



## Dealing with Dying, Death, and Grief during Adolescence (Series in Death, Dying, and Bereavement)

By David E. Balk

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### Dealing with Dying, Death, and Grief during Adolescence (Series in Death, Dying, and Bereavement) By David E. Balk

For some, life's introduction to death and grief comes early, and when it does it can take many forms. Not only does *Dealing with Dying, Death, and Grief during Adolescence* tackle them all, it does so with David Balk's remarkable sensitivity to and deep knowledge of the pressures and opportunities adolescents face in their transition from childhood to adulthood. In seamless, jargon-free language, Balk brings readers up to date with what we know about adolescent development, because over time such changes form the backstory we need to comprehend the impact of death and bereavement in an adolescent's life. The book's later chapters break down the recent findings in the study of life-threatening illness and bereavement during adolescence. And, crucially, these chapters also examine interventions that assist adolescents coping with these difficulties. Clinicians will come away from this book with both a grounded understanding of adolescent development and the adolescent experience of death, and they'll also gain specific tools for helping adolescents cope with death and grief on their own terms. For any clinician committed to supporting adolescents facing some of life's most difficult experiences, this integrated, up-to-date, and deeply insightful text is simply *the* book to have.

**David E. Balk** is professor in the department of health and nutrition sciences at Brooklyn College (CUNY), where he directs the graduate program in thanatology. He is the author of *Adolescent Development: Early Through Late Adolescence*, *Helping the Bereaved College Student*, and several other books on death and bereavement. He is also co-editor of the 2<sup>nd</sup> edition of the *Handbook of Thanatology* (Routledge, 2013).

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## **Editorial Review**

### Review

*"I found the book very useful in summarising the theoretical approaches to adolescence, and looking at the different models of coping and resilience, which would be useful in helping the individual counsellor to develop a better understanding of how to guide and support young people. He gives many examples to illustrate the theory, which helps in relating it to practice. The chapter on interventions is focused at organisations and health care programmes, and as such is not so useful to the individual counsellor, but health care commissioners take note! I feel it is a comprehensive approach to the theory and models of coping and resilience for adolescents, making it a useful addition to the counsellor's bookshelf, and my copy will certainly be referred to regularly." ? Janet Dowling, **Bereavement Care***

*"Dealing with Dying, Death, and Grief during Adolescence provides an engaging and provocative wealth of integrated research and practical tools for understanding and assisting adolescents through life-changing experiences. Under the guiding framework of developmental-systems theory, Balk draws from bereavement research and cross disciplines to compellingly address the needs of grieving adolescents." ? Donna L. Schuurman, EdD, FT, CEO, The Doug Center for Grieving Children & Families*

*"How timely and needed is this book! David Balk has brought a professional lifetime of expertise, stories, sensitivity, and creativity as he synthesizes a diverse literature into a readable and informative discussion of adolescent experiences and responses to many forms of death. Educators, parents, youth workers, and others who interact with youth are increasingly aware of the significance of an informed understanding as they interact with teens affected by death. Balk's book is perfectly timed and exquisitely written with a magical blend of theory, research, personal stories, and case histories. This is a resource to be treasured."? Illene Noppe Cupit, PhD, professor of human development at the University of Wisconsin–Green Bay*

*"Dealing with Dying, Death, and Grief during Adolescence is an essential authoritative resource that provides a comprehensive, state-of-the-art account of the impact of death, dying, and bereavement in adolescence. A renowned expert in the field of child and adolescent loss and grief, Balk brings together a systematic overview of the impact of these events on adolescents and also examines a range of evidence-informed interventions that can assist adolescents. This is an essential resource for anyone engaged in research on adolescence or for those who provide effective clinical support to dying or bereaved adolescents."?Christopher Hall, director of the Australian Centre for Grief and Bereavement*

### About the Author

**David E. Balk** is professor in the department of health and nutrition sciences at Brooklyn College, City University of New York, where he directs the graduate program in thanatology. He is the author of *Adolescent Development: Early Through Late Adolescence*, *Helping the Bereaved College Student*, and several other books on death and bereavement. He is also co-editor of the second edition of the *Handbook of*

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#### **Jerry Montgomery:**

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