

**Coming Soon!**

*Guidance for the traumatized mourner, with substantial new  
information counselors can use*

***Coping With the Sudden Death  
of Your Loved One:  
Self-Help for Traumatic Bereavement***

*\*Accident   \*Disaster   \*Suicide   \*Homicide  
\*Death from Terrorism or War   \*Acute Natural Death*

**Therese A. Rando, Ph.D., BCETS, BCBT**

---

**About The Book:**

Focusing on self-help strategies for mourners losing loved ones to sudden death, this book provides cutting-edge information and practical suggestions for dealing with the unique challenges posed by the volatile mixture of loss and trauma.

**About The Author:**

An award-winning clinician and author, Dr. Rando is a clinical psychologist, thanatologist, and traumatologist. Since 1970, she has consulted, conducted research, provided therapy, written, and lectured internationally in areas related to loss, grief, illness, dying, and trauma.

**Tentative Table of Contents**

**PART I: Your Experience**

1. Sudden Death Is Traumatic
2. Understanding Loss and Trauma
3. Your Journey Through Grief and Mourning
4. The Six "R" Processes of Mourning
5. Why A Sudden Death Is So Different
6. How You React When Your World Shatters Abruptly
7. Elements Making a Sudden Death More Traumatic
8. How Your Unique Situation Influences Your Mourning
9. Your Traumatic Bereavement Over Time

**PART II: Dealing with Your Loved One's Particular Death**

10. Confronting the Circumstances of Sudden Death
11. If Your Loved One Died From Acute Natural Death
12. If Your Loved One Died From An Accident or Disaster
13. If Your Loved One Died from Suicide
14. If Your Loved One Died From Homicide, Terrorism, or War

**PART III: Contending with the Outside World**

15. Dealing With Other People and Work
16. Surviving the Criminal and Civil Justice Systems
17. Looking for Assistance and Mutual Support

**PART IV: Developing Your Self-Help Plan**

18. Thinking and Feeling in Healthy Ways
19. Coping Effectively
20. Enabling Your Six "R" Processes
21. Managing Your Anxiety
22. Attending To Other Sudden Death Repercussions
23. Creating Your Own Bereavement Rituals
24. Putting Together Your Self-Help Plan

**PART V: As You Go Forward**

25. What Healthy Living With Your Loss Looks Like
26. Choices

***To Be Published by Dog Ear Publishing***

Coping with bereavement. Bereavement happens to us all at some point in our lives. For some it is sudden and unexpected, and even for those who know their loved one is dying it can come as a great shock.Â Hearing the news of a sudden bereavement can be a traumatic and devastating event in itself and can affect people in different ways. There can be a sense that time is standing still, or that your world is spiralling out of control.Â One of the most powerful grief feelings can be a sense of yearning or missing, even feeling guilty for carrying on living. All these feelings are normal in grief but can be overwhelming and often difficult to put into words.