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<http://www.edutherapysolutions.com>

### Why is there need for Edu-Therapy™ Grief Resolution?

The problem is that people are uncomfortable with painful emotions. Socially, we're taught to rely on intellectual advice given as a quick fix for "helping" those in emotional pain. Grief, whether the result of loss, abuse, or trauma, is an emotional experience. It cannot be resolved in any healthy way with intellectual "advice".

### Why Grief Edu-Therapy™ Certification?

The Grief Edu-Therapy™ process is an easy to use model that reduces and eliminates intense uncomfortable emotional responses to loss, trauma, and abuse. Edu-Therapy™ Grief Resolution Process is a powerful tool when applied to past or current relationships, living persons, or to those who have died recently or long ago. Once experienced, Edu-Therapy™ can be used over a life time. The 4-day Certification Training teaches the most effective approach for resolving the pain caused by loss of any kind.

The Grief Edu-Therapy™ Certification training is not a classroom type experience. The personal experience of the training is integral to learning and delivering the process. This training is a unique blend of personal growth, education, and immersion in a powerful grief resolution tool.

### What Makes Grief Edu-Therapy™ Different?

Edu-Therapy™ is firmly grounded in the well-established psychological theory of Cognitive-Behavioral Therapy. The Edu-Therapy™ model incorporates education, awareness, and action with unique experiential exercises to create a training experience that is not only educationally satisfying but is also personally rewarding.

Edu-Therapy™ is about resolving the emotional pain that results from unhealthy grieving. Other organizations emphasize recovery or pathology. Grief is not a disorder. Once shown the way, people can and will create healthy grieving experiences. Resolution is finding peace and coming to terms with life as is it is now.

Edu-Therapy™ was created to be a rapid, step by step process that once learned is easily repeatable. Grief Resolution helps griever discover new opportunities and choices. Unhealthy grieving can cause fear that moving on means letting go of all memories of a cherished relationship. Instead, Edu-Therapy™ shows griever how to keep an emotional and/or spiritual relationship with a loved one while moving their life forward. Edu-Therapy™ empowers griever to throw off the lingering chains of anger, guilt, and fear to truly free themselves. Edu-Therapy™ moves griever into the present where they can begin taking actions for creating a life worth living.

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## ***Recommendations***

“Life changing! I registered for the Grief Edu-Therapy™ Process Specialists Training to better serve my clients. I never anticipated the personal gift of resolution. It makes me a more effective caregiver, mother and spouse. I truly understand why care for the caregiver is so important”

*“As important as the completion work was, the professional skills were more profound!”*

**“The Grief Edu-Therapy™ Process Certification Program is the most effective career investment I’ve ever made.”**

“I was always left wondering where to go after doing critical incident debriefing. Since completing the Grief Edu-Therapy™ Process Certification Program, I’ve never wondered WHAT MORE I COULD HAVE DONE FOR MY CLIENT!”

**“I participated in Journaling exercises with my clients for years and never understood why its effects were so short term. The actions taught in the eight-session Edu-Therapy™ format quickly gave me the answer!”**

“The Grief Edu-Therapy™ Certification Training and the accompanying Edu-Therapy™ Process is the program that enables professionals and others to fulfill their desire to help others in substantial and meaningful ways.” Eric Cline - Director

### **Who Will Benefit From Grief Edu-Therapy™ Certification?**

Anyone who wishes to help grieving people, and those who come into contact with people suffering from painful loss: Mental Health Professionals, Emergency Services and Frontline Workers, Social and Family Services, Addictions Workers, Clergy, Hospice and Palliative Care Workers, Funeral & Cemetery Professionals, Pharmacists and support staff, Professional Caregivers, and People Whose Lives Have Been Altered by Loss.

### **Mental Health Professionals:**

Grief Edu-Therapy™ is a powerful tool that rapidly accesses conflicting emotions while the concrete, easy-to-use steps decrease disturbing emotional intensity. Once learned, clients can easily repeat the process on their own or in a clinical setting. The Grief Edu-Therapy™ Process moves clients into the present, which helps increase acceptance of new, healthier coping skills.

