



**Integrative Grief Therapy Intensive**  
**“Day of the Dead”**  
**Oct. 30--Nov. 3, 2024**  
**San Miguel de Allende, Gto. Mexico**

**Dr. Lyn Prashant**, FT, Somatic Thanatologist, Integrative Bereavement Specialist, CMT/ Degriefing Massage teacher, Yoga teacher, founded Degriefing®:Integrative Grief Therapy. Lyn trains, counsels and mentors internationally, working with loss of any kind. Lyn is a Certified bi-lingual Grief Counselor (John F. Kennedy University’s Graduate School of Professional Psychology) and an ADEC Fellow in Thanatology, (death, dying, bereavement educator) with over 36 years experience in the field. Look me up on You Tube.

This course provides participants with information, skills and resources to identify and efficiently work with grief and the grieving process, address psychological and somatic aspects of grief, and employ integrative therapies for transformation. We combine didactic teaching segments and expressive arts activities while we immerse ourselves in the Mexican Fiesta and Cultural Celebration of this holiday.

**Upon completion of this course participants should be able to:**

- Analyze differences between primary/secondary losses, and horizontal/vertical stressors
- Assess the impact of traumatic grief on human interactions nationally, globally
- Compile information on social media’s impact during Covid isolation
- Create your personal, portable tool kit for maintaining emotional balance
- Describe Compathy: compassion/empathy fatigue, burnout, bereavement overload
- Discover unresolved/embodied grief and see how it feels and relates to a story of loss
- Discuss the impact of Solastagia (global grief/extinction/climate grief) on anxiety
- Give examples of Mexican Cultural Rituals for transforming loss in their ancestral culture
- Plan a San Miguel de Allende community excursion for deep cultural immersion
- Summarize the subtleties/complexities of somatic aspects of complicated/prolonged grief
- Utilize silence and sacred emptiness for inquiry
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**Who’s Invited?** Individuals in the field of health care, hospice, counseling, mental health, spirituality, doulas, professional/family caregiving, safety, law, government, justice, education, addiction specialists, funeral services personnel, chaplains, EOL specialists and foreign service personnel. If you are Interested primarily for personal reasons/development, please do call Lyn.

**This program is not recommended for the newly bereaved.**

- A phone interview/consultation with Lyn is required prior to registration
  - Minimum enrollment of **(6)** required to hold the training
  - Maximum enrollment is **(10)** participants
  - Level I Certificate of Excellence awarded after successful completion of quiz
- **TUITION is \$2250.00 USD (training materials all included). Lodging separate.**
- One partial scholarship available.
    - **20% Early Bird discount ...Fully paid by 8/10, 2024**
    - **15% Early Bird discount ...Fully paid by 9/10, 2024**
    - **10% Early Bird discount ...Fully paid by 9/30, 2024**
  - **Live on the Peso?----Let's talk!**



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

In this bi-cultural space of authenticity, trust, safety and confidentiality the focus of Level I is YOU, the individual. This multi-faceted experience offers deep, intrinsic personal benefit. Exploring our losses, we blend academic knowledge with Expressive Arts acquired tools, breathwork, integrative therapies, gentle physical movement and cultural outings. To derive maximum benefit, please make your private alone time, a priority for body/mind/spirit integration. All activities are intended to improve and strengthen one's intellectual, emotional and physical well-being.

**Call: +1-415-457-2272**

**Text: +1-415-972-9591**

[www.degriefing.com](http://www.degriefing.com) contact form

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