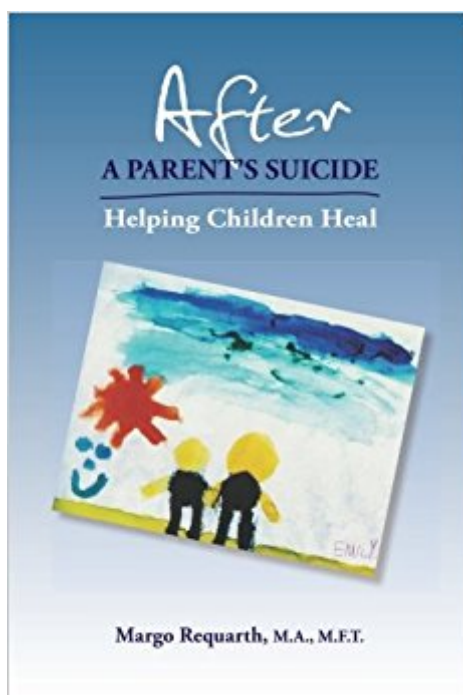


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# After A Parent's Suicide: Helping Children Heal



## Synopsis

The premature death of a parent can be devastating for young children- with the consequences far more profound when the parent dies by suicide. Amidst the resulting grief, turmoil and confusion, the surviving parent is faced with the monumental task of tending to the emotional lives of the children left behind. In this instructive and impassioned work, longtime children's bereavement counselor and psychotherapist Margo Requarth, M.A., M.F.T., charts the complex emotional waters every family must navigate in the wake of a previously unimaginable suicide death. Starting with the haunting tale of her own mother's suicide, Requarth weaves together her experience counseling "survivors," poignant interviews with children, teens and parents, and the latest research on suicide and its aftermath. What emerges is a groundbreaking "how-to" guide for parent survivors: how to manage both the immediate and long-term implications of the suicide, how to talk to your children, how to see them through the heart-rending anguish to a place of acceptance, healing, and finally, a renewed and deepened capacity for joy.

## Book Information

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## Customer Reviews

.."suberb explanations of how to explain suicide to children...and how to help them return to normalcy. Highly recommended." --Library Journal, April 2006"Extraordinary...teeming with ideas to guide caregivers as they help children grow through the heartache of their loss." --Karen Dunne-Maxim, R.N., M.S. - Past President, American Association of Suicidology and Co-editor: *Suicide and Its Aftermath: Understanding and Counseling the Survivors*"Thoughtful and scholarly, yet easy to read - recommended to parents, psychiatrists, psychologists, social workers and

educators." --Charles B. Nemeroff, M.D., Ph.D. - Professor, Emory University School of Medicine, AFSP National Board of Directors

Margo Requarth was just under four years old when she lost her mother to suicide. Today, she is the child/teen bereavement services director at Sutter VNA & Hospice in Santa Rosa, California, where she leads grief support groups, trains volunteer facilitators, and provides crisis intervention to schools and community groups facing bereavement situations. Her more than thirty-five-year career in the mental health field also includes facilitating groups for adult survivors of suicide and private practice as a licensed marriage and family therapist. She serves on the board of directors for the Northern California Chapter of the American Foundation for Suicide Prevention.

i would have liked to have had the book sooner than when i got it because the 1st part is about directly after the death which we had already gone through. however the middle and end is very insightful. i would recommend this book to someone going through the same thing as us. I just hope people dont need this kind of book. God Bless!!!

I purchased this book to help with my children after my husband committed suicide. I would highly recommend it to anyone that finds themselves in this situation. Very insightful and comforting to read. I cannot overstate how valuable it was to me. It has been a little over a year now and all three of us are doing very well. There is hope.

Good book for the parent of young children. Trying to understand a suicide is never possible. Helping children to understand and move forward is even more complicated. The book helped.

This was a good book and one of the few available dealing with the suicide of a family member. I recommend this to anyone struggling with the death of a loved one after a death by suicide.

A

Good work questions in the back of each chapter. Well written for a child.

After a Parent's Suicide is a comfort and help to parents who are struggling with how to talk with their child about a parent's suicide. It is filled with anecdotal stories where survivors can see

themselves and relate the information to their own lives. There is no guilt, but help and support because suicide is discussed as an illness of the brain.

This book is so helpful not only for children but for adults also. Hope you don't need this book but if you do it is the go to book. You won't need others this handles all questions you might have

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