### **The Clergy:**

Spiritual counseling can be quite challenging when it comes to grief and loss. Often grievers experience a crisis of faith, expressing anger at God, asking, “Why me?”, or questioning the Lord’s intent. In actuality, grievers are expressing a very personal sense of powerlessness. It’s not their faith that has let them down; it’s not knowing how to experience healthy grief. The Edu-Therapy™ Process successfully addresses the emotional pain of loss, but also resolves the sense of helplessness. The Edu-Therapy™ Process helps end a parishioner’s preoccupation with the loss of the material relationship so they can begin to contemplate the spiritual meaning of the loss in relation to God.

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## Substance Abuse Counselors

As a professional, how do you help your clients cope with the myriad of losses and unending grief that addiction brings? Do you rely on simplistic intellectual advice giving that does nothing to address the intense clash of conflicting emotions? The Edu-Therapy™ Process is a powerful and rapid technique for resolving the painful emotions of all relationships, past and present. Edu-Therapy™ is easily repeated by clients and the concrete steps also serve as tools for teaching healthy, effective relationship skills.

## Frontline Workers and First Responders

Wonder how to cope with the constant exposure to the trauma of human suffering? How do you avoid burnout and cope with your emotions? Loss is more than death and divorce. Grief is part and parcel with trauma and tragedy.

Edu-Therapy™ works at a deeply personal level to reduce and eliminate emotional intensity of secondary PTSD. Once learned the Edu-Therapy™ process can be rapidly applied and completed to any new or past disturbing call.

## Social and Family Services

Edu-Therapy™ is versatile multi-use tool for professionals in family and social services departments. First, Edu-Therapy™ is a potent defense against secondary PTSD. All too often, new workers are traumatized and seasoned workers burn out, from repeated exposure to the abuse and trauma in their communities. Secondly, Edu-Therapy™ is a wonderful tool for resolving the conflicting emotions and unresolved grief that drive so much of the abuse in families. In turn, family members can use their Edu-Therapy™ experience to improve their relationship skills.

## Coaching Professionals

The very nature of significant loss is change, and, one of the key issues of grief is learning to cope with all the changes. Coaching works well for helping people to recreate lives to move forward. But before grievors can move forward, they must establish a sense of resolution in order to make healthy decisions. Edu-Therapy™ can facilitate that all so important sense of resolution, thereby preparing grievors to begin to plan their next chapter.

## Funeral & Cemetery Professionals:

Funeral & Cemetery professionals are in daily contact with people grieving the most painful losses of their lives. While this profession is well equipped to complete all the necessary physical tasks necessary to bury their client's loved one, they are often ill prepared to deal with the conflicting emotions caused by loss. Edu-Therapy™ is a great way to enhance professional services and aftercare with minimal investment. Edu-Therapy™ also makes for a cost effective approach to increase public relations and participate in community services. The Edu-Therapy™ Process groups can attract potential new clientele while creating positive service-helpful associations with your organization throughout the local community.

## Individuals Who Life Have Been Altered by Loss:

Grief, and the life altering emotions attached to it, tends to create a heightened awareness of the value of life. Many people who have experienced major devastating losses, feel compelled to help others. That desire is generally born out of the pain of their own suffering, and the desire to help others feel better. However noble the intentions, that desire must be matched by effective information and a proven program.

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# **Edu-Therapy™ Programs and Services**

## **The Grief Edu-Therapy™ Process Certification Program**

“What more could I have done for my client?” and as a front- line caregiver how do I look after myself? In response to these questions, Grief Edu-Therapy™ Solutions and Edu-Therapy Ltd. International, now offers the only Edu-Therapy™ Specialist Certificate available for professionals and caregivers in North America.

Completion of the Certification Program authorizes  
Edu-Therapy™ Specialists to establish:

## **The Edu-Therapy™ Program**

Eight-sessions for group or individual programs, utilizing a modern, effective and relevant format, created by Edu-Therapy™ Solutions, that assures long term resolution of the pain caused by loss. Certified graduates are providing services to their home communities, all over North America.



