

# ASSISTING WITH trauma RELATED TO LOSS

## PREMISE

The mission of MutualAid eXchange (MAX), “**creating and sustaining wholeness through preserving and restoring property, lives and communities,**” recognizes that losses can create trauma in the lives of both children and adults.

MAX Mutual Aid Ministries is mandated to ensure that at the time of a loss, in addition to the physical restoration provided by their insurance policy, people and families are cared for emotionally and spiritually. Such ministry is a central feature of the MAX property and casualty insurance enterprise offered to members, in partnership with the member’s faith community or congregation.

On occasion, pastors and members request resources that will help in working through the trauma and grief of a loss or other traumatic event. This is particularly the case when children are involved or impacted. We are pleased to recommend the following websites and related articles for the use of MAX members and pastors who are looking for resources to provide understanding of behavioral, emotional and spiritual processes following a loss.

The following websites, articles and books are made available to you by MAX for your convenience for informational and educational purposes only and are not meant to replace direct consultation with your mental health professional, pastor or physician. Links to external websites and materials are not an endorsement by MAX of either the organizations themselves or the advice or guidance they provide.

Please let us know about the helpfulness of these materials. We would also appreciate hearing about other existing links which you believe ought to be included in this list.

## contact:

mutualaid@maxwholeness.com  
mutualaid@maxcanada.org  
877-971-6300 (U.S.) or 877-770-7729 (Canada)

## RESOURCES

### web:

- [http://www.brethren.org/site/DocServer/CDS\\_Trauma\\_Brochure.pdf](http://www.brethren.org/site/DocServer/CDS_Trauma_Brochure.pdf)
- <http://reliableconstruction.com/resource/2007/11/16/helping-children-recover-from-fire-trauma/>
- [http://www.nctsnet.org/nccts/nav.do?pid=typ\\_nd\\_rfire\\_recovery&disasterType=rfire&avPid=typ\\_nd\\_rfire\\_desc](http://www.nctsnet.org/nccts/nav.do?pid=typ_nd_rfire_recovery&disasterType=rfire&avPid=typ_nd_rfire_desc)
- <http://www.apa.org/practice/ptguidelines.html>
- <http://www.gifffromwithin.org/html/provide.html>
- <http://www.tlcinstitute.org/PTRC.html>
- <http://www.tlcinstitute.org/trauma.html>

### books:

*(For children relating to trauma as recommended by a child psychologist)*

- **When Something Terrible Happens: Children Can Learn to Cope With Grief** Marge Heegard (1992)
- **Brave Bart** Caroline Sheppard (1998)
- **I Am a Survivor: A Child's Workbook About Surviving Disasters** Wendy Deaton (2002)
- **Good Answers To Tough Questions About Disasters** Joy Berry (2008)
- **Good Answers To Tough Questions About Trauma** Joy Berry (2008)
- **Tuff Stuff: A Children's Book About Trauma (Ready-Set-Grow)** Joy Wilt Berry and Ernie Hergenroeder (1980)
- **A Terrible Thing Happened - A story for children who have witnessed violence or trauma** Margaret Holmes and Sasha Mudlaff (2000)
- **I'll Know What to Do: A Kid's Guide to Natural Disasters** Bonnie Mark and Aviva Layton (1997)

