



The Grief Recovery Method® Outreach Program

Following many requests for information about grief and loss it gives me great pleasure to let you know that Betty Thompson, Certified Grief Recovery Specialist and John Paul Care Bereavement Support Coordinator will be facilitating a second seven week program for us on the Grief Recovery Method.

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 is operated under the format and guidelines established by The Grief Recovery Institute, a Canadian organisation, which has been in operation for over 39 years and in over 9 countries. This action program meets weekly for 7 weeks and is designed to assist people in completing the pain caused by loss.

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 and is the manual used in The Grief Recovery Outreach Program.

The Grief Recovery Outreach Program is equally as popular with lay people as it is with mental health professionals, counsellors, funeral directors, clergy, allied health professionals, and many other professionals.

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

The Grief Recovery Method is an action plan whereby participants learn that grief is the normal and natural reaction to significant emotional loss such as death, relationship, health, career, safety, trust, faith etc. The difficulty is that in many cases people have been conditioned to believe that these feelings are abnormal and unnatural.

All the concepts are easy to understand and apply. One of these relates to the myths about grief such as 'time heals all wounds'. The Grief Recovery Outreach Program discards the adage "time heals" by reminding us that time just passes and it's our action that heals. 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 learned clichés to give support and comfort to their loved ones.

Participants working in partnership, in an intimate, confidential environment, gain a genuine understanding of the grief and loss process and will be equipped with tools that will help them make good choices for achieving healing and growth from past, present and future losses.

The program cost is \$50 which includes The Grief Recovery Handbook and 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 7 week period beginning

Tuesday 4th September – 16th October 2018 from 4pm to 6pm at the Catholic Pastoral Centre, 40/A Mary St Highgate WA 6003 (Parking entrance off Harold St)

RSVP 23 August 2018 or for further information contact Betty Thompson, Certified Grief Recovery Specialist 0438 858 212 / officer.outreach@perthcatholic.org.au

Kind regards ... Peter

Peter Mc Minn

Director

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