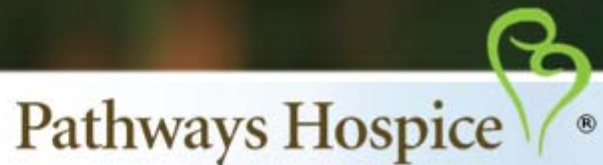


WHAT A GRIEF COUNSELOR DOES



We will accept your grief for what it is, a reaction to the trauma of loss, no matter how long ago the death occurred.

We will not require that you explain or defend your grief, but rather allow you to just talk about it for what it is.

We will respect that you are trying in your own way to come to terms with your grief.

We will listen to you, even if you want to talk about the same things over and over.

We will want to hear about the person who died, what they were like, the good things and the bad things.

We will be with you as you sort through all the mixed thoughts and feelings you have.

We can be with you as you develop a new relationship with your loved one.

We can provide information about grief generally.

We can share suggestions from other people on what has helped them in their grief.

We can discuss things to do to get through the days and nights.

We can help you plan for difficult days, such as birthdays, holidays and anniversaries.

We can talk about mourning rituals that might help you to honor and remember your loved one.

We can help you change your negative thoughts and images into positive ones.

We can help you learn to ease the anxiety you feel in your grief.

Together we can think about grief as a series of phases, as a process of change over time, leading to a new and different life.