

Montclair Health Associates



**a comprehensive weight-loss
PROGRAM FOR CHILDREN AND HIS/HER
FAMILY**

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LOSS, GRIEF, & MOURNING

Each loss in our lives is unique, as is our ability to contend with the end of the relationship. Loss does not always indicate the end of a life, but can also signify the end (or anticipated end) of a relationship. Mourning does not mean forgetting.

Recovery after a loss typically begins by the end of the first year. Mourning results with behaviors and reactions expressed that are in line with social customs. When the later processes* in mourning are not completed, anxiety, depression, and physical distress can occur.

Many myths exist about the mourning process (e.g., mourning lasts one year; the mourner must "forget" the person; all losses are the same). These myths delay or distort the mourning process. If you continue to experience ongoing symptoms of intense discomfort around loss and seem unable to "move on", speaking with someone with expertise regarding loss can provide healthy resolution.

* Accepting the loss; grieving; adjusting to living without the deceased; and, resolving any conflicts with the deceased to re-direct energy into health.

*Talk with us about
mourning:*

- The main obstacle to grieving is avoidance.
- Processing loss comes in small doses.
- You can give up the relationship but keep the memories.
- Understanding the meaning of the relationship and the loss is important.
- Searching, yearning, and feeling angry are normal activities in the beginning grieving process.
- Mourning can help restore harmony and a sense of purpose in your life.
- Celebrations, anniversaries, and holidays often stir up our losses.

A senior therapist with expertise in loss, bereavement, and mourning will talk with you while respecting your individual response to loss. Treatment to resolution typically lasts 3-6 sessions. Please call or email us to arrange an appointment.