



CARA DELAROSA

CERTIFIED PET LOSS GRIEF COACH
ANIMAL HOSPICE PROFESSIONAL
REIKI MASTER & INTUITIVE HEALER

RESOURCES: Animal Hospice & Pet Loss Grief Support

Many of the same principles of grief/loss also apply to pet loss, so many grief resources will be helpful.

I was certified by Coleen Ellis at Two Hearts Pet Loss Center and now retired ED of the IAAHPC. She was trained by Dr Alan Wolfelt, at the Center for Loss in Colorado. You will see their books listed.

For Professionals:

- Counseling Skills for Companionship the Mourner, Alan Wolfelt, PH.D
- Companionship the Bereaved: A Soulful Guide for Caregivers
- When Your Pet Dies, Alan Wolfelt, PH.D
- Pet Loss and Human Emotion : A guide to recovery, Cheri Barton Ross and Jane Baron-Sorensen
- Pet Loss and Children, Cheri Barton Ross

For Pet Parents & Professionals:

- Pet Parents : A Journey Through Unconditional Love and Grief, Coleen Ellis
- The Pet Loss Companion, Ken Dolan-Del Vecchio & Nancy Saxon-Lopez
- Healing Your Grieving Body: 100 Physical Practices for Mourners, Alan Wolfelt PHD and Kirby Duvall MD
- Grieving Mindfully : A Compassionate and Spiritual Guide to Coping with Loss, Sameet Kumar, PHD
- Option B, Sheryl Sandberg
- Pet Loss : A Spiritual Guide, Eleanor Harris
- Healthy Mourning, Happy Loving: 52 Ways to Convert your grief to mourning with ease & grace, Maria Kliavkoff
- Grief One Day at a Time: 265 Meditations to help you heal after loss, Alan Wolfelt, PH.D

Grief Education:

- <https://whatsyourgrief.com/>
- <https://centering.org/>

For Children:

- <https://iaahpc.org/wp-content/uploads/2023/11/How-To-Help-A-Child-Grieving-A-Beloved-Pet.pdf>
- The Fall of Freddie the Leaf, Leo Buscaglia, PH.D
- Saying Goodbye: Activity Book, Jim Boulden
- I Wish I Could Hold Your Hand: a child's guide to grief and loss, Dr. Pat Palmer
- When a Pet Dies, Fred Rogers
- The Next Place, Warren Hanson
- The Invisible Leash, Patrice Karst
- The Heaven of Animals, Nancy Tfillman
- The Smart Kid's Guide to Losing a Pet, Christine Petersen

Specific to DOGS:

- Saying Goodbye to Lulu, Corinne Demas
- Dog Heaven, Cynthia Rylant
- Sally Goes to Heaven, Stephen Huneck
- Stay: A Girl, a Dog, a Bucket List, Kate Klise
- The Forever Dog, Bill Cochran
- The Rainbow Bridge: A Visit to Pet Paradise, Adrian Raeside

Specific to CATS:

- Cat Heaven, Cynthia Rylant
- Missing Jack, Rebecca Elliott
- The Tenth Good Thing About Barney, Judith Viorst

Books my clients love:

- How To Fix A Broken Heart, Guy Winch
- Guardians of Being : Spiritual Teachings from our Dogs & Cats, Eckhart Tolle
- Website: <https://www.katemcgahan.com/jacksbooks>

A few books I reference in my work:

- Radical Acceptance: Embracing your life with the heart of a Buddha, Tara Brach, PH.D
- Ho'oponopono: The Hawaiian forgiveness ritual as the key to your life's fulfillment, Ulrich Duprée
- Existential Kink: Unmask your shadow and embrace your power, Carolyn Elliott, PH.D

Animal End of Life Resources:

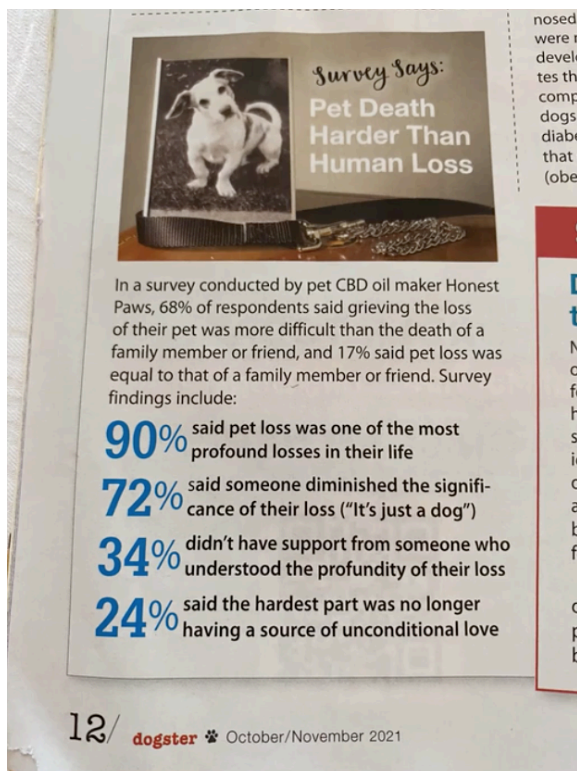
- <https://iaahpc.org/>
- <https://www.brighthaven.org/>
- Soar, My Butterfly: The Animal Dying Experience, Gail Pope
- The BrightHaven Guide to Animal Hospice, Gail Pope
- <https://twoheartspetlosscenter.com/pet-loss-education/>

Pet Loss Support Groups & Grief Counseling:

- <https://www.pet-loss.net/resources/CA.shtml>

Animal Communication Resources:

- <https://www.martawilliams.com/how-marta-got-involved-in-animal-communication/reading-list/>
- <https://www.animalcommunicationcollective.com/team>
- <https://www.animaltalk.net/resources/AnimalCommunicatorDirectory/>



Survey Says:
Pet Death Harder Than Human Loss

In a survey conducted by pet CBD oil maker Honest Paws, 68% of respondents said grieving the loss of their pet was more difficult than the death of a family member or friend, and 17% said pet loss was equal to that of a family member or friend. Survey findings include:

- 90%** said pet loss was one of the most profound losses in their life
- 72%** said someone diminished the significance of their loss ("It's just a dog")
- 34%** didn't have support from someone who understood the profundity of their loss
- 24%** said the hardest part was no longer having a source of unconditional love

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To book a complimentary discovery call or business connection call:

https://calendly.com/cara_delarosa/discovery-call



Cara DeLaRosa

Certified Pet Loss Grief Coach

Animal Hospice Professional

Reiki Master Healer

(707) 331-4841

www.caradelarosa.com

petlossgriefcoach@gmail.com

Instagram: <https://www.instagram.com/pet.loss.grief.coach/>

Facebook: <https://www.facebook.com/PetLossGriefCoach/>

LinkedIn: <https://www.linkedin.com/in/caradelarosa/>

YouTube: <https://www.youtube.com/@petlossgriefcoach>

Here is the recent interview I did with Randi Hall, MFT for her Mourning Glory Podcast, supporting grief-based businesses.

<https://www.youtube.com/watch?si=HourSzxW9ttGTHGG&v=1K1Dh7lRr8U&feature=youtu.be>