### **Post-Traumatic Stress in Children**

Martin Herbert. BPS Books (British Psychological Society): Leicester, England, 1996. paperback.

Recommended, for professionals.

## 8 OTHER HELPFUL ITEMS

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### Books

Books on spiritual and moral questions, relaxation, meditation, stress management, depression, anxiety, post-traumatic stress and related subjects can be helpful. Browse through the self-help and psychology sections of bookshops for relevant titles, or try your local library.

### **Aftermath: Survive and Overcome Trauma**

Mariann Hybels-Steer, PhD. Simon & Schuster: NY, NY, 1995. paperback. 256 pp.  
Includes chapters on injury, bereavement and children.

### **A Book of Comfort to Help and Inspire in Troubled Times**

Rabbi Rudolph Brasch. Angus & Robertson/HarperCollins Publishers: Pymble, NSW, 1992. paperback. (OUT OF PRINT).

### **Gift from the Sea**

Anne Morrow Lindbergh. Hogarth Press/Chatto & Windus: London, 1994. 138 pp.  
ACT Library.

### **I Can't Get over It: A Handbook for Trauma Survivors**

Aphrodite Matsakis, PhD. New Harbinger Publications, Inc.: Oakland, Calif., 1996. paperback. 416 pp.  
Recommended. ACT Library.

### **In Heaven as on Earth: A Vision of the Afterlife**

M. Scott Peck. Hyperion: NY, NY, 1997. paperback. 240 pp.  
Fiction. ACT Library.

### **Man's Search for Meaning**

Viktor E. Frankl. Pocket Books/Simon & Schuster: NY, NY, 1985. paperback. 221 pp.  
Recommended, for bereaved people and professionals. ACT Library.

### **Minding the Body, Mending the Mind**

Joan Borysenko. Bantam Books Inc.: Ealing, London, 1988. paperback. 256 pp.  
Meditation and relaxation. ACT Library.

**Out of the Ashes: A Handbook for Starting Over**

Patrick & Claudette McDonald. Paulist Press: NY/Mahwahm, NJ, 1997.  
Exploring spirituality after a traumatic loss or event.

**Outrageous Fortune**

Susan Kelly & Prasuna Reddy. Allen & Unwin: Sydney, NSW, 1989.  
'Life's insults' and how people have coped. ACT Library.

**The Tibetan Book of Living and Dying: A New Spiritual Classic from One of the Foremost Interpreters of Tibetan Buddhism to the West**

Sogyal Rinpoche. Harper: San Francisco, Calif., 1994. paperback. 444 pp.  
Recommended, but probably not for newly bereaved. ACT Library.

**Tough Times Never Last But Tough People Do**

Robert H. Schuller. Thomas Nelson Inc.: Nashville, Tenn., 1996. hardback. 256 pp.

**When Bad Things Happen to Good People**

Harold S. Kushner. Avon Books: NY, NY, 1983. paperback. 160 pp.  
Highly recommended. A rabbi's struggle to deal with his young son's death. SIDA library; ACT Library.

**Who Dies? An Investigation of Conscious Living and Conscious Dying**

Stephen Levine. Anchor Paper/Doubleday & Co.: Des Plaines, Ill., 1996. paperback. 336 pp.  
Considered to be very helpful, especially the meditations. ACT Library.

## Audio cassettes

'Coping with Grief', Mal McKissock (ABC shops); relaxation and meditation cassettes.

## Film suggestions

Films recommended by a mother who lost a child in a car accident include 'Kolya', 'Truly Madly Deeply', 'Wings of Desire', 'Blue' and 'Charlotte's Web'.

## Some loss &amp; grief Web sites

- <http://www.madd.org> (Mothers Against Drunk Drivers) (USA)
- <http://www.bereavement.demon.co.uk> (London Bereavement Network)
- <http://www.adec.org> (Association for Death Education and Counseling) (USA) (links to <http://rivendell.org> (GriefNet) and other sites).

## 4 WHERE TO FIND BOOKS & OTHER ITEMS

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### 1 ACT LIBRARY SERVICE

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Many of the books included here are available at the ACT Library Service. Books listed as available are those with the same title and author as shown in the list but sometimes the edition is different (publisher, date and place of publication).

### 2 NATIONAL LIBRARY OF AUSTRALIA

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Many books and other materials published in Australia are available at the National Library. Books and other reference materials can be consulted but are not available for loan.

### 3 RECOMMENDED BOOKSHOPS

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Bookshops recommended by persons who contributed to the list of suggested readings include the Co-op Bookshop, Collins, the Christian Bookshop (Mawson), Book Lore (Lyneham – for second-hand books) and Smith's (Civic).

