

Library Resources For Those Affected By Homicide

Sometimes a few words in a book that we found at the library, or were given by a friend, can have a profound effect on how we see the world, ourselves and our experience. Books that pass through our hands at the right time can be nurturing and life changing. It is sometimes a matter of a right book at the time when you most need it or perhaps, as someone once said: a book that knows when to find us.

Below you will find a list of selected books and videos available from VSS Resource Centre for loan to VSS members. Topics include grief and loss, anger as well as stories written by people who lost family members to homicide. There are also some books connecting with hope and love that often can help in dealing with the aftermath of any trauma.

If you would like to see the complete list of resources available in the VSS Resource Centre, please use our online catalogue at www.victimsa.org to browse through the collection. Alternatively you can visit the VSS Resource Centre at 11 Halifax Street, Adelaide. Requests or messages can be sent to the Librarian by email to librarian@victimsa.org.

Homicide/Sudden Death

No Time for Goodbyes: Coping With Sorrow, Anger and Injustice After a Tragic Death (1991) LORD, Janice Harris

Help for survivors grieving for a loved one killed through murder or other sudden death. It includes information about the grieving process & about dealing with the US criminal justice system.

When a Child Has Been Murdered: Ways You Can Help the Grieving Parents (1998)

Written by parents of murdered children.

Each is an active member of a homicide support group in the United States.

Beyond Endurance: When a Child Dies (1986) KNAPP, Ronald J

This book examines three types of death: death occurring after long illness, sudden or unexpected death, and death by murder. It includes interviews with parents whose young or adult children have died.

I Wasn't Ready to Say Goodbye: Surviving, Coping & Healing After the Sudden Death of a Loved One (2000) NOEL, Brook & BLAIR, Pamela D

This book helps people who are suddenly confronted with the death of someone emotionally bound to them. It tells the stories of people who are rebuilding their lives through the courage of other people's words, who climb out of the abyss and find trust again. It leads the sufferer on a journey through grief.

What to do When the Police Leave: A Guide to the First Days Of Traumatic Loss (1999) JENKINS, Bill

The author, a professor of Speech and Drama in the U.S.A., tragically lost his son who was shot in a hold-up. He speaks as a victim to other victims offering simple, frank and useful advice, that he and his family needed after his sons murder. He demystifies medical and legal jargon and affirms hope in the midst of tragedy.

Anger

Anger: Deal With It, Heal With It, Stop It From Killing You (1991) DeFOORE, Bill

This book is designed to help people express their anger in healthy ways, in order to break free of feelings of helplessness and powerlessness.

Grief

Coping with Grief (1993) McKISSOCK, Mal

From the ABC series, Mal McKissock's "Coping with Grief" gives practical advice for the bereaved and for those who wish to support them. It also gives information about children's responses to grief.

The Healing Sorrow Workbook: Rituals for Transforming Grief and Loss (2001)

MAYO, Peg Elliott

A workbook to help people through losses. This workbook looks at different situations such as the death of a loved one, the death of a pet, a move to a new home, the loss of a job and the end of a relationship. It helps people gradually 'move on' to be able to enjoy life once again.

In My Own Way: The Bereavement Journal (1989) McKISSOCK, Dianne & Mal

Compiled as a journal for purpose of offering the structure, guidance and comfort that can assist the grieving person in expressing feelings and thoughts in a process of again finding meaning in life.

Understanding Your Grief: Ten Essential Touchstones for Finding Hope & Healing Your Heart (2003) WOLFELT, Alan D

Author is an experienced grief counsellor. Here he describes the feelings of loss and the pathway to healing. Along the pathway are ten 'touchstones': being open to the presence of your loss, dispelling the misconceptions about grief, embracing the uniqueness of your grief, exploring your feelings of loss, recognizing that you are not crazy, understanding the six needs of mourning, nurturing yourself, reaching out for help, seeking reconciliation instead of resolution

Healing Conversations: What to Say When You Don't Know What to Say (2002)

GUILMARTIN, Nance

How to care for friends in need of support in times of grief, poor health, crises at work, divorce, a suicide, or in a hospice.

Healing a Parent's Grieving Heart: 100 Practical Ideas After Your Child Dies (2002)

WOLFELT, Alan D

Compassionate advice and simple activities that have helped thousands of grieving parents learn to live again.

Good Grief Rituals: tools for healing (2003) Child-Gowell, Elaine

A collection of rituals to help you heal during the trauma and grief. It helps to come to terms with the issues that you have to face and provides skills for carrying on with your life. It also helps you to understand forgiveness and gratitude. This little book is designed for anyone suffering loss, either recently or in the past.

Personal Accounts

It's a Long Way to Truro (1981) MYKYTA, Anne-Marie

A mother's account of the disappearance and murder of her daughter, one of seven young women who died in what became known as The Truro murders. She discusses the endless waiting, dread and pain of isolation.

Survival and Beyond (1998) GUILIANO, Barbara

This book includes victims stories and a resource guide for victims of crime.

