

Las tareas del duelo

The tasks of grief



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Publisher: [Paidós](#) [2]

Year of Publication: 2010

Pages: 448

ISBN: 9788449324239

Genre: Others

SPRING

2011

Season: SPRING 2011

The professionals charged with accompanying the people and families who face the death of a loved one, especially when this death has been sudden or traumatic, need specific skills to help them comprehend the complexity of the experience, and criteria to intervene in the correct way.

Alba Payás presents two fundamental contributions to the field of accompaniment and the psychotherapy of grief. In the first part of the book, she constructs a conceptual model that facilitates an understanding of the experience of grief in all its complexity.

The second part describes the model of integrative-relational psychotherapy as applied to grief. This approach offers the professional a guide to intervention that allows him or her to identify the specific needs of the grieving person, and to propose concrete relational methods for each different part of the process.

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