



Loss and Grief Workbook (Skills for Caring)

Bob Wright

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The feelings and thoughts connected with loss, grief, dying and death have always concerned people. The author Bob is a specialist in crisis intervention. He has developed his experience in counselling and a workshop facilitator over a number of years. This updated self-directed study workbook will appeal to everyone with a health and social care interest. It can be used as a stand-alone module or at your workplace as part of an assessment programme, or as part of a more formal training programme at a college or other institution. You can read it in parts, if this is more convenient for you, or you can interrupt your reading to do some of the exercises. There is space for you to keep notes. The workbook can be used in a very flexible way and covers a variety of issues from divorce, losing a limb to bereavement.

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