

1) Grief Counseling and Grief Therapy (p. 20): If both sadness and anger are not allowed to be experienced it can lead to complicated mourning. The importance of feeling what one feels, and encouraging others to do so, is not just polite. It helps them move through their mourning and avoids further complications associated with grief.

2) Grief Counseling and Grief Therapy (p. 25): Knowing the physical sensations associated with grief helps avoid misdiagnosis, and helps point to the presence of grieving.

3) Grief and Loss Across the Lifespan (p. 14-15): Being informed that the Kübler-Ross 5 points of grieving were the result of research on people facing hard diagnosis, not grief, helps put the points in their proper context, rather than forcing an application of each step.