



# Helping the Bereaved College Student

*David Balk PhD*

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## **Helping the Bereaved College Student** David Balk PhD

Approximately one-fourth of all college students suffer the loss of a family member or friend during their college career, yet the prevalence of bereavement on the college campus is largely unrecognized-sometimes by even the bereaved students themselves. This is the only volume to comprehensively address the ways in which bereavement may affect the college student, and guide mental health professionals in effectively treating this underserved population.

Authored by an internationally known expert on bereavement, the book culls the wisdom gained from 25 years of research. It considers the major models of bereavement, grief, and mourning as they apply to the particular life stage and environment of the college student, and includes student narratives, treatment exercises and activities, and issues regarding self-disclosure. This volume will be a vital tool in helping college students to grieve in a constructive manner while avoiding potential obstacles to a successful college career.

### **Key Features:**

- Provides helpful exercises and interventions to guide academic advisors, college counselors, and campus ministries in helping bereaved students
- Applies major models of bereavement, grief, and mourning specifically to the experience of the college student
- Includes vivid case studies of students in mourning
- Incorporates current research about grieving patterns

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