## **Edu-Therapy™ Individual and Family Sessions**

A one on one format with all the necessary materials for professionals to provide at time of need, and on-going care, to individuals and families trying to cope with a significant emotional loss, with a means of enhancing communication and support, thereby reducing isolation.



## **Edu-Therapy™ Community Education Program**

A great deal of destructive information exists regarding grief resolution from significant emotional loss. Certification Program graduates are provided with materials to develop helpful brochures, flyers, and electronic media for public and group presentations to grievors and Mental Health Caregivers.



## **Edu-Therapy™ Workbook – A Cognitive Behavioural Model of Grief Resolution**

This Workbook contains an all-inclusive approach - “The definitive grief resolution actions, necessary for dealing with significant emotional loss.” This 2013 edition of the Workbook is utilized in all

## **Grief Edu-Therapy™ Process Program Modules**

## The Grief Edu-Therapy™ Process Model:

### *...Healing Your Heart*



#### Education

(Modules One and Two)

- Overview of Grief and Loss
  - Normalization of Grief & Loss
  - Grief is Negatively Cumulative
  - Typical Loss Across our Life Span
  - Memes on Grief and Loss
  - Family, community, and culture
  - Advice and Intellectual Comments
  - Bio psychosocial effects of grief
  - Effects on cognitive functions
  - Generalized in the body
  - Maladaptive Behaviour
  - Adaptation to social and daily activities

#### Cognitive

(Modules Three and Four)

- Life Event Review
  - Cognitive Awareness on loss and conflicting emotions caused by events
  - Develop personal Life Event Review
  - Awareness of the intensity of Emotional Pain at time of loss
  - Awareness of Memes
  - Acting out Behaviours
  - Awareness of health changes/ concerns
  - Awareness of changes to social and daily activities
- Verbalizing Life Event Review
- Education on New Behaviour(s) on Grief & Grievors
- Participation & Application of New Behaviour

#### Behavioural

(Modules Five through Eight)

- Relationship Review
  - Accurate memory picture
  - Verbalization
- Identifying Emotional Conflicts
  - Emotional Action Statements
  - Verbalization
- Statement of Resolution
  - Verbalization
- Practicing New Skill Set
  - Identification of other Relationships

## **Grief Edu-Therapy™: Frequently Asked Questions**

### **What does the Grief Edu-Therapy™ Certification Program teach me?**

We give you a powerful foundation of non-directive and directive Edu-Therapy™ communication skills, facilitator's guide, Leaders Workbook and instruction for the Grief Edu-Therapy™ Program in addition to hands on, experiential training for facilitation of one-on-one and group Grief Resolution Principles and Techniques.

### **How long until I can start working with others?**

Participants in the training finish with everything they need to start working with grievers right away.

The Edu-Therapy™ Grief Resolution Program is an 8 Session, resolution focused program aimed at reducing and eliminating the pain caused by loss. After completing your training, we believe sooner is better for starting your own Grief Edu-Therapy™ Programs.

From that point forward it's practice and what you practice is what you get good at. With this foundation and on-going support from Edu-Therapy™ Support you can become proficient very quickly.

### **Is the process primarily for groups or individuals?**

As a part of the Certification Training you will be taught the Edu-Therapy™ skills to help in both one-on-one and group formats.

### **Must I be a Mental Health Professional to become certified?**

No. Since grief is the normal human response to loss, and since the Grief Edu-Therapy™ Certification Program is educational, all that is required is a loving heart and a genuine desire to help grieving people. Some of our certified specialists are licensed mental health professionals, but many come from other areas, such as the funeral and cemetery industries, clergy, addictions, nursing, first responders and frontline workers. Throughout the country many therapists refer clients to our certified people who are not mental health professionals. These therapists are seeing wonderful changes in their clients' ability to move forward after completing the Edu-Therapy™ Process.

### **Is there a contractual relationship involved in the Certification process?**

Yes. The Edu-Therapy™ Solutions License, Service and Support Agreement allow you to affiliate with Edu-Therapy™ Solutions and the intellectual properties protected by copyright law. Additional Edu-Therapy™ Assurance programs are available for treatment facilities and companies where an Edu-Therapy™ Certified Specialist is employed.

