The Centre for the Grief Journey

Library

Resources for Grievers and for Helpers

Written and Compiled by Dr Bill Webster

We hope you find these articles informative and helpful. Please feel free to suggest any grief related topics that you would find helpful for future articles by Dr Bill.

Welcome to the Library:
Introduction to the Articles

Section 1: Help Me Understand Grief

1. The Awesome Power of Personal Story
2. Understanding What Grief Is.
3. 10 Facts about Grief and Grieving
4. Understanding What Grief Involves
5. Distinguishing between Primary and Secondary Loss.
6. The Many Emotions Of Grief
7. The Healing Power of Memories
8. The Worst Kind of Loss.
9. Dealing with Difficult Days
10. Suggestions To Help Myself Through Grief
11. Finding Reasons to Go On
12. Reorganizing my Life after Loss

Section 2: Helping Others through Grief

1. Helping Someone Who is Grieving
2. Helping Children Cope with Grief
3. Helping Teenagers Cope with Grief
4. Grief in the Workplace
5. Helping a Fellow Worker
6. Helping Someone Who is Traumatized
7. Helping Someone Who is Dying  
8. Helping Yourself When Someone is Dying  
9. Helping Survivors of Suicide  
10. Helping after Sudden and Unexpected Death  
11. Other topic  
12. Other topic  

Section 3: Understanding Specific Situations  

1. Loss of a Spouse  
2. Loss of a Parent  
3. Loss of an Infant Child  
4. Loss of a Teenager  
5. Loss of an Adult Child  
6. Loss of a Sibling  
7. Loss of a Grandparent  
8. Loss of a Grandchild  
9. Loss of a Friend  
10. Loss of a Special Friend  
11. Loss of an Unrecognized Relationship  
12. Loss of a Colleague  

Section 4: Getting Help  

1. Helping Myself after a Loss  
2. How to Help a Grieving Friend  
3. Helping a Grieving Client  
4. Helping a Grieving Employee or Colleague  
5. What Should I Say … or Not Say  
6. The Importance of Grief Support  
7. The Value Of Meaningful Memorials  
8. Coping with Legal Issues  
9. Coping with Money Matters  
10. Looking After Yourself … Practical Ideas  

Section 5: For Bereavement Caregivers  

1. Crisis Management: What to Do When Crisis Comes  
2. Grief Counseling: Optional or Necessary?  
3. Avoiding Caregiver Burnout.
4. The Need for Grief Support.
5. Other Articles for Caregivers
6. More Articles for Caregivers

Section 6: On the Lighter Side
(A selection of Dr Bill Webster’s humorous and motivational articles)

1. Chocolate is a Vegetable!
2. Who’s packing your parachute?
3. Learning in the School of Hard Knocks
4. To my Fellow Crackpots
5. Dominating Doubts
6. Facing your Fears
7. Everything Old is New Again …
   Or Do I Need New Glasses?
8. Changing Old Messages