Integrative Grief Therapy Certification Intensive

"Day of the Dead"

Oct. 30-- Nov. 03, 2026 (Level 1, 40 Hrs.)

San Miguel de Allende, Gto. Mexico

Dr. Lyn Prashant, FT, Somatic Thanatologist, Integrative Bereavement Specialist, CMT Instructor and Massage teacher, founded Degriefing:Integrative Grief Therapy.. Lyn trains, counsels, consults, mentors internationally, working with loss of any kind. Lyn is a bilingual Certified Grief Counselor (John F. Kennedy University's Graduate School of Professional Psychology) and an ADEC Fellow in Thanatology, (death, dying/bereavement educator) with over 33 years experience in the field.

A former UC Berkeley curriculum writer and professor, she is the author of "Degriefing Caregiver Burden" in Dr. Robert Neimeyer's Techniques in Grief Therapy: Creative Practices for Counseling the Bereaved, (Routledge, 2012) Sibling Loss Across the Lifespan" Routledge, (2016.) Lyn also wrote 'Transforming Somatic Grief':training manual for her work. (International Magazines, YouTube, TV

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:

- Recognize the subtleties and complexities of the somatic aspects of grief
- Explore/investigate one's personal relationship to their own losses with mindfulness
- Identify the impact of traumatic grief on professional and personal interactions
- Integrate/Employ Expressive Arts tools into one's personal-care practice (oils/collage/massage/yoga)
- Distinguish and address the differences between primary and secondary losses
- Prevent Compathy: compassion/empathy fatigue, burnout, bereavement overload
- Practice blending and applying aromatherapeutic oils for your well being
- Discuss the impact of 'Solastagia' (extinction and Global grief) on personal loss
- Discover unresolved/embodied grief and see how it relates to your story of loss
- Note societal advances, losses and gains from social media's impact on human beings
- Spotlight Focus: Cultural Competence: the ability to understand, interact, relate well with people of different cultures. (I.D.T inter-disciplinary-team communication group work)

Who is 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, foreign service personnel.
And if you're Interested primarily for personal reasons/development, bereavement…please call.

This program is not recommended for the newly bereaved.

- A phone interview/consultation with Lyn is required prior to registration
- Minimum enrollment (**6**) required to hold the training
- Maximum enrollment is (**12)** participants
- Certificate of Excellence awarded after successful completion of examination

- **Tuition is $2450.00 USD (training materials all included). Lodging separate.**
- **Early Bird Discounts:**

***20%...paid in full by July 15, 2026**
***15%...paid in full by August 15, 2026**
***10%...paid in full by September 15, 2026**

*** If you live on the Peso------- Let's talk!**

Degriefing®
counseling & education

"Grief is the most available, yet untapped, emotional resource for personal transformation."

Heartfully speaking: The experiential nature of this training; incorporating integrative therapies, partner exercises, group sessions and communication practices indicates a physical closeness that commands tremendous respect for honoring trust, confidentiality, personal safety and well−being.
If for some last minute **health related reason** you truly cannot attend, 85% refund will be granted.

Call: +1-415-457-2272

Text: +1-415-972-9591

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