### **Is there a relationship between Grief Edu-Therapy™ and drug and alcohol treatment?**

Yes, loss is at the crux of sobriety. The obvious losses are death, divorce, losses of many types of relationships, abuse, trauma, finances, status, etc. Often overlooked are losses of using and being high. Conflicting emotions are part and parcel of each of these losses and without emotional resolution, unresolved grief will drive cravings and fuel acting out behaviors. Grief Edu-Therapy™ Communication Skills and 8 Session format rapidly assist clients in all phases of recovery to resolve their losses, and the process of Edu-Therapy™ teaches valuable emotional coping skills.

### **Will I qualify for Continuing Education Credit or other recognition as a result of this training?**

It varies by state and province but in many cases, yes. Contact Edu-Therapy™ Solutions to see if your discipline has pre-approved the program, otherwise we will provide you with the information to gain approval.

### **What kind of support can I expect from Edu-Therapy™ Solutions after I'm certified?**

You have access to, and can expect, qualified support from Edu-Therapy™ Solutions Support. As a part of the training, we'll direct you to the best resources to get answers. Initially grievers may pose questions that you are unfamiliar with responding to. When you're not sure of the answer, contacting Edu-Therapy™ Support for assistance provides you with the answers you need. With qualified staff who have worked within various disciplines and our many years of cumulative experience, there is almost no set of circumstances that we have not dealt with. There is generally no fee for this continuing service. On-site response or deployment of Edu-Therapy™ Personnel will be subject to fees.

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# **The Grief Edu-Therapy™ Process Certification Program**

- Learn effective Grief Edu-Therapy™ Process Communication Skills
- Learn the exact topics that grievors need and want to talk about.
- Learn how to integrate Grief Resolution into existing treatment programs
- Receive the ONLY Grief Edu-Therapy™ Process Certification available.
- Learn effective Edu-Therapy™ Interview Techniques.
- Establish Grief Edu-Therapy™ Process Groups
- Provide an on-going Community Education Program.
- Become part of The Grief Edu-Therapy™ Process Specialist National Network.

## **Program Agenda**

Programs begin at 8:30 AM on Day One with an Introduction and Orientation Session. The program reconvenes each morning at 8:30 a.m. and concludes each evening by 5:00 p.m. Days Two, Three and Four, sessions deal with Grief Edu-Therapy™ Principles, Concepts of Resolution, How Incomplete Loss Occurs, Identifying Incomplete Losses, Grief Edu-Therapy™ Counselling Skills, and Practical Application Training.

## **Program Costs**

**The Certification Program** is a significant career expansion. **The program is \$2195.00 plus applicable taxes, and includes Program Manual and License & Service Support Agreement.** Enrollment is limited. A 35 percent deposit is required at time of registration to secure your space. **Call about Tuition reductions for groups of three or more** (or early registration discount).

**Foundation Workshops** are available for personal growth and healing only, **these programs are \$995.00 per person plus applicable taxes and include program materials.** Visa and Mastercard, are accepted. Limited payment plans and group rates are available. For information or registration contact:

## **Edu-Therapy™ Solutions**

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## Testimonials

" I integrated Grief Edu-Therapy™ into my existing practice 11 months ago. I'm so happy with the results, I notified past clients of the new program offering both individual and group sessions." Deb G.

"With a background in Social Services, I have to admit, I learned more in 4 days about what to say. It was always a bit of a fear especially in group. Thank you for the communication skills. I now know exactly what to say." Dennis

"I registered for the training for professional development and to acquire some continuing education credits, but that's not all I got. I just got up from the kitchen table, having had the first conversation with my teenage daughter in years that didn't start or end in conflict. This one ended with a hug, a few tears and my daughter said "Thanks for listening". She was so right I haven't been hearing her for years." Tanya B.

" I have been working with grievors using a bereavement based method for over 10 years. I did the upgrade and took the Grief Edu-Therapy™ Certification. Moving to the CBT model made a lot of sense and helps me deal with so many types of loss. It's also more effective when working with multiple loss issues which is almost always the case. I like the flow of the 8 Session format and being able to move through at the clients pace. I have been able to move this in as an adjunct treatment with other clients and one of my women's groups."

