

Why My Child?

M.S., MFT Stephanie A. Carson

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No parent can ever prepare for the death of a child...period. When a child dies, a parent's world is shattered. There are no words, no explanations, no information that can ever make sense out of a child dying before a parent. Why My Child? A Clinical Guide for Helping Parents Survive the Sudden Death of a Child provides clinicians, grief counselors, clergy, and other professionals or paraprofessionals a clearer understanding of the unique issues surrounding the parental loss of a child. In addition to helping foster more appropriate clinical interventions and therapeutic support for bereaved parents, Why My Child? outlines more realistic expectations for coping with such a life-changing loss. While nothing can take away the pain of losing a child, there are ways of supporting bereaved parents to help make their pain more bearable. As a marriage and family therapist, former clinical director of a mental health department, adjunct professor, and as a parent whose adult child died unexpectedly, I wholeheartedly recommend this powerful book as a much needed tool on the healing journey of grief. Thank you, Stephanie, for contributing your insight, skills, and wisdom to those who are so much in need. Shari Lowder, M.S., LMFT Clinical Consultant and Supervisor Catholic Charities Professional Counseling Services, Catholic Charities San Bernardino/Riverside



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