The Grief Recovery Method®

OUTREACH PROGRAM

Mountain View
Funeral Home, Memorial Park & Crematory
4100 Steilacoom Boulevard SW Lakewood WA

Positive Steps Toward Emotional Healing

Many Losses Lead to Grief

Many different losses can lead to the range of emotions we call grief. The list includes:

Death of a Loved One
Death of a Pet
Major Financial Changes
Divorce or End of a Relationship
Loss of Health
Moving

...and many others.

Grief is the normal and natural response to loss. However, many of the ideas we have been taught about dealing with grief are not helpful.

Grief - The Definition

Grief is the normal and natural reaction to significant emotional loss of any kind. Most of us would consider death and divorce to be obvious painful losses. We would include many others: retirement, moving, pet loss, financial and health issues and more.

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 those of an entire society.

Grief is individual and unique. Just as every relationship is unique, so are the feelings and thoughts each person will have about a relationship that has been altered by death, divorce or for any other reason.

Grief - The Problem

While grief is normal and natural, most of the information passed on within our society about dealing with grief is not helpful. Grief is the emotional response to loss. Unfortunately, most of the information we have learned about dealing with grief is intellectual – if we just thought differently, we would feel better. Grievers do not have broken heads - they have broken hearts!

Grief - Six Common Myths

The majority of misconceptions about dealing with loss can be summed up in six myths. These 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 list:

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

Recognizing that these myths do not provide helpful information about healthy grieving can open you to taking action that can bring healing from grief.

Grief - 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 just that, if we knew how.

Completion of the thoughts and feelings that add to the pain caused by loss and get in the way of healing the emotions of grief 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.

Safety and Correct Actions

The Grief Recovery® Method Outreach Program provides a safe environment for people to move beyond the pain caused by loss. It is a twelve session program to look at old beliefs about dealing with loss, to remember what losses have affected your life and to take new actions which lead to completion of the undelivered communications attached to one of those losses.

The text used for the Outreach Program is *The Grief Recovery Handbook - 20th Anniversary Expanded Edition - The Action Program for Moving Beyond Death, Divorce, and Other Losses, including Health, Career, and Faith. (Released by HarperCollins in 1998),* with an accompanying format, written by Grief Recovery Institute founder John James and Executive Director Russell Friedman.

Commitment and Attendance

The Grief Recovery® Method Outreach Program is not an occasional, drop-in group. For the safety and success of all participants, commitment and attendance are essential.

Our program is led by Geoff Piper, MC/MFT, CT, Director of Bereavement Services at Mountain View, who is Certified in Death, Dying and Bereavement and a Certified Grief Recovery® Specialist. To ensure your success within this program, Geoff has direct access to the founders of the Grief Recovery Institute.

Moving Beyond Loss

If you have experienced a loss and wish to move beyond your grief, participation in this program offers you the chance for a richer and more fulfilling life. What you learn in this program will help you make the most of your relationships with others and give you tools to help you deal with future losses.

The decision is yours.

Grief Recovery® Method Programs at Mountain View

2 Hour Grief Seminars – Morning, Afternoon & Evening Several Times a Year

12 Session Outreach Program – Morning, Afternoon & Evening Groups Several Times a Year

7 Session One on One Program - By Appointment

NO CHARGE – BOOK REQUIRED FOR OUTREACH & ONE ON ONE PROGRAMS

To Sign Up Contact

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