



Grief and Loss – Get the Help You Deserve and Come Through Stronger

Mary Winn, LCSW, CHt, RRT / RTR - Therapy with Mary

When grief and loss come into your life, it can feel overwhelming. Whether you have been bereaved of a loved one, have had to leave the home you love, have lost a friendship or relationship, or have been through some other major change, dealing with your feelings alongside dealing with the demands of your changed circumstances can take an enormous toll.

The expression of grief and loss is governed by very strict, although usually unspoken, social rules. We all feel the pressures of these rules. We feel 'expected' to respond in a certain way when someone dies, or when we lose our job, or the children leave home, or whatever it may be.

If the 'expected' response fits our own emotional needs, well and good. But often it doesn't.

For example, the death of a loved one is a devastating experience,

and no one can be expected to come to terms with it quickly. Grieving is a natural process that allows us to gradually take in the reality of our new situation, deal with our sorrow, and eventually begin to move forward again in our lives. But sometimes grief can completely overwhelm a bereaved person, and they can flounder in their efforts to deal with it.

The same can hold true for the many other types of loss people experience, some of which are mentioned above.

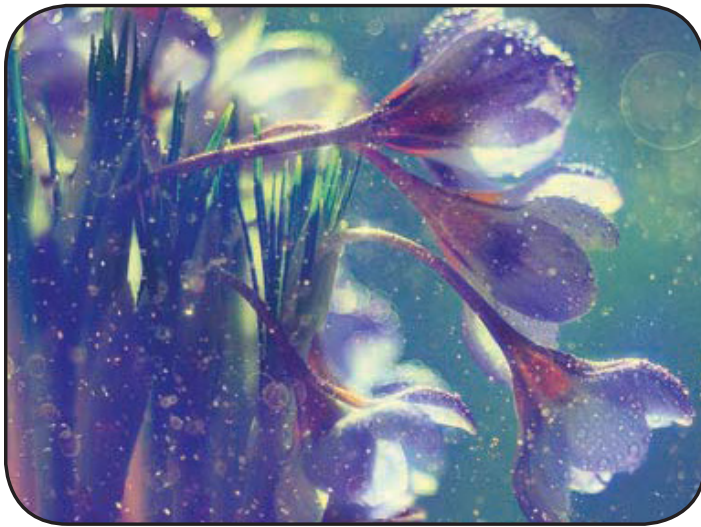
Many people feel guilt at things they did or did not say or do; feelings of anger and blame are also common, as is increased anxiety and stress. You may, for instance, suffer anxiety or depression about how you will cope with your loss. You may also experience physical symptoms – loss of appetite, weight loss or weight gain, sickness, fatigue or sleeplessness.

For some people, time is enough to help them come to terms with their loss. However, this does not always happen.

Talking to a professional therapist will help you to heal in your own way – to laugh or cry or shout – without feeling that others may misinterpret or judge. It will help you to find a way to understand your loss, and to deal with those emotions arising out of it.

In addition, hypnotherapy can give you positive suggestions to help cope with anxiety, insomnia, deep sadness and depression, and other symptoms of grieving or loss; hypnotherapy can help people come through the experience of bereavement, in whatever form it comes to them, and prepare to move on with their lives.

If you'd like more information, or wish to make an appointment, please call the office at 561-598-8585, or cell at 561-234-6778, or visit www.TherapyWithMary.com.



Therapy with **Mary**

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