

Exploring Grief

A 12-Week Program of
Compassion & Learning

with

Johnna Pilipchuk, MA, LPA, GC-C

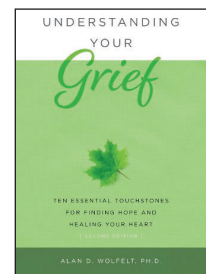
Psychologist Certified Grief Counselor End-of-Life Doula

Learn to navigate the complicated season of life we call grief in
a compassionate, supportive and educational setting

Exploring Grief is a unique program I developed that combines the work of renowned grief expert, Alan Wolfelt, and applicable coping skills from DBT (Dialectical Behavior Therapy) – two topics near and dear to my heart. I am certified by the American Academy of Grief Counseling and intensively trained in DBT with thirty years of experience. I want to offer those who are suffering after the loss of a loved one, not only compassionate support, but also education and tools to help them understand and navigate the process of grieving.

Education . . .

As a group you will study *Alan Wolfelt's* ten essential touchstones for understanding one's grief, and you will learn applicable cognitive-behavioral skills from DBT to help you better understand the emotional experience of grief. You won't learn to just tolerate your feelings, but you will learn to embrace your grief and validate your loss with self-compassion and understanding. If we grieve, it means we loved.



Compassionate Support . . .

There will be time set aside for participants who want to share their story and feelings or ask for support from the group. It is NOT necessary that each person share at meetings. It is important to respect everyone's needs to share or not share because everyone deserves to grieve in their own way and time. You will learn about the many myths in our culture related to “proper grieving” and you will learn to challenge those myths and embrace your grief without judgment and with respect for yourself and your process.

The Details . . .

When: Tuesdays starting on January 14, 2025, and ending on Tuesday April 1, 2025.

Time: 5:00 PM - 6:30 PM

Where: Class will meet virtually on my professional/secure version of Zoom.

Materials: You will need a copy of *Understanding Your Grief* (Second Edition) by Alan D. Wolfelt, Ph.D. (retails on Amazon for \$13.32) All other materials will be available for download from my web page.

Cost: Cost is \$50/week. If entire cost paid before the first meeting, cost is \$550.

Number of spaces available: Eight

Register/More Information: Contact Johnna Pilipchuk at 919-270-1991 or johnna@grievingcafe.com

Visit my web site: grievingcafe.com