

# Hope and Grief

Dr. Erica Serrine, Ph.D., LCSW, FT

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## PESI Grief Summit - 04/29/2021 Anticipatory Grief Session Links

Here are some ways for you to connect with Dr. Serrine:

1. Website and Blog- <http://www.hopeandgrief.com/>
2. Instagram- <https://www.instagram.com/dr.ericaserrine/>
3. Facebook- <https://www.facebook.com/hopeandgrief>

Dr. Serrine's blog posts on Grief vs Mourning

<https://www.hopeandgrief.com/post/are-grieving-and-mourning-the-same>

<https://www.hopeandgrief.com/post/you-are-grieving>

CS Lewis "And nobody ever told me about the laziness of grief."

CS Lewis A Grief Observed - [https://en.wikipedia.org/wiki/A\\_Grief\\_Observed](https://en.wikipedia.org/wiki/A_Grief_Observed)

Dr. Serrine's blog post on physical reactions to loss:

- <https://www.hopeandgrief.com/post/the-laziness-of-grief>

Dr. Serrine's blog post on Our Collective Grief:

- <https://www.hopeandgrief.com/post/our-shared-humanity-our-collective-grief>

Storycorps is a great resource for creating legacy materials: <https://storycorps.org/discover/legacy/>

Inheritance of Hope: <https://inheritanceofhope.org/>

A few more resources...

Family Bereavement Program

-<https://reachinstitute.asu.edu/programs/resilient-parenting-for-bereaved-families-from-science-to-service>

The Compassionate Friends - Supporting family after a child dies

<https://www.compassionatefriends.org/>

Dr. Serrine's book for children about anticipatory grief - "Sammy's Story" - can be found at Amazon and Bookbaby.com:

1. <http://tiny.cc/SammysStory-OnAmazon>
2. <http://tiny.cc/SammysStoryOnBookbaby>

References for Schools:

"The Grieving Student: A Teacher's Guide"- Schonfield and Quackenbush (2010)

"What Will We Do? Preparing a School Community to Cope with Crisis"- Stevenson (2001)

Dr. Serrine's blog post on preparing to journey through grief

- <https://www.hopeandgrief.com/post/grief-survival-kit>

Dr. Serrine's blog posts on Getting Over It vs. Reconciliation:

- <https://www.hopeandgrief.com/post/reconciliation-and-loss>
- <https://www.hopeandgrief.com/post/get-over-it>

Therapeutic thirds, as presented by Alan Wolfelt:

- <https://www.centerforloss.com/2016/12/reaching-help-grieving/>

Models of Grief Dr. Serrine mentioned:

J. Williams Worden's Four Tasks of Mourning:

- <https://whatsyourgrief.com/wordens-four-tasks-of-mourning/>

Alan Wolfelt "Six Needs of Mourning"

- <https://www.centerforloss.com/grief/six-needs-mourning/>

Simon Shimshon Rubin's "Two-Track Model of Bereavement"

- <https://whatsyourgrief.com/rubin-two-track-model-of-bereavement/>

Stroebe and Schut's "Dual Process Model of Coping"

- <https://whatsyourgrief.com/dual-process-model-of-grief/>

The relationship tree intervention is especially useful when ambivalence is present.

- Relationship Tree: <http://tiny.cc/RelationshipTree>