Trauma, Loss & Grief Resources - for use by school counsellors and other mental health professionals associated with school communities (V1.0)

This list has been prepared by Michelle Roberts on behalf of the Australian Child and Adolescent Trauma, Loss and Grief Network (ACATLGN). It comprises resources she has used over many years as a psychologist and teacher working in education.

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The list is organised according to:

1. Programs/Manuals/ Workbooks  
   (a) Trauma, loss and grief  
   (b) Depression and anxiety  
2. Critical incident management in schools  
3. Picture story books  
4. Trauma, death and loss texts for school-based personnel

This list is not exhaustive and forms a living or dynamic document, which may be continually edited and updated.

Please let us know if there are other resources you find useful for use in your work with children, young people or their families in school contexts – Email us at earlytraumagrief.anu.edu.au
1. Programs/Manuals/Workbooks

(a) Trauma, loss and grief concerns


A book to be illustrated by children. Designed to be used as a process with children who have witnessed or experienced a traumatic event.


Designed for adults to read selectively with children & young people.


Exercises that are designed for use clinically or by survivors.
(b) Depression and anxiety

   Chapters include – identifying stress, mind body connection, self talk, calming actions and problem solving.

   Anxiety in Children – treatment- exercises-self perception, CBT

   This booklet is designed to assist general practitioners to treat patients with depression and anxiety related disorders. Good practical activities for relaxation, self talk, psychological treatment options.

   Mood management. A cognitive behavioural skills building program for adolescents-skills work book.

   A comprehensive treatment and intervention guide for school counsellors, psychologists and other support personnel. Exercises are mainly CBT and psycho educational approaches for children and adolescents.

   Best practices for therapy. Empirically based treatment protocols.

Stallard, P. (2002). *Think Good-Feel Good. A cognitive behavioural therapy workbook for children and young people*. West Sussex: John Wiley and Sons Ltd.
   Includes free online resources [http://www.wileyeurope.com/go/thinkgoodfeelgood](http://www.wileyeurope.com/go/thinkgoodfeelgood)
   Can also be used as an interactive computer program. Materials can be used to structure and supplement sessions.
2. Critical incident management in schools


The class in room 44 talks about their thoughts and feelings when Tony is killed in a car accident. This book is about a teacher who allows the class to speak about the death of Tony, differential responses and her way of guiding the class through their different responses. Explains funerals, blame, grief and memorials that are suitable for primary-school aged children.


A guide developed with teachers in mind. Covers grief, physical and emotional reactions of bereavement, steps that teachers can take to help, what to say and what not to say.

**Edwards, H.** (1992). *I thought I was the only one: Coping with grief and loss in schools: A resource for teachers.* North Blackburn, Vic: Collins Dove.


A practical book that examines common reactions of students and staff as well as a guide for developing a death related crisis plan.


The manual aims to provide principals and the management team with potential impact of critical incidents affecting schools, guidelines for prevention, overview of psychological trauma, plans of action, checklists and strategies for re-establishing safety and facilitating recovery.


3. Picture story books


   A book about domestic violence from a child's perspective.


   Molly talks about the feelings she has been having since the death of her mother
   Includes information for caregivers


   Jenny has always been happy until recently she worried about her mum and dad
   fighting and about wars and bombs and friends and school and soon she was
   carrying around a HUGE bag of worries.


   Useful for upper primary and secondary students, themes of depression, loneliness,
   anxiety and despair.

   Jenny is Davey's guardian angel, but even she can't stop her little brother from dying.

4. Trauma, death and loss texts for school-based personnel


Why is it that stressful events are seared into our brains? Bremner cites evidence to support his contention that stress damages the brain and that extreme stress may lead to damage that manifests as PTSD. Clear explanations of the alterations to structure and function of the brain following exposure to stress and trauma experiences.


An exploration of the nature, existence, and consequences of PTSD, the political and social factors that led to PTSD being included in the DSM IV as a psychiatric disorder.


Presents a systematic treatment approach, grounded in CBT, for children and their families. Also, assessment of PTSD, anxiety, depression and other trauma related symptoms.


A book for parents, teachers and those in the caring professions working with children affected by grief.


A review of PTSD including information of assessments, biological approaches, and long term effects. Recommended for those who are new to the trauma field as well as those who are experienced.


The cost to mental health workers of working with those who are traumatised can be great. Chapters outline risks and strategies for managing the intense emotional legacy of working with the traumatised.


This book is about what follows the breakdown in functioning following a traumatic event. Providing a psychoanalytical perspective of the meaning of the trauma for the individual.


Talks about the first days after a death and what you may feel, returning to school after a suicide and what to do if you think someone is suicidal.

This book has been written to help those people who may find themselves having to care for children who have been affected by the violent death of one parent by another.


Another one of the seminal books for working with those who have been exposed to traumatic events.


A handbook to provide guidance and tools for treating children who have been traumatised.


Practical information for parents, teacher and mental health professionals to help children exposed to trauma.


A collection of chapters written by experts in the field. Chapters look at the historical context for responding to potentially traumatic events, mental health interventions that have been used after disasters including intervention scenarios such as family assistance, outreach, and psychological management. Specific chapters also on special populations, including children.


Leading experts from clinical and developmental psychology describe the occurrence of PTSD in various phases of life from adolescence to old age. Also discussed are methods for coping with PTSD at different stages of life.


This book includes information on cultural considerations when working with Native North American, South East Asian people who have migrated to the US, African, Former Yugoslavian, African American, Israeli, Palestinian and intercultural approaches to psychosocial assistance and healing.


Another book that should be in your library if you work in this area.

How does interpersonal experience shape the brain? For readers concerned with promoting mental health and resilience. A synthesis of information about the mind and how the mind develops in relation to interpersonal experiences and how in turn this influences the structure and function of the brain. An exploration of the development of children and their brains.


Another vital book for those who work with children who have been exposed to violence and trauma.


One of the early important books that considered childhood trauma.


Processes for strategic crisis management in schools are outlined. “There are two types of school personnel: those who have been through a crisis and those who will go through a crisis. Dr. Thompson’s book hits all the critical topics and is a powerful resource for both groups.”


A simple introduction to children and trauma explained within the context of development. A great guide for school personnel.


A guide to facilitating children’s healing for parents and teachers including some tips on what to say that is helpful. A book full of practical applications.


An exploration of the notion of post traumatic stress disorder from a historical perspective and as a ‘man made’ diagnosis of a set of reactions to events. Controversial and thought provoking.


A valuable reference that provides practical guidelines and theoretical constructs for helping children recover from trauma.