Grief Edu-Therapy™

Building blocks for a newfound sense of hope to those suffering with unresolved grief.

Do you feel like you have a hole in your heart?

Every day we encounter people who are coping or often not coping well because of life experiences and grieving. Life is not life without loss. As living entities, we deal with love, pain, injury, trauma, abuse, and death. Death is the final opposite to Life. In between, loss and grief can occur from the result of divorce, estrangement, loss of trust, financial changes, post traumatic stress disorder, health issues, and conflict just to name a few. There are more than 60 life experiences that bring about the emotions of grief. The grief comes from the relationship. Loss and grief can be as recent as today or as far away as the extreme distant past.

How we deal with loss and grief is the determining factor to our forward progression. We can renew and recreate a healthy relationship with ourselves and others through a program called Grief Edu-Therapy™. Beatrice Wilson Health Center have recognized the value of this program. Sarah Linklater, Mental Health Coordinator at Beatrice Wilson initiated training for Marcella Fenner to enroll in the Grief Edu-Therapy™ training program. Marcella Fenner committed to the Grief Edu-Therapy™ training program and is trained and available to provide individual and small group sessions to OCN, The Pas and area. In a conversation with Marcella, she acknowledged the intense therapeutic nature of the program and highlighted the importance of sharing a life experience that has brought about grief. She simply stated that by shutting down the emotions of loss, we become more vulnerable to addictions. Addictions are often the result of unresolved issues and emotions caused by grief, loss and resentment. Unresolved pain and loss have a cumulative effect on every aspect of our life. Often, we do not even realize that we are dealing with loss.

Although there are other grief processes that can guide us back to a life of contentment and joyfulness, the Grief Edu-Therapy™ program is based around a technique based on sharing, listening, studying your life events, a relationship review, your job, and people from your past and present. From this life study, you can develop an emotional action statement. Grief Edu-Therapy™ helps grievers identify the source of their grief. This is self discovery of what is causing the pain allowing one to become aware of what is really limiting happiness and self fulfillment.

 Marcella was interested in becoming a facilitator for grief therapy, so she enrolled in the program first as a participant and second to train as a grief therapist. She immediately recognized the benefits of the training. Coming from a counsellor background, and having practised self care for 30 years, Marcella was thinking that her physical and emotional wellness were good and not at risk. Within a short time into the training she recognized that she has been holding onto loss and grief. She took the course initially to help others to bring grief relief into their lives and ultimately revisited her own unresolved grief and loss. She took the training as a participant discovering much about her own relationships with others, her relationship with herself, her relationship with her job and with almost every aspect of her life. She moved to learning and understanding a way to let go of life events and relationships and take back control of life. Marcella spoke to the idea of releasing emotions through a conversation (spoken or written) that lets go of the hurt and pain that holds us back. The emotional action statement helps to put to rest relationships, situations and events that have caused grief and a stall in our lives. There is much more to this program that can activate the healing process within each of us.

 If you are interested in dealing with your own personal grief or finding out more about the Grief Edu-Therapy™ program, please contact Marcella L. Fenner at Beatrice Wilson Health Centre at 204 627-7436. Be prepared to delve deeper into your relationships and move upwards towards a higher level of awareness and self acceptance. This involves commitment, sharing, studying and listening. Help is as close as a phone call away.