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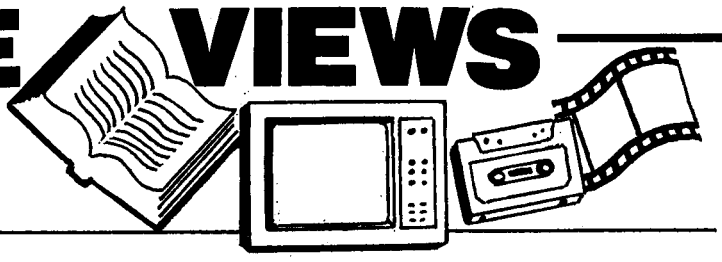
other and also with members of the social group. This helps to make the Branch more cohesive. At times as Chairman I have to temper the frustration of the Social Sub-Committee. They feel that members should help more in organising activities. I feel this is characteristic of what bereavement does to people. For many there is a wide gulf between being helped and helping and it takes a long time to build the bridge.

It would be wrong of me to suggest that our flourishing Branch has not been thwarted with problems. Our major one concerns the continuity of officers and recruiting the right people have also had difficulties in responding to referrals outside the immediate town of Taunton. Our initial aim of setting up sub-groups is now beginning to work and we are hoping to run counselling courses in other towns which should alleviate this problem.

Several widowers have been seen by two female counsellors, since our only male counsellor unfortunately suffered a stroke soon after the branch opened. We are in the process of setting up a small group for our men, and hope at some point to channel them into the more predominant female social group. Money is a constant worry for us and most of our funds, which are looking quite healthy currently, have been raised by Branch initiative. A small grant has recently been obtained from the local authority. One of the lessons we learnt is about the difficulty of finding and keeping appropriate people for some of the positions in a Cruse branch.

Although I feel we are doing well as a branch we must not become complacent. A constant task is to keep people motivated and sustain them through periods of doubt and lack of confidence. Our main aims for the future are strengthening and developing sub-groups, and we would like to provide a 'drop-in' centre but as yet have not found suitable premises. We would like to be able to pay an Organising Secretary since we are well aware of the amount of time that our Secretary gives to Cruse. We need to publicise ourselves more, recognising that publicity is the only way that people will be made more aware of the needs of the bereaved. We also need to work constantly at continuing to recruit the right people to our organisation who have a variety of expertise in different areas.

REVIEWS



LIVING WITH DEATH and DYING

E. Kubler-Ross. Souvenir. 1982. £7.95 & £5.95.

This is a hotch potch of essays edited by a pioneer in the understanding of communications of dying children and adults. Much the best thing in it is the initial chapter—largely case studies of dying and bereaved children illustrating Kubler-Ross's inimitable rapport with her patients and her efforts to help them to come to grips with death and dying. Her analogy of the body as a cocoon and of death as liberating the butterfly soul which flies out of our sight but "then only begin(s) to enjoy the flowers and the sunshine", is both poignant and effective—with true humility she recounts her mistakes as well as her successes. This chapter cannot fail to be of use to all hospital and other professional staff working with terminal patients.

The rest of the book I found disappointing. Furth's "explanation" of children's drawings is too tense and owes too much to Jungian theory to be accessible to "lay" readers and his conclusion that the interpreter of children's drawings needs a psychoanalytic training makes it difficult to understand to whom this chapter is addressed.

Finally half the book is taken up with a repetitive account of the death of a child by her mother; writing which doubtless helped the bereaved parent but which will be of little help to others. It badly needed good editing. An English reader cannot but be struck once more, reading this book, by the worry about money which preoccupies all but the wealthiest Americans when illness strikes, and which makes me grateful for a health service which relieves families in crisis of one major anxiety.

In conclusion I think time would better be spent re-reading Kubler-Ross's earlier masterpiece "On Death and Dying".

DORA BLACK

This review first appeared in the Newsletter of the Association of Child Psychology & Psychiatry.

CICELY SAUNDERS: THE FOUNDER OF THE MODERN HOSPICE MOVEMENT

Shirley du Boulay. Hodder & Stoughton. 1984. £10.95 hardback, £7.95 paper back.

'I only want what is in your mind and in your heart' were the words spoken to almoner Cicely Saunders by David Tasma as he lay dying in St. Thomas's Hospital. Thirteen years later she was to sit, this time as Doctor, beside the bed of another dying man Antoni and say to him 'Please believe me, it isn't just I who have given, but you who have given me, and I am grateful'. In the years between these two deeply felt experiences Cicely Saunders had laid down the foundations of the community that was to become St. Christopher's Hospice.

Few people could have been so equipped to respond to that initial request as Cicely Saunders. In her mind she contained the experience of her work as a nurse and an almoner and she was to become a doctor. From her heart she drew upon her deep religious belief and a passionate intensity of feeling which was to be directed towards the realisation of her vision of an unique establishment that would promote research into the care and treatment of the dying, encourage the teaching and training of doctors and nurses and would provide care not only in the hospice itself but also in the homes of the terminally ill.

St. Christopher's was Cicely Saunders 'child' and Shirley du Boulay's skilfully constructed book explores, through her subject's life, the events leading up to its conception, its struggle for birth and the inter-relationship between it and its 'life giver' up to the present time.

