



Grief and its Challenges

Neil Thompson

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The experience of loss and the healing process of grief are fundamental parts of being human. Written by acclaimed author Neil Thompson, *Grief and its Challenges* provides a theoretically rich and emotionally compassionate introduction to this complex topic.

Incorporating both traditional and newer viewpoints, this book explores how grieving has been theorized and explains the many social as well as personal factors affecting how individuals encounter, interpret and respond to grief. Brief but telling vignettes show how theory works in practice across a wide variety of grieving experiences, from bereavement and trauma to the breakdown of a relationship or losing a job.

This text provides holistic understanding as well as guidance on how to respond to the bereaved and grieving. It is essential reading for trainees and practitioners in counselling, psychotherapy, social work and nursing looking to make sense of issues around loss, trauma and grief, and give skilled, sensitive support.

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