

## Ambiguous Loss Learning To Live With Unresolved Grief

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Families experiencing ambiguous loss will find strategies for seeing what aspects of their loved ones remain, and for understanding and grieving what they have lost. Pauline Boss offers us both insight and clarity.\*

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**Resources | Ambiguous Loss**

Ambiguous Loss: Learning to Live with Unresolved Grief. Cambridge, Massachusetts: Harvard University Press.

**Ambiguous Loss | Psychology Today**

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**Ambiguous Loss: Learning to Live with Unresolved Grief ...**

Ambiguous Loss: Learning to Live with Unresolved Grief. Ambiguous Loss. : Pauline BOSS, Pauline Boss. Harvard University Press, Jun 30, 2009 - Psychology - 176 pages. 1 Review. When a loved one...

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You will learn: How to recognize ambiguous loss; How it differs from other losses; Guidelines for therapy, education, and family/community interventions; Training will coordinate with Dr. Pauline Boss's book, Loss, Trauma, and Resilience: Therapeutic Work With Ambiguous Loss (Norton, 2006). Purchase of this book is required for taking this ...

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In her book, " Ambiguous Loss: Learning to Live with Unresolved Grief," Boss defines ambiguous loss as "a loss that occurs without closure or clear understanding. This kind of loss leaves a person searching for answers, and thus complicates and delays the process of grieving, and often results in unresolved grief."

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Ambiguous loss is a loss that occurs without closure or clear understanding. This kind of loss leaves a person searching for answers, and thus complicates and delays the process of grieving, and often results in unresolved grief.