"It expanded my vocabulary. I'm still amazed, having been in health care for 23 years, that I had so few words to describe sad or negative emotions. I always focused on the positive and never realized I wasn't addressing the sad or painful emotions caused by loss of health. It's a must for every nurse and I can think of more than one doctor whose bedside manner could use a little Edu-Therapy™."

"Life Changing"....."When Grief Edu-Therapy™ Training came to our community, I thought here comes another outsider who doesn't get our culture and the issue's we face every day. Boy was I wrong — It was actually one of the first times I felt like I had been heard, Thank you. I think I'm going to be far more effective in all my relationships"

"Continuity of care within the addictions treatment centre I work in as always been an issue. Staffers all have their own way of doing things and that has led to many debates. Having the entire staff take Edu-Therapy™ was one of the best things we ever did. It's like we are all on the same page and our clients are the benefactors. I believe it has made a huge difference in our environment and our alumni groups just keep growing." Mark H.

"The Certification Program provides significant career expansion and opportunities for both mental health professionals and non-professionals alike. Through this program we have certified therapists, marriage and family counselors, funeral directors, employee assistance providers, members of the clergy/spiritual care workers, and addictions workers, to name just a few of the ever growing list of caregivers." Eric Cline – Director



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**2019/2020  
Grief Edu-Therapy™ Training Programs**

<b>Month</b>	<b>Days</b>	<b>Location</b>	<b>Applying for <input checked="" type="checkbox"/></b>
November 2019	05-08	Saskatoon, SK	<input type="checkbox"/>
November 2019	12-15	PRIVATE TRAINING	<input type="checkbox"/>
December 2019	03-06	Edmonton, AB	<input type="checkbox"/>
January 2020	24-27	Winnipeg, MB	<input type="checkbox"/>
February 2020	07-10	Vancouver, BC	<input type="checkbox"/>
February 2020	28-02 (March)	Saskatoon, SK	<input type="checkbox"/>
March 2020	13-16	Calgary, AB	<input type="checkbox"/>
March 2020	27-30	Toronto, ON	<input type="checkbox"/>
April 2020	24-27	Moncton, NB	<input type="checkbox"/>

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## Grief Edu-Therapy™: Application for Certification Training

**Applying for: City** \_\_\_\_\_ **Date:** \_\_\_\_\_

Surname: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Prov/State: \_\_\_\_\_

PCode/Zip: \_\_\_\_\_

Phone (H): \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Phone (W): \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Fax: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Email: \_\_\_\_\_

Company Name: \_\_\_\_\_

Make invoice out to: You, personally  Your organization

Please relate the three most significant emotional losses you have experienced: (optional)


How do you feel that your Certification will benefit you, and your community?


Please note any applicable experience, degrees/certifications, courses, volunteer work:


Participation is limited. Early application and registration are strongly recommended. Tuition for The Grief Edu-Therapy™ Certification Program is Cdn or U.S. funds, \$2195.00 plus GST. Tuition may be reduced with three or more applicants from the same organization. A 35 percent deposit is required at time of registration to secure your space. Deposits are transferable to future training dates at no additional cost, 90 days or more prior to the program. No shows, without prior notification, do not qualify for refunds or transfers. If programs are cancelled or rescheduled, participants may select another program or request their deposit be returned. Edu-Therapy Solutions liability is limited to the participant's funds on deposit.

I have read, and understand, these conditions:

\_\_\_\_\_ Signature of Applicant

**CALL ABOUT RATE REDUCTIONS FOR THREE OR MORE PARTICIPANTS**

**Fax this application to (519) 937-9157 or e-mail to [admin@edu-therapy.net](mailto:admin@edu-therapy.net)**

We will confirm your participation within 48 hours.

You will receive a confirmation containing all venue details and brief itinerary. As well an invoice will be sent for registration fees. A convenient online link will be included in your invoice for secure direct payment by bank transfer and/or credit card.

**ALL PROGRAMS MUST BE PAID IN FULL PRIOR TO START OF PROGRAM UNLESS OTHERWISE ARRANGED WITH EDU-THERAPY™ ON AN INDIVIDUAL BASIS.**