in the nursing libraries of every hospice and hospital where dying patients are treated. It has an excellent bibliography at the end of each chapter, thus encouraging further studies of this vital subject.

The importance of good communication between patients, relatives and the caring team is recognised and examples of case work given. The importance of counselling for patients' relatives and staff is stressed and techniques are described.

There is a comprehensive section about the management of physical and psychological pain, including useful information regarding analgesics and the effect of differing conditions. The attitude that "there is nothing now that we can do" when curative treatment has failed, is challenged, and nursing techniques are described which may improve the quality of the life which is left.

The rewards of caring for dying patients and their families are vividly described. There is an excellent chapter on practical procedures following the death of a patient and information about professional and voluntary agencies who provide appropriate services for the relatives of the deceased.

The grief of bereavement is explored and methods of helping patients, relatives and nursing staff to work through some of these problems are described.

I warmly recommend it especially to all nurses and medical colleagues who can influence policy decisions which affect the quality of life for dying patients.

HAZEL EDWARDS

PERFECT HAPPINESS

by Penelope Lively (Heinemann, £7.95)
Many bereavement counsellors will be interested to read this extremely well-written novel about bereavement, and want to recommend it to some of their clients, for there is both insight and warmth within both the succinct descriptions and the taut dialogue.

Teaching Children Strategies for Coping with Stress

continued from p.3

During this period families were counselled in how to respond to their children. The parents were encouraged to share their own feelings with their children and together to work through the difficult period of recuperation. The reactions subsided gradually and the children resumed their daily activities. The follow-up surveys, at two months and at eight months later, found no perseverance of symptoms in any of the children, with a few exceptions for whom treatment was resumed. As the survey included a sample of the entire child population of the town, an interesting phenomenon emerged: the impact of the trauma on the children changed depending upon the actual physical distance from the scene of the event. The further the children lived from the site of the attack, the less they were affected (with the exception of a few vulnerable children, who had previously gone through a personal crisis that had been reactivated by the attack).

A need for evaluation

To provide such stress-intervention and prevention programmes can easily become a Sisyphian task. The continual tensions in the Middle East, and the urgent need for stress intervention, make the task of systematically evaluating such programmes difficult. But, with patience and some luck, we are able to demonstrate in repeated trials the effectiveness of such stress-prevention programmes.

One model-programme of coping training is being conducted in one of the schools of Kiryat-Shmona, a town which is a notoriously easy target for across-the-border shelling (Zuckerman-Bareli 1979).

The effects of training might not have become known, had it not been for the occurrence of a recent ultra-sonic boom, that sent the whole school running to the air shelter. A natural experimental design offered itself to the ready observer. More than 400 pupils, aged 6-12, panicked in the shelter in the same way that they had done in previous shelling attacks, having learned no prior adaptive behaviour through repeated experiences. Their teachers were helpless as well. But one large group of 50 children stood out as an organized island of peace amidst the commotion. These were the recipients of the coping training, who had already been well drilled in routines for peer-group support and peer-leadership, and who were equipped with pre-arranged activity kits with tasks to be fulfilled in the shelter. For them the event was a signal to rehearse their newly acquired behaviours.

A second group of 16 children, only half way through their coping training, were rehearsing a simulated shelling attack when the alarm struck. Their behaviour was more problematic. Initially they panicked, but pulled themselves together in a very short while and joined the 'experimental' group in the shelter in modelling both mastery and ingenuity.

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This paper is an edited version of one presented to the first European Congress of the European Union of School & University Health & Medicine in 1981 at Amsterdam, and first published in Tidschrift voor Sociale Geneeskunde (Journal of Social Medicine) of the Netherlands, 10 Nov. 1982.

Cruse News

CRUSE ACADEMIC PAPERS

Cruse Academic Papers are now available at £1 each (inc. p&p) from Cruse House:

SUICIDE

Academic Papers No. 1 comprises a reprint of the article on The Risk of Suicide following Bereavement by Dr. C. Murray Parkes (originally published in *Bereavement Care,* Vol. I, No. 1), together with A Review of the Literature on Bereavement following Suicide by Dr. S. Henley.

SUPERVISION

Academic Papers No. 2 is a reprint of the article on Supervision and Consultant Care —Counselling the Counsellors by Gill Parker, Family Therapist, from *Bereavement Care,* Vol. I, No. 2.

WELSH RESIDENTIAL COURSE

Cruse & St. David's Foundation in Gwent are holding a residential course on The Theory & Practice of Bereavement Counselling at Dyffryn House, St. Nicholas, Cardiff, from 19th-23rd March, 1984. The leader will be Susan Le Poidevin. Fee £100. Details from: St. David's Foundation, Cumbrian House, St. John's Rd., Maindee, Newport, Gwent.

Cruse S & W Wales Area Conference was on 15th October. Delegates were each able to attend two of the four discussion groups. They were on: Our First Year as a Branch, Group Counselling, Sexual Needs & Planning a Social Programme. Dr. Colin Murray Parkes, Chairman of Cruse, gave the main address on Bereavement Counselling.

The SW Area Conference was on 12th November. Individual branch concerns and Cruse Silver Jubilee plans were on the agenda. The main subject for discussion was publicity, and the conference had an excellent speaker on the subject from the Prospect Foundation.

BEREAVEMENT CARE is published for all Cruse workers and others who wish to deepen their understanding of bereavement. It is sold subject to the condition that it shall not be lent, re-sold, reproduced in part or in entirety, hired out or otherwise circulated without the publisher's consent.

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