### 4 OUT-OF-PRINT BOOKS

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Books listed as out of print were not available at the time of publication. However, it is possible some of them may be reprinted in future, possibly by a different publisher. Ask in a bookshop or at the ACT Library Service or try second-hand bookshops and sellers (for example, weekend markets, the Lifeline annual book sale, etc.).

### 5 SPECIALISED MAIL-ORDER SERVICES

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#### **CAPERS BOOKSTORE(Childbirth & Parenting Education Resources & Services)**

(for parents & health professionals)

PO Box 412, Red Hill QLD 4059 Tel.: (07) 336 99200 Fax: (07) 336 99299

#### **OPEN LEAVES BOOKSHOP**

79 Cardigan Street, Carlton VIC 3053

Tel.: (03) 9347 2355 Fax: (03) 9347 1430 E-mail: openleaves@bigpond.com

#### **THE ROSE FOUNDATION**

PO Box 192, Camden NSW 2570 Tel.: (02) 9606 6853 Fax: (02) 9606 5552

### 6 COMMUNITY ORGANISATIONS

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#### **ACT CANCER SOCIETY**

The ACT Cancer Society's collection of books, pamphlets, videos and cassettes on loss and grief and related subjects is available for consultation and loan. Library membership is free. Borrowing: up to four items for three weeks with possibility of extension. Opening hours: 9.00 a.m.–5.00 p.m. Location: 159 Maribyrnong Avenue, Kaleen ACT 2617.

Tel.: (2) 6 262 2222.

### **NATIONAL ASSOCIATION FOR LOSS AND GRIEF (ACT)**

- NALAG (ACT)'s collection of videos on loss and grief is available at the Grief Resource Centre for viewing by groups.
- NALAG (ACT)'s collection of books on loss and grief and related subjects can be consulted at the Grief Centre but is not available for loan.

For contact information > see *Contact information & resources (Booklet 8)*.

### **SUDDEN INFANT DEATH ASSOCIATION (ACT)**

SIDA's collection of books, pamphlets and videos relating to loss of an infant is available for consultation and loan. For contact information > see *Contact information & resources (Booklet 8)*.

## **7 LEGISLATION & RELATED INFORMATION**

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### Web sites

- <http://www.austlii.edu.au> (Australasian Legal Information Institute) (for ACT and Commonwealth legislation, etc.)
- <http://law.gov.au> (Commonwealth Attorney-General's Department's Web site) (go to legislation link) (SCALEplus has Commonwealth (and other) legislation and Commonwealth (and other) case law.)
- <http://www.dpa.act.gov.au/ag/ag1.html> (ACT Department of Justice and Community Safety home page; links lead to ACT legislation)
- <http://www.act.gov.au/> (ACT Government home page; links lead to departments, legislation, etc.).

### Printed copies of Acts

#### **ACT legislation**

Printed copies of ACT legislation may be purchased from:

#### **LEGISLATION SECTION (PUBLICATIONS), DEPARTMENT OF URBAN SERVICES**

Allara House, corner Constitution Avenue and Allara Street, Civic ACT 2601

Tel.: (02) 6205 0254 Fax: (02) 6207 5640

You may order copies of ACT Acts by phone or fax.

- Mail-out service: Preferred form of payment is by credit card. (American Express is not accepted.) Additional charge for postage: approximately \$1.00.
- Collection in person: Collect from the above address. Payment on purchase.

#### **Commonwealth legislation**

Printed copies of Commonwealth legislation can be purchased from:

#### **GOVERNMENT INFO**

10 Mort Street, Canberra City ACT 2601

Tel.: (02) 6247 7211 Fax: (02) 6257 1797

#### **AUSINFO (formerly Australian Government Publishing Service) telesales**

Tel.: 132 447 Fax: (02) 6295 4888

## Public libraries

### **ACT LIBRARY SERVICE**

- Printed copies of ACT and Commonwealth legislation may be consulted at some branch libraries of the ACT Library Service. Each branch may not have a complete or up-to-date set of all legislation; call the branch library to check its holdings. The Civic branch library (Saratton Building, East Row, Civic) has a comprehensive set of ACT and Commonwealth legislation up to 1996.
- Free public Internet access to **Web sites** (> see above).

If you need help, ask at the information desk.

### **NATIONAL LIBRARY OF AUSTRALIA**

If after trying the ACT Library Service there is information you still can't find, try the National Library.

- Available for consultation in the reading room:
  - printed copies of all **ACT legislation**
  - printed copies of all **Commonwealth legislation**
  - a comprehensive collection of **specialist guides** and other **reference materials** – in particular, loose-leaf binder services (offering specialist commentary on various areas of law and related matters (e.g. taxation, superannuation); updated regularly; published by CCH, Law Book Co., Butterworths).
- Free public Internet access to **Web sites** (> see above) on legal and other subjects.

If you need help, ask at the information desk.

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