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*“Grief is the most available, yet untapped, emotional resource
for personal transformation.”*

Treating the physical body is what differentiates Degriefing[®] : Integrative Grief Therapy (IGT) from other therapies that rely solely on talk. The use of skillfully combined somatic (physical) treatments to address, transform and release embodied grief is both a unique factor and Integral part of the success of this holistic therapeutic approach.

Engaging the body to ‘Move Through Grief’ is a conscious choice. When we deal with grief, our mind is not our friend. The body’s our barometer of truth. Physical movement promotes resilience, hormonal balance, emotional regulation. We are shuttled into the peaceful side of our Autonomic nervous system, the Parasympathetic.

Degriefing promotes integration: the wisdom of the body with intelligence of the mind. The mind has a body/the body has a mind. Grief is the body/minds’ response to loss.

The resulting physical symptomology is complex, multifaceted and very case specific. Unresolved grief, unattended sorrow, can live, hide or be held in the body for decades. By accessing embodied grief as fuel to power overt external movement we can express and release held emotions.

There are infinite combinations of modalities addressing grief held by the body. Honoring individual needs by listening to the somatic whispers and shouts, analyzing options, and combining forces of various integrative therapeutic systems represents authentic self-care.

Let’s ‘Move Through Grief’ in 2024 with curiosity, exploring transformative options like: Improv, Tai Chi, Yoga, quigong, performance art, hiking, biking, skipping, jogging, walking, aerobics, swimming, skiing, dancing, crawling, team sports, camping, etc. And Enjoy!

Namaste’.

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