

COPING WITH PHYSICAL LOSS AND DISABILITY

Table of Contents

Preface

What is Physical Loss

Getting Started

Chapter 1 – Past and Future

Chapter 2 – Self-Care and Support

Chapter 3 – Dealing with Loss: Feelings and Beliefs

Chapter 4 – Understanding Disability

Chapter 5 – Transforming Circumstance

Chapter 6 – The Ongoing Process of Loss and Recovery

Epilogue

About the Author

Appendix A – Other Resources for Coping with Physical Loss

- Therapeutic Techniques
- Readings on Issues Related to Physical Loss and Disability
- Films on Issues Related to Physical Loss and Disability
- Guidelines for Watching Films
- Suggested Reading for Coping with Physical Loss and Disability
- For Therapists Working With Physical Loss and Disability

Appendix B – Organizations That Can Help

- Support Foundations and Associations
- Sports support Organizations

Index

Table of Figures

- Fig. 2-1: Sample Schedule
- Fig. 2-2: Schedule Form
- Fig. 2-3: Sample Self-Care Plan
- Fig. 2-4: Self-Care Plan
- Fig. 2-5: Sample Eco-Map
- Fig. 2-6: Eco-Map
- Fig. 3-1: Timeline