



# **Bereavement, Loss and Learning Disabilities: A Guide for Professionals and Carers**

*Robin Grey*

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Losing a loved one and coping with the subsequent adjustments that follow are a difficult fact of life, but people with learning disabilities face specific difficulties in processing and managing these changes. Adopting an integrative approach, this book acknowledges the importance of helping relationships in supporting this vulnerable group through periods of loss and bereavement.

The author explains how to engage the person with a learning disability in talking therapy by creating an open dialogue. Common signs of stress, factors to consider in assessing risk and advice on how best to approach difficult subjects are presented. The role of supervision in counselling and issues surrounding terminal illness are also discussed, and practical solutions offered.

Professionals working in the field of learning disabilities, such as counsellors, therapists, carers and health and social care students will find this informed guide beneficial in communicating and supporting people with learning disabilities.

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