	Introduction	7	PART TWO	67
			7. Creative Activities	69
P	ART ONE	9	Who Am I?	72
,	What Is Thougan low?		Where Are You?	74
1.	What Is Thanatology?	11	What If? If Only	76
		12	Tree of Support	78
	What not to do	13	Loss History	80
	What you can do	15	Emotion in the Palm of Your Hand	82
2.	Early Roots	17	Broken Pieces	84
	The first big grief study	18	Rebuilding Your Life	86
	Grief today	19	Circle of Emotion	88
	What about your own grief?	20	Riding the Wave	90
3.	Creativity	23	Put Grief Down-For a Little While	92
	Creative process	24	Centering	94
	•		Tracking Internal Responses	96
4.	Grief Models	31	Grounding	98
	The shattering of the assumptive world	31	BANDS	100
	Kübler-Ross's five stages	34	Swing from the Sky	102
	Worden's tasks of mourning	39	Star of Gratitude	104
	Dr Alan Wolfelt's companioning model of bereavement	45	Energy Drawing	106
		43	Fear and Action	108
	The dual process model of coping with bereavement	46	Circle Story	110
	Somatic interventions	48	Spiral of Love	112
	Meaning making	53	Shield of Protection	114
_		00	Self-Care Pyramid	116
5.	The WHOLE Process—Using Different		Challenging Beliefs	118
	Lenses	55	Meaning and Purpose	120
	Narrative lens: What happened? Who am I?	55	Fairy Tale	122
	Active lens: HELP! How do I do this?	57	Dreaming the Future	124
	Feeling lens: Opening to emotion	58	Shell of Memory	126
	Restorative lens: Learning to live fully again	59	Try Something New	128
	Transformative lens: Exploring the past to	-	Love	130
	experience the future	61	Resources	133
6.	Compassion in Action—Karuna	65	Creative resources	135
			Other helpful organizations and foundations	135
			References	137
			Index	139