



Grief Counseling



At some point in our lives, all of us experience grief of some sort – the death of a loved one, the loss of a job, a divorce, a move, the loss of some possession, the loss of one of our dreams for our life, etc. There are healthy and unhealthy ways for us to process our reaction to these losses.

Research has identified that there are certain stages of grief through which most of us will pass, as we attempt to make sense out of our loss. Each of us will deal with our grief slightly differently.

One of the most important things for us to do as we address our grief is to find a qualified person to assist us on our journey. This will aid us in understanding what is appropriate, what is helpful, and what is unhealthy. Often, our natural tendency is to avoid talking about the loss. However, the research indicates that suppressing or denying our emotions regarding the loss is unhealthy. Talking with someone who has experience in providing grief counseling can be extremely helpful in processing the loss and “taking our journey through the dark valley to the light on the other side.”

I have more than fifty-three (53) years of experience in working with people who have experienced losses and are moving through the grief process.