



Grief Recovery® Individual Program

Grief

The Definition

Simply defined, grief is the normal and natural reaction to significant emotional loss of any kind. While we never compare losses, any list would include death and divorce as obviously painful losses. Our list also includes many others: retirement; moving; pet loss; financial and health issues, but to name a few.

The range of emotions associated with grief are as varied as there are people and personalities. There is no list of feelings that would adequately describe one person's emotions, much less an entire society.

Grief is individual and unique. As every relationship is unique, so are the feelings and thoughts each person will have about the relationship that has been altered by death, divorce, or other reasons.

The Problem

While grief is normal and natural, most of the information passed on within our society about dealing with grief is not normal, natural, or helpful. Grief is the **emotional** response to loss, but most of the information we have learned about dealing with loss is **intellectual**.

The majority of incorrect ideas about dealing with loss can be summed up in six myths which are so common that nearly everyone recognizes them. Most people have never questioned whether or not they are valid. The misinformation is best described in the following:



Six Myths Associated with Grief

- ❖ Time Heals All Wounds
- ❖ Grieve Alone
- ❖ Be Strong
- ❖ Don't Feel Bad
- ❖ Replace the Loss
- ❖ Keep Busy

Just looking at the myth that 'time heals' creates the idea that a person just has to wait and they will feel better. We have known people who had waited 10, 20, 30, and 40 years, and *still didn't feel better*. And, we know that they would tell you that not only had time not healed them, but that it had compounded the pain. The other five myths carry equally unhelpful messages.

The Solution

Recovery from loss is accomplished by discovering and completing all of the undelivered communications that accrue in relationships. We are all advised to 'Let Go' and 'Move On' after losses of all kinds. Most of us would do that **if we knew how**.

Completion of pain caused by loss is what allows us to let go and move on. It is almost impossible to move on without first taking a series of actions that lead to completion.

Before taking the actions to complete, it is important to look at and often dismiss some of the ideas about myths that we have tried to use with loss—myths that are obviously not working!

Safe and Correct Actions

The Grief Recovery® Individual Program creates the safety and the correct action choices that help you move beyond the pain caused by loss. It is a six session program, that creates a *safe environment* in which to look at old beliefs about dealing with loss; to look at other losses that have affected your life; and to take new actions which lead to completion of the pain attached to a recent loss, or one that occurred long ago.

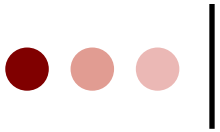
The six sessions are typically conducted once a week for six consecutive weeks.

Commitment and Attendance

The Grief Recovery® Individual Program is not therapy or traditional counseling. Commitment and attendance are essential. The fee for this program is \$400—this includes handouts and other materials, but does NOT include the textbook.

The Grief Recovery Handbook, The Action Program for Moving Beyond Death, Divorce, and Other Losses, (released by HarperCollins in 1998), and an accompanying format written by Institute founders, John W. James and Russell Friedman is used as the text for all Grief Recovery Programs.

The Grief Recovery® Outreach Program is led by **Vikkie Noble**, who has been trained and certified by The Grief Recovery Institute®. To ensure your success within this program, your facilitator has direct access to the founders of the Institute.



Over 40 Losses

Did you know that there are over 40 documented losses which can produce the range of emotions that we call grief?

The long list includes:

- ♥ Death of a loved one
- ♥ Divorce or the end of a relationship
- ♥ Loss of Health
- ♥ Major Financial Changes
- ♥ Moving

...and many others

Moving Beyond Loss

If you have experienced one or more losses, and you wish to move beyond the pain, this program offers you the probability of a richer and more rewarding life.

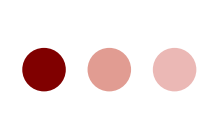


Vikkie Noble C.Ht. BCH

Grief Recovery Specialist

**Bay Area Grief Recovery
presents:**

**The Grief ♥ Recovery®
Individual Program**



Don't Grieve Alone

**Grief ♥ Recovery®
Individual Program**

tel: 925.465.6153

www.BayAreaGriefRecovery.com
e: vikkie@bayareagriefrecovery.com

**The Action Program
for
Moving Beyond Loss**

t: 925.465.6153