

# Companioning the Bereaved: A Soulful Guide for Counselors & Caregivers

Alan D. Wolfelt

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Renowned author and educator Alan Wolfelt redefines the role of the grief counselor in this guide for caregivers. His new model for "companioning" the bereaved gives a viable alternative to the limitations of the medical establishment, encouraging counselors and other caregivers to aspire to a more compassionate philosophy. This approach argues that grief need no longer be defined, diagnosed, and treated as an illness but rather should be an acknowledgement of an event that forever changes a person's worldview. Through careful listening and observation, the caregiver learns to support mourners and help them help themselves heal.



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