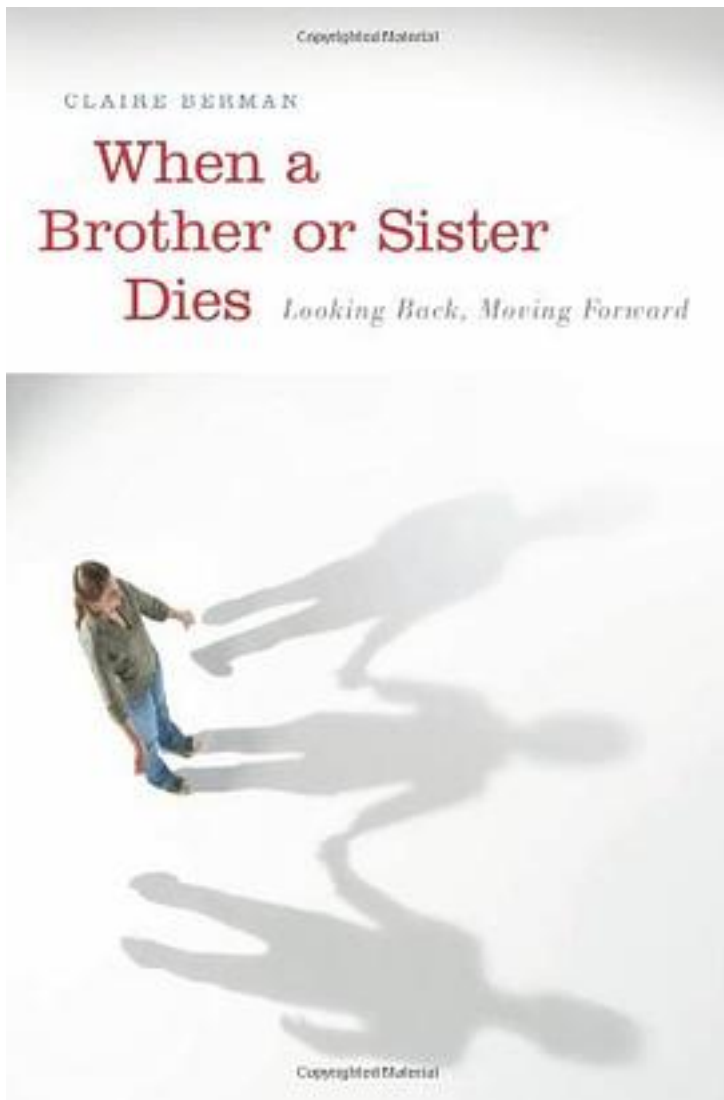


When a Brother or Sister Dies



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This title explores the unique connections we have with brothers and sisters and describes the trauma of losing a sibling as an adult. The trauma of losing a sibling when we are in our adult years is one of the most unrecognized and undertreated areas of psychology. Author Claire Berman interviews many experts on the subject of sibling loss in this moving book. Normally, when an adult dies, the parents, spouse, and children of that person become the focus, but brothers and sisters most often fall to the sidelines and are left to find a way to deal with the grief and recover alone. Yet, when a brother or sister dies, we lose our longest lifetime companion, someone with whom we have shared an intimate family history. Also, in most cases, they were someone for whom we had conflicted feelings: shared identity yet competitive feelings, pride yet jealousy, love yet hate. Most of us come to make peace with the relationship at some point. How to make peace with the death of the sibling - which can conjure up a well of feelings, from wishing you were closer to wanting to change some past events you shared - can haunt an adult. The author, who lost her own sister to heart disease, takes us into the emotional world of sibling loss, showing us how to understand and navigate the aftermath of a loss that can leave adults feeling angry, confused, guilty, empty, or just like the author, wanting to hit that speed dial button still marked with her sister's name. This book includes interviews with psychologists and counsellors who specialize in bereavement issues and have worked with some of the adults who tell their stories of loss in these pages. The text addresses the effects and recovery for survivors who lost a sibling to chronic illness, to sudden death, and to suicide. The healing process, from shock to mourning and, ultimately, moving on is described. Natural questions about our own mortality that a sibling's death raises are also addressed. Appendices feature further resources and sources of help, from websites and books to sibling support groups.

作者介绍:

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