

RESOURCES FOR PARTICIPANTS IN THE UUCB GRIEVING SUPPORT GROUP JUNE 2020

Books:

Alexander, Elizabeth (2015). *The Light of the World: a memoir.*

“This acutely observed study of what it means to lose one’s beloved spouse is a profound and beautiful contradiction: a joyous book that faces head-on the deepest grief, written with art and courage, and with limitless heart.”

Chodron, Pema (2000). *When Things Fall Apart: Heart Advice for Difficult Times.*

“Demonstrates how effective the Buddhist point of view can be in bringing order into disordered lives.”

Didion, Joan (2005). *The Year of Magical Thinking.*

“Personal yet universal experience: A portrait of a marriage- and a life, in good times and bad = that will speak to anyone who has ever loved a husband or a child.”

Grollman, Earl A. (1995). *Living When a Loved One Has Died.*

Short chapters in the form of poems. Topics include Shock, Suffering, Recovery, and New Life

Lewis, C.S (1961). *A Grief Observed.*

After an intense four-year marriage, Lewis found himself alone again, and inconsolable. Lewis writes this journal, just two years after the death of his wife, a statement of his rediscovered Christian faith.

Neff, Miriam (2009). *From One Widow to Another.*

Miriam writes from a spiritual view in some parts.....

Roe, Gary(2019). *Comfort for the Grieving Spouse's Heart.*

Gary is a grief counselor and Hospice Chaplain The topics are 2 days long, so easier to read and think about.

Taylor, Nick (1994). *A Necessary End.*

“In this poignant and beautifully written story, Taylor tells of an encounter we all dread but someday will contend with: seeing our parents to the ends of their lives. For him, it is a journey of discovery - of the meaning of his parents’ lives and of just how deep his love for them is.”

Westberg, Granger E. (2019). *Good Grief: A Companion for Every Loss.*

This faith-based book “describes the pathway through grieving that can be found only through honesty. This is a book that should be in the hands of anyone grieving for any reason.”

A good general resource is the work of David Kessler:
[https://en.wikipedia.org/wiki/David_Kessler_\(writer\)](https://en.wikipedia.org/wiki/David_Kessler_(writer))
He was a protege of Dr. Elizabeth Kubler-Ross.

Counselors and Therapists: (not sure if all are taking new patients: Call to find out)

Linda Brown, PhD. Licensed Clinical Health Psychologist. 205 N. College Ave, Bloomington. 812.360.0924

Steve Arnold, PhD. Clinical Psychologist. 2115 E. Third St. Bloomington 812.332.6644
UUCB member

John Ebling LCSW. Counseling, consultation, and psychotherapy for adults and couples. 2115. E. Third St. Bloomington 812.325.5843

Pat Myskens –Associated with IU Health Hospice, also works with children and youth. Group for children called Healing Hearts, online group for spousal loss

101 West Kirkwood Avenue
Suite 222
Bloomington, Indiana 47404
(812) 534-1371

Mike Stribling –Catholic Charities 803 North Monroe St, Bloomington IN 812-332-1262

Brandt Badger –LMHCA Emotional Wellness Counseling Center
205 North College Avenue
Suite 613
Bloomington, Indiana 47404
(812) 370-4988

Lynne Snyder 1908 Viva Drive
Bloomington, Indiana 47401
(812) 316-2677

Sheri Benham, LCSW, Member of UUCB
322 S. Euclid Ave, Bloomington IN Bloomington IN
812.320.3956

Muhammad Saahir, EdS, LMHC
812.301.8540

Fiora Pizzo, IMSW, LCSW
812 W Kirkwood Ave
812.316.6856
(esp Hispanic youth)

Andrea Maltese LCSW. Good with young people 812.717.4415
205 N. College, Suite 715
Bloomington 47404
Adolescents/Teens

Teresa Foster, LCSW
205 N. College Ave Suite 210
Children, teens, adults

Nikki Williamson MSW, CSW
101 W. Kirkwood
812.827. 8920

Julia Livingston, LCSW
Bloomington
812.308.4453

Nina Castronova, LCSW, PhD
Compassionate Living Now
120 W 7th St
812.362. 5858

IU Health/ IU Health Hospice
Cindy [Molthen@iuhealth.org](mailto:CMolthen@iuhealth.org)
Monthly bereavement groups

812.353.9818
800.206.5200