



## Grief and Loss:

### An introduction to working with grief

**"She's' doing so well – she didn't even cry!"**

There are no easy formulas or prescriptions for healing when it comes to grief. Most people grieve how they live. Some get busy, some go into hiding, others campaign, some go on as if nothing has happened.

Walking beside someone who is grieving requires that we understand our own grief in order to be present with another's pain.

- What is the purpose of grieving? Is it just about death?
- Why do people grieve differently?
- How is grief blocked?
- What is the purpose of grief?
- How to support someone who is grieving/How to support yourself
- What is unfinished business?

Learn how to help others manage their grief in a way which fits with who they are and gives them a way to process whatever they need to feel, think and do.

This interactive and practical workshop is presented by Fiona Griffith, Clinical Counsellor and PACFA accredited Supervisor. It is for anyone who works with those experiencing grief.

To REGISTER interest email: [counselling@fgriffith.id.au](mailto:counselling@fgriffith.id.au) or phone 0414 985 934