 **CENTUS Counseling, Consulting & Education**
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Embrace Wholeness

Our mission is:
To promote healing and wholeness
in mind, body, spirit and community
for individuals, families and organizations
in convenient locations throughout metropolitan Denver.

CENTUS Counseling, Consulting & Education
Mind Body Spirit Community

*Grief
Loss
& Transition
Counseling*



The Swan Nebula—5500 Light Years Away

Grief

Loss

Transition

Grief Counseling helps an individual grieve and address personal loss in a healthy manner. Specifically cared for are the emotional expressions about your loss, which can include a wide variety of feelings: accepting your loss, adjusting to life after your loss, and coping with the changes within oneself and your world. Typical feelings experienced by individuals may include sadness, anxiety, anger, loneliness, guilt, relief, isolation, confusion or numbness. Behavioral changes may also be noticed: feeling disorganized and tired, trouble concentrating, sleep problems, vivid dreams, and appetite changes.



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The Nature of Loss—Six Major Types of Loss

Material Loss - Loss of a material object or a person or familiar surroundings to which one has an important attachment. We often feel the need to replace this object, but quick replacement masks one's grief reaction.

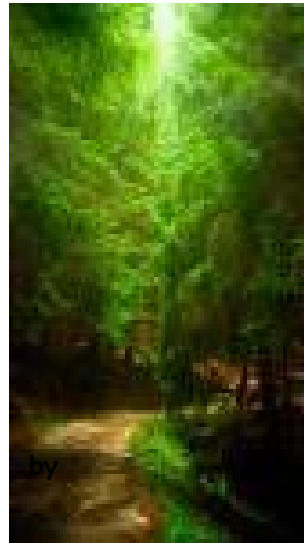
Relationship Loss - The ending of opportunities to engage in a variety of forms relating to another person. Grief results whether this is temporary or permanent. This type of loss can result from death, divorce, a move, a job change, a change in friendships, or the cessation of certain activities.

Role Loss - Loss of a specific role or an accustomed place in a social network; the loss of a part to play. This loss can be caused by death of a significant family member or friend or marriage, retirement, job loss, completion of school, etc.

Functional Loss - Loss of a body part, bodily function, memory, health, ability to perform as formerly. This may or may not mean loss of autonomy.

Intrapsychic Loss - Loss of an important image of self, possibilities of what might have been, plans for the future, hopes or dreams, your sense of security, your courage or faith. This is an inward loss related to external experience.

Systemic Loss -A loss that requires a system to change; when a family member dies, a child leaves home, or a co-worker retires or moves on to another job.



If You Are Grieving, Suffering from Loss or Transition

- Create new rituals.
- Light a candle beside your loved one's picture.
- Talk or write to him or her, or about your specific loss.
- Allow yourself to feel sad, to feel pain and to cry.
- Compartmentalize your grieving time. Schedule it, limit it.
- Write about your feelings. Keep a journal.
- Write letters—to God; to your loved one.
- Use creative writing or art to express your feelings.
- Keep a log of your feelings. Note when you feel better, or worse. Note your progress.
- Read books about grief and grief experiences of others.
- Be prepared for stronger feelings on holidays, birthdays and anniversaries.
- Try to help others who are suffering. Cook a meal for someone else.
- Be patient with yourself.
- Be kind to yourself.

Seek a counselor for supportive therapy. Grief, loss and transition requires professional treatment, support, and care of self to create a healthy life. Exercise. Eat well. Plan your days, including activities you like to do and those you have to do. Break difficult tasks into smaller, incremental parts. Plan ahead to spend time with people who care about you. Spend time with your pet. Do enjoyable things—watch a funny movie, read an enjoyable book, listen to music you enjoy, take a long, hot bath. Use positive self-talk and visualization. Do something thoughtful for someone else.

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The purpose of grief counseling is to achieve positive adjustment following the loss of a loved one or a life-changing event. Grief counseling supports the individual in recognizing the normal aspects of the grieving or mourning process through emotional and psychological support and nurturing self-care in your daily life.



Memories

Peace

Love

Joy

Feelings