Veterinary Social Work

Dear Friend,

The University of Tennessee College of Veterinary Medicine would like to extend our condolences during this time of loss. We can appreciate how important your animal is to you and can imagine the grief and heartache you may be feeling. It is normal and natural to experience a broken heart because your beloved animal is gone.

Enclosed are some resources that you may find helpful. We would also like to make you aware that Veterinary Social Work (VSW) offers support for individuals who have lost a beloved animal. Services include the following:

- Up to 8 individual or family clinical counseling sessions (in-person, via telephone, or via telehealth) at no cost for grief support as well as assessment and referral to longer-term counseling if desired. UTCVM clients can request and access VSW grief counseling services at any time within 8 months after the animal's death.

- Up to 4 individual sessions counseling sessions (in-person, via telephone, or via telehealth) at no cost for grief support for community members (that are not clients of the UTCVM).

- Ongoing Pet Loss Support Group to all community members at no cost (flyer enclosed).

If you would like more information or to schedule a session, please contact a Veterinary Social Worker at the VSW Helpline, (865) 755-8839, Monday through Friday, between 10 a.m. and 5 p.m. We hope that you will find this information helpful.

With Deepest Sympathy,

UT Veterinary Social Work Faculty and Staff

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Resource List

Pet Loss Books for Adults

- Anderson, M. (1994). *Coping with Sorrow on the Loss of Your Pet,* 2nd Edition. Loveland: Alpine Publications
- Carmack, Betty J. (2003) *Grieving the Death of a Pet.* Minneapolis, MN: Augsberg Fortress.
- Dolan-Del Vecchio, K. & Saxton-Lopez, N. (2013). *The Pet Loss Companion: Healing Advice from Family Therapists Who Lead Pet Loss Support Groups.* North Charleston: CreateSpace Independent Publishing Platform.
- Friedman, R., James C., & James, J.W. (2014). *The Grief Recovery Handbook for Pet Loss.* Lanham: Taylor Trade Publishing.
- Montgomery, Mary & Herb. (2000). *Forever in my Heart: remembering my pet's life.* Chanhassen, MN. Montgomery Press. https://centering.org/good-bye-my-friend/
- Montgomery, Mary & Herb. (1991). *Good-bye My Friend: grieving the loss of a pet.* Chanhassen, MN. Montgomery Press. https://www.amazon.com/Goodbye-My-Friend-Mary-Montgomery/dp/1879779005
- Kowalski, G. (1997). *Goodbye Friend: Healing Wisdom for Anyone Who Has Ever Lost a Pet.* Walpole: Stillpoint Publishing.
- Quintana, M. L., Veleba, S. L., & King, H. G. (1998). *It's Ok to Cry.* Perrysburg: Mariposa Press.
- Ross, G. J. (2010). *A 30 Day Guide to Healing from the Loss of Your Pet.* Chapel Hill: Broken Heart Press.
- Sife, W. (2005). *The Loss of a Pet.* Hoboken: Howell Book House.
- Wolfelt, A. D. (2004). *When Your Pet Dies: A Guide to Mourning, Remembering and Healing.* Fort Collins: Companion Press.

Pet Loss Books For Children

- Cochran, B. (2007). *The Forever Dog.* New York: HarperCollins.
  - Mike and Corky do everything together until one day Corky is gone.
- Demas, C. & Hoyt, A. (2004). *Saying Goodbye to Lulu.* Little Brown Books for Young Readers.
  - After her dog dies, a little girl grieves but continues her life.
- Kramer, J. (2001). *A Gift from Rex: Guiding Children through Life and Loss.* Edina: Beaver's Pond Press, Inc.
  - Suggestions on how to facilitate a child's feelings while providing counsel to adults who are also grieving.
- Morehead, D. (1996). *A Special Place for Charlee: A Child's Companion Through Pet Loss.* Broomfield: Partners in Publishing, LLC.
  - Legitimizing the loss of a child's pet dog.
- Rogers, F. (1988). *When a Pet Dies.* New York: Family Communications, Inc.
  - Talks to children about a pet dying.
- Viorst, J. (1971). *The Tenth Good Thing About Barney.* New York: Aladdin Paperbacks.
  - When Barney, the cat, dies the family holds a funeral to remember him.
- Walsh, B. (2011). *Sammy in the Sky.* Somerville: Candlewick Press.
  - When Sammy's, the hound dog, life is cut short by illness, the girl's family keeps his spirit alive.
- Wilhelm, H. (1985). *I'll Always Love You.* New York: Dragonfly Books.
  - Death of an old pet dog.

*****For additional pet loss books not listed, please search for "pet loss books" on Amazon.com or Google.com, or visit the American Animal Hospital Association (AAHA) at https://www.aahanet.org/Store/PetLoss.aspx**

Other websites are listed on next page.

