

The Grief Recovery Method® Outreach Program

The Action Program for moving beyond death, relationship loss and other losses

When it comes to grief whether it be from death of a loved one or some other form of loss – relationship, career, trust, faith, safety, health - people say you have to let go and move on in your life, but they don't tell you what you need to do to accomplish that. The Grief Recovery Method® Outreach Program not only makes that possible but provides partnerships and guidance to ensure that it happens.



www.everydaylove.com.au

Catholic Outreach's Betty Thompson, Certified Grief Recovery Specialist and John Paul Care Bereavement Support Coordinator will be facilitating a seven-week program on the Grief Recovery Method starting 11 August 2020.

The Grief Recovery Method is a program that addresses many of the feelings that are experienced as a consequence of the death of a loved one or other significant emotional loss. The Grief Recovery Outreach Program operates under the format and guidelines established by The Grief Recovery Institute, a Canadian organisation, which has been in operation more than 40 years and in over nine countries.

The founders of The Grief Recovery Institute, John W. James and Russell Friedman have written a book based on their lived experience of grief and loss which is the manual used in The Grief Recovery Outreach Program.

Because grief is such a misunderstood and little talked about topic, it may be easier to start by saying what the Grief Recovery Method isn't:

- It's not counselling
- It's not therapy
- It's not an alternative treatment

Instead, the Grief Recovery Method is an action plan whereby participants learn that grief is the normal and natural reaction to significant emotional loss.

Concepts developed within the program are easy to understand and apply. One of these relates to the myths about grief such as 'time heals all wounds'. This and other myths are not helpful to grieving people but sometimes friends and family are at a loss as what to say so rely on clichés to give support and comfort to their loved ones. The Grief Recovery Outreach Program reminds us that time just passes and it's our action that heals.

Participants working in pairs, in an intimate, confidential environment, have an opportunity to reflect on their personal journey and gain a genuine understanding of the grief and loss process. They will be equipped with tools that help them make good choices for achieving healing and growth from past, present and future losses.

The cost including GST and *The Grief Recovery Handbook* is \$55. The program is limited to a maximum of 10 people.

Participants will be provided with the opportunity to work in small groups in weekly meetings over a seven-week period. The program involves weekly reading from the Grief Recovery Handbook between sessions.

When? **Tuesday 11 August – Tuesday 22 September 2020, 12.45pm – 2.45pm**

Where? **St. Thomas More Bateman Parish, Dean Rd, Bateman WA 6150**

For further information contact: **Betty Thompson**, Certified Grief Recovery Specialist
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Register by **4 August**

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