



The Grief Recovery Method Class
7-Week Online Class - \$150.00
Includes book: "The Grief Recovery Method"

Diann Davisson, Chaplain

The Grief Recovery Method is a step-by-step process, an “action program” for unlocking and respecting the emotional experience of our grief, both the immediate or presenting grief issues and those that may have been holding us captive for years. Too often, we attempt to cope with our losses through our intellect, while the emotional energy remains hidden in our bodies.

Grief is universal. We all have experienced grief throughout our lives, as a result of many changes, COVID, health, divorce, moving, relationships and death. However, we are not well prepared to really handle, manage, or recover from the emotional impact, which result from these changes and losses.

This program is the only evidence-based grief program in the world, having documented statistically significant improvements in knowledge, attitudes, and behaviors related to grief. It is an educational, secular class.

Students will learn:

1. To explore “old, ineffective tools and myths” we’ve been using to manage our grief.
2. To learn proper emotional tools to achieve recovery from our unresolved grief.
3. To discover and complete any undelivered emotional communication to our love ones.

ONLINE ZOOM CLASSES: 7-WEEK PROGRAM

September 13th - October 25th, 2022 - Tuesday 6:00-8:00 PM (PST)
OR
September 14th - October 26th, 2022- Wednesday 9:30-11:30 AM (PST)

Total Cost \$150.00

7-week class includes “The Grief Recovery Handbook”
To register and pay: <http://www.paypal.me/griefloss>
Or send check to: Diann Davisson 1143 10th St. Los Osos, CA. 93402

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