

Healing Loss Program *Brief Description*

Loss is one of the most painful *and* universal experiences of life for sentient beings. From the moment we lose the comfort and security of the womb, till we take our final breath and our body leaves this planet, we all continually endure loss in many forms; not just through death, but through any kind of significant change in what we've relied on as being familiar, dependable and predictable. The natural, normal emotional response to any of these losses throughout our lifetime is grief.

However accurate the reality of impermanence may be, approaching grief with the intellect, the "head," is rarely helpful. That's because grief resides in the territory of your "heart." Thankfully, there are transformative choices you can make to lighten your burden of grief and gradually help heal your heart after loss. And that process can be applied to any significant loss, whether it's from actual or anticipated physical death of a loved one (person or pet), loss of relationship through divorce or separation, loss of health, financial security, trust, faith, or literally dozens of other varieties. The journey of recovery and rediscovery that's possible is what the "Healing Loss Program" (HLP) is all about.

HLP helps you:

- explore & honor your grieving process with loving kindness & self-compassion
- resolve unfinished emotional business in the specific relationship or situation that's profoundly changed
- cultivate a clearer, more expansive perspective of your past & present
- gradually create a different life with new meaning, purpose & peace

HLP specifically supports your grieving process through:

- ***eight (8) weekly 90 min. sessions*** (offered in studio, on the phone &/or virtually via Zoom). Your confidential one-on-one time with Deb enables honest disclosure, discussion, clarification & comfort.
- ***home assignments***. Reading, journaling, ongoing creation of a sacred "Remembrance Space," artistic expression activities & Buddhist-inspired original meditations (introduced in session & enjoyed via emailed audio clips), provide additional ways for processing your grief & healing your heart & your spirit.
- ***unlimited email support in between sessions***. Should you need extra encouragement or clarity, Deb is always accessible during business hours.

Your grieving heart *can* heal. If you'd like support along that life-changing journey, please reach out using the contact information below.



Deb Langhans (HLP creator/facilitator), has worked in the wellness field as a counselor/coach, writer & speaker for almost 30 years. She currently owns & operates **Journeys to Healing** on San Juan Island, Washington State where she offers wholistic life coaching, mindfulness & grief recovery coaching, Inner Journey Collage© workshops, reflexology & a developing line of products designed to encourage healthy habits. Deb's experience, training & certification in grief recovery, mindfulness & cognitive behavioral therapy have especially influenced her choices in HLP. For more information or scheduling, please go to www.journeystohealing.com (website), info@journeystohealing.com (email), or 360.317.4526 (initially, texting is preferred).