

# GRIEF AND TRAUMA



## RESOURCES

### Grief

- That Discomfort You're Feeling Is Grief - by Scott Berinato  
<https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief?fbclid=IwAR09A4Oc7WKTu1vSMGQazldEx5pELEHhWXgmEzujQiKSKVssmlRZ-aab78M>
- UnLocking Us- Brene Brown Podcast  
David Kessler and Brene on Grief and Finding Meaning  
<https://brenebrown.com/podcast/david-kessler-and-brene-on-grief-and-finding-meaning/>
- Coronavirus Has Upended Our World. It's OK To Grieve  
By Stephanie O'Neill  
[https://www.npr.org/sections/health-shots/2020/03/26/820304899/coronavirus-has-upended-our-world-its-ok-to-grieve?utm\\_campaign=npr&utm\\_term=nprnews&utm\\_source=facebook.com&utm\\_medium=social&fbclid=IwAR0\\_eiFYkuOCQou3Dlf-jDaad7jwI0-l-VMHpq0FrI9UmMjfJ3fhBoinUFg](https://www.npr.org/sections/health-shots/2020/03/26/820304899/coronavirus-has-upended-our-world-its-ok-to-grieve?utm_campaign=npr&utm_term=nprnews&utm_source=facebook.com&utm_medium=social&fbclid=IwAR0_eiFYkuOCQou3Dlf-jDaad7jwI0-l-VMHpq0FrI9UmMjfJ3fhBoinUFg)
- Pauline Boss originated the term, Ambiguous Loss, and is the principal theorist.  
See website [www.ambiguousloss.com](http://www.ambiguousloss.com)
- Loss, Trauma, and Resilience, WW Norton, 2006 Ambiguous Loss, Harvard University Press, (paperback) 2000

### Trauma

- <https://www.traumaresourceinstitute.com/crm>

## INFORMATION ON PRESENTERS

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