

GRIEF GROUP

A therapeutic group centered around healing and managing symptoms of grief.



WHAT IS GRIEF?

Grief is a conglomeration of complex, difficult feelings related to loss. With grief typically comes psychological distress, anguish, separation anxiety, rumination, etc. In addition, grief commonly co-occurs with several different types of mental health conditions, such as depression, anxiety, addiction, and more. Grief is non-linear and can be experienced at anytime in one's life.

Grief is normally conceptualized into "seven stages", which include: shock, denial, anger, bargaining, depression, testing, and acceptance. In most cases, people will experience these stages in the above order somewhat closely. However, some people may vacillate back and forth between these stages, or not experience one or more of the stages at all.

I HAVEN'T EXPERIENCED THE LOSS OF A LOVED ONE/FRIEND. CAN I STILL JOIN?

A common misconception about grief is that it is always related to the loss of a loved one. While this may be true for many people, there are other painful experiences that can cause someone to experience grief. Some examples could be a difficult medical diagnosis for the self or a loved one, loss of a job, loss of a home, a breakup or divorce, a serious injury/accident, and more.

WHAT ARE THE BENEFITS OF JOINING A GRIEF GROUP?

By joining this group, we anticipate you will gain:

- A sense of community & belonging (as grief can be very isolating)
- Support from therapists and co-members of the group
- A non-judgmental space to discuss grief
- Coping skills to deal with grief
- Different perspectives & outlooks on grief

WHO:

Anyone over the age of 18 is welcome.

DATES:

This group will be 12 sessions total. The group is currently enrolling and sessions will start when the group is full.

TIME:

The group will take place on Wednesdays, from 5-6:30 pm.

WHERE:

Sessions will take place in the group therapy room at the Living Well Psychotherapy office, at 1740 Ridge Ave, Evanston IL.

COST:

Sessions will cost \$80 a person per session. We **will not** take insurance; this service is self-pay only.



MEET YOUR FACILITATORS

Don Tinsley, M.A., EMDR Trained
Elyse Naples, M.S.Ed., EMDR Trained

Scan QR Code to register **or**
Email Elyse or Don directly:
elyse@livingwellpsychotherapy.com
don@livingwellpsychotherapy.com

Grief Focus Group with Don
Tinsley & Elyse Naples