Just Another Little Murder: A Brother's Pursuit of Justice (2002) CLEARY, Phil

Author's account of the murder of his sister in 1987, the murder trial in which the offender was acquitted on the grounds that he was provoked, and Phil's fight for justice.

The Janine Balding Story: A Journey Through a Mother's Nightmare (1995)

BALDING, Beverly & FIFE-YEOMANS Janet

Bev Balding, mother of Janine, in writing this book, has recounted the story of so many families Australia-wide. The names, locations and events may change, but the hurt, anger and secondary victimisation by an uncaring system are the same for other Australian families who have 'lived' through similar situations. Many families will be grateful to her for having the courage to write the story of her beautiful daughter. Her story will help them to not feel so alone.

Halfway to Justice: One Man's Fight to Bring His Daughter's Murderer to Justice (2005)

TURNER, Ken

Ken Turner had to endure a parent's worst nightmare – his almost twenty two years old daughter, Shirree Ann, was raped and murdered in June 1993. "Half way to justice" describes the police investigation into her murder and Ken's pursuit of justice after the acquittal of Shirree's alleged killer. This is a story of coping with loss, fighting for justice and reform in the court system, and the emotional trauma experienced by family members when loved one dies so tragically.

Self-Help Books

Life After Trauma: A Workbook for Healing (1999)

ROSENBLOOM, Dena & WILLIAMS, Mary Beth

The authors, a psychologist and a social worker, present a workbook to support survivors of trauma gradually rebuild their lives. The workbook contains relaxation techniques, activities and self-evaluation questionnaires to help the victim find their own inner resources to cope and care for themselves. It offers encouragement for self esteem and trust, and helps the sufferer to deal with overwhelming memories that disturb normal living. This book may be used alongside therapy.

Living When a Loved One Has Died (2002) GROLLMAN, Earl A.

This manual takes the reader on a step by step journey through the deep emotions of grief towards a sense of wholeness and healing.

The Healing Sorrow Workbook: Rituals for Transforming Grief And Loss (2001)

MAYO, Peg Elliott

A workbook to help people through losses. Grief can be shown in confusion, depression and despair. This workbook looks at different situations such as the death of a loved one, a move to a new home, the loss of a job and the end of a relationship. It helps people gradually 'move on' to be able to enjoy life once again.

Exploring Grief with Your Child (1994) DILLON, Ilene L.

This booklet is designed to enable parents to help their child through grief and loss. It describes the grief process and provides grief-processing exercises

The Grieving Child - A Parent's Guide (1992) FITZGERALD, Helen

This book offers practical, compassionate advice for helping a child cope with the death of a parent or loved one.

Recovery: A Journey To Healing (2002) Aisbett, Bev

A little book of daily affirmations to help in recovery after a traumatic event. Bev Aisbett has illustrated this handy booklet with her cartoon sketches.

Every Day a New Beginning (2003) DOWRICK, Stephanie

Inspirational thoughts for each day.

The Art of Happiness: A Handbook for Living (1998)

LAMA, Dalai (14th) & CUTLER, Howard

A handbook of Buddhist spirituality. In this book you will find descriptions of happiness, the purpose of life, human warmth and compassion, intimacy, the transformation of suffering, finding meaning in pain, bringing about change, dealing with anger and anxiety and building self esteem and spiritual values.

Journey Through Grief: Reflections on Healing (2004) WOLFELT, Alan D

A gentle self-help book to assist people to mourn. Chapters include: acknowledging the reality of death, embracing the pain of loss, remembering the person who died, developing a new self identity, searching for meaning and receiving ongoing support from others.

Videos

Glimmer of Hope: A Family Learns to Heal After a Loved One is Brutally Murdered (1997) KONOWAL, Charles (Director) & MacDONALD, Joe (Producer)

Individuals and groups are working to change the concept of justice. By meeting the killer, asking questions that plague, hearing killers version the act of murder and its perpetrator is brought into human focus as a way of coming to terms with grief that often no words. This video film has scenes of real life drama and documents the effects personal dialogue and its effects over three year period.

The Devil You Know - An ABC 'Australian Story' on Sandy McGregor (2001)

The story of Sandy McGregor, whose three daughters were murdered. After fourteen years, Sandy visits the offender in prison - and forgives him. The film explores Sandy's rehabilitation after the trauma of his daughters' death and the motives for his forgiveness.

Victims of Crime (1991)

Victims of assault, armed robbery, vehicular crime, murder (family), homicide, rape and sexual assault talk about the impact on them, also about the Justice System, juries and the media.

Tapes

Coping with Grief (1993) McKISSOCK Mal

The reading of Mal McKissock's book "Coping with Grief". 95 min.

Overcoming Emotional Pain: From The Dance Between Joy and Pain (1996)

PATEL, Mansukh & GOSWAMI, Rita

Practical steps for managing emotions such as loneliness and fear. 60 min.