

Date:

# **Bereavement, Trauma & Abuse**

**3.1** 

**Title: Through Grief; the Bereavement Journey**

**Author(s): Collick**

**Publisher: Darton, Longman, Todd**

**Year: 1986      ISBN: 0232516820**

**Bereavement,  
Trauma & Abuse 3.1**

**Written by a bereavement counsellor who is herself a widow, this book takes the reader through the “journey” of grief that many people have described. She discusses the early days of bereavement from feelings of shock, numbness and denial; anxiety, anger and guilt, to the later stages of acceptance and healing.**

**Intended for not only those who are bereaved, but also family, friends, colleagues and health care professionals.**

**Clear and full of good information, but feels a bit like a textbook.**

**(85 pages)**

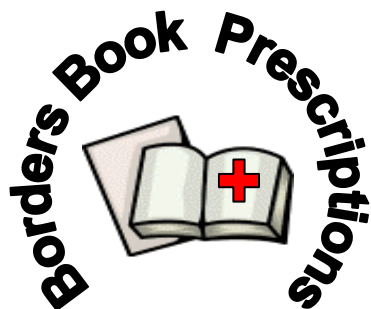
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