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Healing from Loss and Grief: A Three-day Workshop

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At some point in life, many of us experience the forceful aftermath of a tragic loss that leaves us struggling with immense grief and numerous unanswerable questions. The effects of such losses are experienced physically, mentally emotionally, socially and spiritually.

Recent neurological studies demonstrate that intense grief and trauma memories are processed through the brain's right hemisphere. To gain access to these memories and the intense emotions of grief, helping methods that are more readily interpreted through this hemisphere, such as guided visualization and therapeutic art, are proving effective for those who are grieving and traumatized.

During this three-day healing from loss and grief workshop, participants will:

- 1) Examine the physical, mental, emotional and spiritual effects of grief on their lives.
- 2) Explore the impact of grief on their families and on their work relationships.
- 3) Engage in healing methods such as therapeutic art and guided visualization to reduce the immediate and long-term effects of grief.
- 4) Gain skills in applying this knowledge and the healing methods to continually help and support themselves and their grieving family members.