

CONTENTS

Series Editor's Foreword	xii
Acknowledgments	xiv
List of Illustrations and Tables	xvi
About the Authors	xviii
Introduction	1
Glossary	4
1 Exploring Loss	9
A Case Study	9
Recognizing, Acknowledging, Exploring, and Enduring Loss	10
Grief	14
There Is No Recipe for 'The Correct Way to Grieve'	15
A Historical Sketch of the Views on Finiteness	17
New Vision of Shaping Personal and Professional Change	28
Dialogue	29
Questions for Self-Reflection	31
Exercises	32
Exercise—Recognizing the Losses	32
Exercise—Personal Loss	32
Exercise—Lifeline	32
2 To Welcome and Connect	37
A Case Study	37
Stories of Loss Need a Sanctuary	38
Counseling the Other Side of Contact and Welcome	39
Dialogue	42

Questions for Self-Reflection	43
Exercises	44
<i>Exercise—Getting Acquainted/Intake Interview</i>	44
<i>Exercise—Make Your Own Birth Announcement Card</i>	44
<i>Exercise—The Genogram</i>	45
3 Attachment and Bonding	50
A Case Study	50
The Importance of Secure Bases	51
Working Models	53
Attachment Styles	56
Attachment in Adults	62
The Difference Between Attachment and Bonding	64
The Counselor as a Secure Base	64
Counseling the Other Side of Attachment and Bonding	65
Dialogue	66
Questions for Self-Reflection	68
Exercises	68
<i>Exercise—Recognizing Attachment Styles</i>	68
<i>Exercise—'Inquiry'</i>	68
<i>Exercise—To Physically Experience Different Attachment Styles</i>	69
<i>Exercise—The Secure Base Map</i>	70
<i>Exercise—Constellation Using Mats</i>	71
<i>Exercise—Reaching Out and Withdrawing in Attachment Strategies</i>	72
4 Sharing Intimacy and Outlining Sexuality	76
A Case Study	76
The Very First Moment of Intimacy	77
Intimacy and Touch	79
Intimacy in the Partner Relationship	79
Sexuality	80
Intimacy, Sexuality, and Grief	81
Intimacy in the Working Relationship	81
Counseling: Two Sides of the Coin on the Theme 'Intimacy and Sexuality'	82
Dialogue	83
Questions for Self-Reflection	85
Exercises	85
<i>Exercise—Intimacy and Proximity</i>	85
<i>Exercise—Proximity/Making (Eye) Contact</i>	87
<i>Exercise—Drawing the System of Origin</i>	88
<i>Exercise—Constellation Using Mats (Additional Exercise)</i>	91

5 Separation and Loss	92
A Case Study	92
Without Goodbyes, No Hellos	93
<i>Rituals for Loss and Saying Goodbye</i>	95
Counseling the Other Side of Grief and Loss	98
Dialogue	100
Self-Reflection Questions	102
Exercises	102
Exercise—Lifeline (Addition for the Theme Loss and Saying Goodbye)	102
Exercise—Goodbye Letter	103
Exercise—‘What Still Needs to be Said’	104
Exercise—Untangling Multiple Losses	105
6 Grief	108
A Case Study	108
The Duality of Grief	109
<i>Grief Oscillates Between Past, Present, and Future</i>	110
<i>Grief as Pileup of Crises</i>	112
Factors Influencing Grief	114
Attachment Styles and Grief	114
Meaning and Nature of the Relationship	115
The Social Network	115
Nature and (Special) Circumstances Regarding Loss	116
Natural Expectation of Loss Based on Age	116
Hidden, Invisible, or Disenfranchised Grief	118
Loss by Unnatural Causes	119
How Different Groups Grieve Differently	121
Difference Between Men and Women	121
Grief in Children and Young People	122
Grief in Young Adults	124
Grief in Adults	125
Grief in the Elderly	125
The Grief of the Intellectually Challenged	125
The Grief of People With Acquired Brain Injury	126
Anticipatory Grief	127
The Grief of the Terminally Ill Themselves	127
The Grief of Young People With a Short Life Expectancy	127
Additional Aspects in Grief	128
Cumulative Loss	128
Delayed Grief	129
Transgenerational Grief	129
Continuing Bonds	130

Counseling: The Other Side of Grief	131
Dialogue	132
Self-Reflection Questions	135
Exercises	135
Exercise—Lifeline (Addition With the Theme 'Grief')	135
Exercise—Returning the Burden	136
Exercise—Travel Report	136
Exercise—Loss-Boxes and Loss-Cupboards	137
Exercise—Beauty and Consolation: Art in Grief	139
Exercise—Unfolding the Image	140
7 Meaning Reconstruction	142
A Case Study	142
Grieving Takes Place in a Social Context	143
Rewriting the Story of Your Life	143
Internal and External Meaning	146
Positive and Negative Meaning Reconstruction	146
Counseling: The Other Side of Meaning Reconstruction	148
Dialogue	149
Self-Reflection Questions	151
Exercises	151
Exercises—Meaning Reconstruction	151
Exercises—Backstory and Event Story	151
Exercise—Virtual Dream Story	152
Exercise—Virtual Dream Story (Intensified Version)	154
A Case Study	155
Exercise—Chapters of Our Lives	156
8 Resilience—Coping, Trauma, and the Brain	158
A Case Study	158
Background	159
Coping	159
Trauma	160
Resilience	163
The Brain—Perspectives From Head Office	165
Growth After Loss	171
Dialogue	173
Self-Reflection Questions	175
Exercises	175
Exercise—Coping and Attachment Styles	175
Exercise—Inner Separation	176
Exercise—Mindfulness: Grounding	179
Exercise—Guided Visualization: What Did You Say Goodbye to This Morning?	180
Exercise—Growth After Loss	181

9 Grief in the Context of Work	183
A Case Study	183
Loss and Grief at Work	184
<i>The Loss of a Colleague or Coming to Work After a Loved One Has Passed Away</i>	184
Organizations as Sources of Loss	186
Phase One: Change Starts With an Ending	186
Phase Two: The Neutral Zone	188
Phase Three: The New Beginning	190
Secure Bases at Work	191
Change After Change	192
Dialogue	194
Questions for Self-Reflection	197
Exercises	197
Exercise—Symbol for Work	197
Exercise—Transition on the Lifeline	198
10 Dialogue: Putting Loss Into Perspective	199
A Case Study	199
Professional Counseling Is a Transitional Encounter in the Here and Now	200
Core Skills of the Counselor	201
Dialogue as a Starting Point and Grounds for Connecting	204
About Consolation in Dialogue	206
Dialogue and Old (Parental) Messages	208
Attachment Dynamics in Dialogue	212
Structure of a Counseling Program	214
Dialogue	219
Invitation to Develop a Personal Vision on Grief	221
Questions for Self-Reflection	222
Exercises	222
Exercise—Which Questions Were Asked?	222
Exercise—Symptoms of Grief	222
Exercise—Letter of Consolation	223
Exercise—Transactions	224
Exercise—Script Decisions	224
Exercise—Intake	225
Exercise—The Structure of a Counseling Program	225
Bibliography	227
Index	238