

## **HEALING THE WOUND RECOVERING FROM LOSS**

Audience: General, via churches, temples, hospitals, counseling centers, and other community service organizations.

Description:

A loss, whether it be the deal of a loved one, divorce, major illness, being rifted, etc., often feels as if we are experiencing a terrible wound, except the wound is not visible to the naked eye. Something is ripped away from our being and we are often in terrible agony that sometimes we do not understand and we try to go on as if we are not wounded.

This workshop uses the metaphor of a physical wound to assist participants in examining their own grieving process and to offer suggestions for conscious work on recovery and healing. *For an overview sheet click here.*

Dr. Fox-Hines is working on a book on this topic and it should be available via this web site by late 2006.

Format: (in order of recommended time allocations)

One three-hour workshop

One two-hour workshop

One-hour overview presentation