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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. : Pauline BOSS, Pauline Boss. Harvard University Press, Jun 30,

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2009 - Psychology - 176 pages. 1 Review. When a loved one...

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

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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