

BEREAVEMENT and LOSS



HELP IS HERE!

FREE INITIAL CONSULTATION AND ADVICE
HYPNOTHERAPY, EMDR, NLP and OCCUPATIONAL THERAPY

How can I expect to feel after a bereavement or loss?

Grieving is such an intensely personal thing, there is no one specific way you will definitely feel, though some common themes and stages of grief have been identified. **Intense emotions and swift changes of mood are common.**

Grieving and loss aren't confined to the death of a person, and are often experienced at the loss of a pet, the break up of a relationship, or the loss of a role in life, such as if made redundant. People who lose a limb or have a disfigurement may grieve for the loss of the body they once had; people with a terminal illness can go through a grieving process for their impending loss of life.

Poor concentration, agitation, disturbed sleep, preoccupation with the loss, dwelling on times when you feel you could have done things differently, withdrawal, loss of energy, loss of appetite and tearfulness are all common.

It's not unusual to 'see' or 'hear' the person in the early stages of grief, or to sense their presence.

The stages of grief...

Have been identified as:

- Shock, emotional numbness, disbelief
- Yearning for the person/loss
- Anger; feelings of guilt
- Sadness
- Acceptance; letting go, moving on.

When does grieving become problematic?

It often takes a couple of years to get over a major bereavement, and even then healing may not be 'complete' or restorative, as life may have greatly changed as a result of your loss. It is common for feelings of mourning and sadness to intensify on anniversaries, at Christmas etc.

If your feelings are unbearable or unmanageable, or they are seriously affecting your ability to cope with everyday life, then please consider seeking professional help and support.

The following factors may increase the likelihood of your grieving being complicated or extended:

- a dependent relationship with the person who has died
- a relationship where you had mixed or negative feelings about the person
- a history of mental health/emotional issues, such as anxiety or depression
- being male
- lack of social/family support
- low self esteem
- several previous bereavements
- more than one death at once, or close together
- a sudden or unexpected death
- death by suicide or murder
- stigma about the mode of death, for example, AIDS or suicide
- the loss of a parent when a child or adolescent
- the loss of a child.

How can Mindscape Therapies help?

Mindscape offers a range of therapies which may help you through your grief, and any associated problems.

Hypnotherapy is extremely useful in enabling you to relax, to balance distressing feelings with more positive ones as appropriate, and in working with the subconscious mind, to enable you to explore, express and overcome any conflicting or intense feelings which are making it harder to deal with your loss. Where grief is especially intense or prolonged, or the death or loss was traumatic, **EMDR** could be extremely beneficial. EMDR is a specialist trauma therapy, which is highly effective in enabling you to process the complex and distressing thoughts and feelings associated with your loss, to reduce their emotional intensity, and to replace them with more accepting and positive thoughts and feelings, to enable you to move on with your life.

Why choose to work with Mindscape Therapies?

I'm Kate Mortimer, and I run Mindscape Therapies. **An experienced, well qualified clinician, I work with a wide range of issues**, specialising in emotional wellbeing and mental health. I have facilitated skills and therapeutic groups and worked 1:1 with clients since 1999.

I work from a humanistic, client centred perspective, valuing and respecting you, your experiences and your choices.

I work to NCH, AHP & BAOT Codes of Ethics, and am totally committed to providing a holistic, confidential, ethical and professional service.

I am passionate about what I do, and it's my privilege to support you to achieve your goals and dreams.

Please contact me for a **FREE** initial consultation, information or advice.

Competitive rates.

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