

Healing Our Losses

A Group Therapy Experience for adults struggling with loss

This group offers a unique opportunity to learn, grow, and heal grief and loss within a group context that supports, validates, confronts, pushes, and catalyzes participants to grow and heal from the pain of their loss and to become more alive, whole, and renewed.

Participants take part in a 12-week therapeutic group based in grief therapy theory and practice, and an understanding of groups from several theoretical frameworks. Participants enter a process to understand grief, how it has affected them, and how they can work through their grief. The group context offers a supportive environment where participants' problems and issues can be universalized, feedback can be given to aid change and understanding, and a sense of communal support can be deeply felt.

Led by group therapist Tom Undine, LCSW. Tom has over ten years' experience working with groups in therapeutic contexts. He has worked with death and loss centered groups in private practice, outpatient clinics, psychiatric hospitals, and residential programs. He provides a sound, professional, and profound experience for those seeking to heal from loss.

When: Tuesday evenings 7:00 - 8:30pm

Starting: January 12 through March 30, 2010

Where: Center for Grief Recovery

1263 W. Loyola Avenue

Chicago, IL 60626

One block from Loyola University and Loyola RED LINE "L" stop

Located in the East Rogers Park Neighborhood

Cost: \$35 per session. Insurance accepted. Scholarships available.

Who would benefit from this group?

- Those who have recently, or not so recently, experienced a loss
- Those who are overwhelmed with sorrow and pain of a death of someone they loved
- Those searching to heal from their loss
- Those who struggle every day

The group offers professional support to those who are experiencing loss. The group works to:

- Prevent depression, anxiety, isolation, and maladaptive behaviors
- Provide clinical and therapeutic support and guidance through stages of the grief process
- Help support and retain adaptive functioning throughout the period of mourning
- Help participants identify effective ways to express and process complex and

sometimes ambiguous

- Feelings and thoughts regarding their grief experience
- Help participants effectively cope with possible intense feelings that can accompany grief
- Help participants eventually come to a place of acceptance in regards to their loss and rebuild a life for themselves after the death of a loved one

Questions are encouraged. Group size is limited.

To make a referral or to schedule an intake appointment, please call the Center for Grief Recovery at 773-274-4600 or email us at

griefrecovery@griefcounselor.org.