The book is, I feel, a fitting tribute to a remarkable woman. Just as Cicely Saunders has the gift of being able to draw upon the resources of those working around her to establish her vision, so the author has used the words of friends, colleagues (sometimes critical) and patients to re-enforce her research. We too are given access to the mind and heart of Cicely Saunders—the restrictions of her childhood, the importance that religion was to play in her life and her own struggle to come to terms with the losses and bereavements in her personal life.

She is an inspired teacher and the book offers us many examples of her advice, like that given on fund-raising: 'Never miss an opportunity to tell the tale, never stop saying thank you'; or in response to a consultant commenting that she, unlike him, had time to spare for her patients: 'Oh no, Doctor, time isn't a question of length, it's a question of depth, isn't it?'

The supporting characters of the book, those who have known Cicely Saunders and work in the field of bereavement provide fascinating food for thought. Dr. Fulton offers an explanation for the important part that women have played—the three major world prizes for work with the dying have all gone to women—Mother Teresa, Elisabeth Kubler-Ross and Cicely Saunders.

The chapter containing Ramsey's Diary is deeply moving. As a patient of St. Christophers, dying of a brain tumour' he was able to write 'I hope that I might live for a little while yet and enjoy being a man who can find something new that he's never found before'.

Cicely Saunders' single-minded dedication has ensured that many thousands of people across the world now have the opportunity to face their death in so positive a manner.

SUSAN WALLBANK
Counsellor, Cruse House

WOMEN AND TRANQUILLISERS

Celia Haddon. Sheldon Press. 1984. £3.95

Celia Haddon has written, in a brisk journalistic style, a handbook for those wanting to overcome their dependence on tranquillisers. As the title tells us, this is mainly a women's problem with twice as many women as men caught in the trap. Tranquilliser dependence, along with bereavement, has become a fashionable subject, and that these will sometimes overlap makes the book of interest to Cruse members and helpers.

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continued from p. 22

Inevitably there is some pharmacology in a book like this; it is well presented and to emphasise its authority it comes with the imprimatur of Prof. Malcolm Laider, a foremost authority in this field. Any recommended further reference to more detailed texts is unnecessary. It is a fine blend of theory, casework and practical help. The recommended methods for withdrawal are well described, easy to follow and, more important, supportive and encouraging.

I have two minor carps. I found the use of the word sister—meaning women-kind—confusing when reporting research work. Secondly in the section on "self help towards natural sleep" she includes a "big-hug" as part of the settling down routine, and describes sex as "nature's way" to natural sleep. Yet the author has already told us that many of these women addicts are separated, single or divorced. I thought this showed a singular lack of tact.

Cruse counsellors with clients who are taking or who have become dependant on tranquillisers may find this enlightening and a useful reference book. It can also be recommended to those clients thinking of giving up the habit.

DR. ARTHUR HIBBLE
Chairman, Stamford Cruse

LIVING WITH GRIEF

Dr. Tony Lake. Sheldon Press. 1984. £3.95

This new paperback by Dr. Lake contains seventeen chapters. In Chapters 1-10 we are presented with Dr. Lake's conceptual analysis of grief. He makes the point that death is an integral part of life, and that the two are inseparable. He views grief as a process, a journey which we are invited to make with him, and he states that "every one of us can become more fulfilled through our experience of grief". In this analysis the main tasks of grief are identified as tasks of "acceptance" and "resistance": accepting the reality of loss, accepting the need to go on, accepting the need for help, and resisting the fixed ideas others have of us so that change can occur.

In the subsequent chapters other related issues are considered: grief before death, unexpected death, when a child dies, the loss of a parent, and living with grief after suicide. These later chapters sound interesting and informative, but are disappointing in their depth of discussion.

The style of the book is conversational. At times this serves its purpose and holds the reader's attention. At times it appears patronising. A considerable amount of useful information is presented but no empirical evidence is provided to back up the model under discussion.

I do not think this book is suitable for the recently bereaved, but counsellors may find it useful.

JEAN SMITH
Clinical Psychologist

BOOKTALK

Occasionally we come across books which were published a while ago, but which do not seem to have penetrated through to the readers who would value them. One such is Carole Smith's **Social Work with the Dying and Bereaved,** which was published by MacMillan in 1982. We asked Janet Johnstone of Maidstone Cruse, a Hospital Social Worker, to write about it for us.

"Reading this book with five years' experience in hospital social work behind me, it felt almost as if it was written for me, and I wondered why it has received so little publicity or notice. In those five years working with the dying and bereaved, I realised how many hospital professionals lacked real involvement with dying and bereaved people. In this way I was led to Cruse, and to college to obtain a professional qualification.

Carole Smith spells out so clearly my sentiments, that social workers have a professional obligation to provide a service to the dying and bereaved and that social workers need argued reasons why they should provide a service when resources are stretched.

The book also explains with great clarity that "grief reactions both before and after death may be influenced by what happens during the course of a terminal illness, that the sense of loss associated with bereavement may also be experienced by those who are dying, and that the whole family will be affected by the terminal illness of one of its members."

This book contains much material that is relevant to Cruse counsellors and to all those involved with the dying and bereaved, but most especially to social workers who feel they may not cope in this area of work. Most of all I hope it will teach us the skills to respond to the dying patient whose only wish was for someone "to look as if they were trying to understand how he feels."

Now published in the UK

Beverley Raphael's book **The Anatomy of Bereavement** was published in the UK by Hutchinson in June. The price is £17.95. The book was reviewed in Bereavement Care, Vol. 3 No. 1. May we have a paperback version soon please? There will be a big demand for it.