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Other Books Concerning Loss for Children and Adults

- Grollman, E. A. (2011). *Talking about Death: A Dialogue between Parent and Child.* Boston: Beacon Press.
- Hanson, W. (1997). *The Next Place.* Golden Valley, MN: Waldman House Press.
- James, J. W. & Friedman, R. (1998). *The Grief Recovery Handbook, 20th Anniversary Expanded Edition: The Action Program for Death, Divorce, and Other Losses including Health, Career, and Faith.* New York: Harper Collins Publishers, Inc.
- Leeuwenburgh, E., and Goldring, E. (2008). *Why Did You Die? Activities to Help Children Cope with Grief and Loss.* Raincoast Books.
- Mundy, M. (1998). *Sad Isn't Bad: A Good-Grief Guidebook for Kids Dealing with Loss.* St.Meinard, IN: Abbey Press.

Web Sites

- www.vetsocialwork.utk.edu
  - University of Tennessee Veterinary Social Work website with information about upcoming pet loss support groups and other events as well. Also has a link to our Pet Loss Support Facebook page.
- www.pet-loss.net
  - Pet Loss Support Page by Moira Anderson, M. Ed. Provides links to other sites with memorial ideas as well as pet loss support groups and counselors listed by state.
- www.lapoflove.com
  - A network of compassionate veterinarians that offer in home hospice and end-of-life care for pets across the nation.
- www.petloss.com
  - Lists of pet loss resources, Monday Candle Ceremony, list of pet loss books for children and adults, and links to other websites with pet loss resources.
- www.rainbowbridge.com
  - "A virtual memorial home for your departed baby". Also provides a place to submit your story or a poem and links to other pet loss support resources.
- www.perfectmemorials.com
  - Memorial ideas for animals (and humans).
- www.petsweloved.com
  - "Handcrafted tributes to the pets we loved."
- www.oneworldmemorials.com/collections/pet-memorials
  - Unique memorial urns for animals
- www.Artfulashes.com/memorials
  - "Your loved one's ashes memorialized in glass art"

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Pet Crematories and Cemeteries

Crematories Only

- *ALL-TENN Pet & Horse Cremations 2106 Ritter Rd., LaVergne, TN 37086
  - Phone: (615) 828-7924 or (615) 618-3514
  - Website: www.tenpetcrem.com
  - Email: alltenn@msn.com
- *East TN Pet Cremation, 3812 Big Springs Ridge Rd., Friendsville, TN 37737
  - Phone: (865) 414-0280
  - Email: easttnpetcremation@gmail.com
- Pet Cremation Services of East Tennessee, 3810 Fish Hatchery Rd. Suite B, Mohawk, TN 37810
  - Phone: (423) 587-7483
  - Website: www.petcrematonstn.com
  - Email: cremations@lcmtn.com
- Tri County Veterinary Hospital 1935 Boyds Creek Hwy, Sevierville, TN 37876
  - Phone: (865) 577-2866
  - Website: www.tricountyvetsevier.com
- Yeargan Pet Crematory and Pet Burial Supplies 1440 Harbour View Dr. Lenoir City, TN 37772
  - Phone: (865) 988-5555
  - Website: www.yearganpetburials.com

Both Cemeteries and Crematories

- Grandview Pet Services 2304 Tuckaleechee Pike, Maryville, TN 37803
  - Phone: (865) 982-3730
  - Website: www.grandviewcemetery.com
- Resthaven Pet Services 150 Carr Rd., Seymour, TN 37865
  - Phone: (865) 577-2900
  - Website: www.resthavenpetservices.com

*** = Handles Equine and other large animals**

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Pet Loss Support Group

Summer/Fall 2020 Dates:

July 14th
August 11th
September 8th
October 13th
November 10th
December 8th

6:15-7:30 pm

Meetings will be held via telehealth (details below)

A supportive environment where people can share their varied experiences of grief and loss of a companion animal

A place to remember and honor the life of our companion animals

An opportunity to learn additional ways of coping with the loss of an animal

If you are interested, or have questions about the online meetings, please contact our office at **865-755-8839** or **vetsocialwork@utk.edu**

DIRECTIONS:

To encourage safety for everyone and social distancing guidelines, the April, May, and June Pet Loss Support Group meetings will be held via telehealth. Please visit the web page dedicated to the Pet Loss Support Group at https://vetsocialwork.utk.edu/pet-loss-support-group-2. Instructions for attending the online meetings will be there along with links to obtain an invitation to the meeting.

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Daytime Pet Support Group

Mondays & Fridays – 2:00 pm

Wednesdays – 11:00 am

Meetings will be held via telehealth (details below)

A caring environment where people can share their varied experiences with complex decisions about their animals

Discussions about quality of life for families and animals

Discussions about balancing financial responsibilities between families and animals

Resources regarding animal-related issues

If you are interested, or have questions about the online meetings, please contact our office at **865-755-8839** or **vetsocialwork@utk.edu**

DIRECTIONS:

To encourage safety for everyone and social distancing guidelines, the Daytime Pet Support Group meetings will be held via telehealth. Please visit the web page dedicated to the Daytime Pet Support Group at https://vetsocialwork.utk.edu/daytime-pet-support-group/. Instructions for attending the online meetings will be there along with links to obtain an invitation to the meeting.

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