

Edu-Therapy™ Solutions Healing Your Heart

Building Sustainable Mental Wellness Through Integrated Treatment and Training

A Cognitive Behavioral Model of Grief Resolution

Edu-Therapy™ in First Nations, Métis and Inuit Communities

Grief and trauma negatively effect our lives. Often coming in waves, they have a cumulative effect that, if not acknowledged and treated, inhibits our ability to integrate in healthy ways and will continue to repeat themselves.

Physical reactions include:

♦ Numbness ♦ Separation ♦ Disengagement ♦ Hyperactivity ♦ Removal

Communities prepared with the *Edu-Therapy™ Process* are stronger and more resilient. We are all stakeholders of the collective grief and trauma experience. The *Edu-Therapy™ Process* creates a safe place to acknowledge, accept and integrate pain resolution processes – creating resiliency and long term healing.

Intergenerational Transmission of Historic Trauma

Trauma continues to effect many, due to taking the intellectual approach, 'Somehow, if I can understand how this happened, I will feel better'. These traditional strategies have created more pain resulting in additional loss.

The *Edu-Therapy™ Process* is designed specifically to deal with emotions related to traumatic loss and the effects of losses that has transcended generations. Our process is used to close these generational gaps - often, two or three generations participate in our program, creating an emotional understanding and empathy for all, thus reducing and often eliminating historic trauma.

Next Steps

With 2021 coming to an end, and as we evaluate and reflect, we encourage you to make healing a priority for both you and your loved ones, and create a healthy and happy 2022. Contact us today, we're here to help.

EDU-THERAPY™ SOLUTIONS 2022 TRAINING PROGRAMS

- January 24 - 27 (In-Person) Saskatoon, SK*
- February 7 - 10 Virtual Program
- February 28 - March 3 (In-Person) Edmonton, AB*
- March 21 - 24 (In-Person) Winnipeg, MB*

**All participants for in-person training must provide proof of full COVID vaccination*



gotoregister.ca/grief

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