

The Grief Recovery Handbook, The Action Program for Moving Beyond Death, Divorce and Other Losses, (released by HarperCollins in 1998), and an accompanying text written by Institute founders, John W. James and Russell Friedman, are used as the reference materials for the Outreach Program.

Commitment and Attendance

The Grief Recovery® Outreach Program is not an occasional, drop-in group. For the safety and success of all participants, commitment and attendance are essential. There is no fee to attend the program.

Ricki Fox, who has been trained and certified by The Grief Recovery Institute®, leads The Grief Recovery® Outreach Program. To ensure your success within this program, your facilitator has direct access to the founders of the Institute.

43 Losses

There are 43 losses that can produce the range of emotions that we call grief. The long list includes:

- Death of a loved one
- Divorce or the end of a relationship
- Loss of health
- Major financial changes
- Moving, and many others

Grief is normal and natural but many of the ideas we have been taught about dealing with grief are not helpful.

Moving Beyond Loss

If you have experienced one or more losses, and you wish to move beyond the pain, this program will offer you the likelihood of a richer and more rewarding life.

For information about the program contact:

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THE GRIEF RECOVERY® OUTREACH PROGRAM

*(the Action Program for
Moving Beyond Loss)*



**VAN ELSLANDER
CANCER
CENTER**

Grief – The Definition

Simply defined, grief is the normal and natural reaction to significant emotional loss of any kind. While we never compare losses, any list would include death and divorce as obvious painful losses. Our list also includes many others; retirement, moving, pet loss, financial and health issues among them.

The ranges of emotions associated with grief are as varied as there are people and personalities. There is no list of feelings that would adequately describe one person's emotions, much less an entire society.

Grief is individual and unique. As every relationship is unique, so are the feelings and thoughts each person will have about the relationship that has been altered by death, divorce, or for other reasons.

The Problem

While grief is normal and natural, most of the information passed on within our society about dealing with grief is not normal, natural or helpful. Grief is the emotional response to loss, but most of the information we have learned about dealing with loss is intellectual.

The majority of incorrect ideas about dealing with loss can be summed up in six myths which are so common that nearly everyone recognizes them. Most people have never questioned whether they are valid.

Six Myths

- Time heals all wounds
- Grieve alone
- Be strong
- Don't feel bad
- Replace the loss
- Keep busy

Just looking at the myth that “time heals” creates the idea that a person just has to wait and they will feel better. We have known people who waited 10, 20, 30 and 40 years, and still did not feel better. And, we know that they would tell you that not only had time not healed them, but that it had compounded the pain. The other five myths carry equally unhelpful messages.

The Solution

By discovering and completing the undelivered communications that occur in relationships, you can accomplish recovery from loss. We are all advised to “let go” and

“move on” after losses of all kinds. Most of us would do that if we knew how.

Completion of pain caused by loss is what allows us to let go and move on. It is almost impossible to move on without first taking a series of actions that lead to completion.

Before taking the actions to complete, it is important to look at and often dismiss some of the ideas or myths that we have tried to use with loss, but are not working.

Safety and Correct Actions

The Grief Recovery® Outreach Program creates the safety and the correct action choices that help people move beyond the pain caused by loss. It is a 9-week program, which creates a safe environment in which you can look at your old beliefs about dealing with loss; to look at what other losses have affected your life; and to take new actions which lead to completion of the pain attached to a recent loss or one that occurred long ago.