Integrative Grief Therapy Certification/Intensive

Mentorship Training Invitaion

July 13-17, 2026

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, and 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 35 years of 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 Degriefing. (International Magazines, YouTube, TV)

This "invitation/application only" training provides professionals with didactic and experiential training. with information, tools, and skills to integrate Degriefing into their own practice. Practical application of resources to identify and efficiently work with grief, bereavement, address psychological and somatic aspects of grief, and employ integrative therapies for transformation in total support.

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 through case study demos
- Identify the impact of traumatic grief on professional and personal interactions
- Integrate Expressive Arts tools into one's personal-care practice (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 global grief on personal loss and the mental health risks of new stressors
- Discover unresolved/embodied grief and see how it relates to your story of loss
- Note current societal losses: AI, social media's impact on human beings, and civil liberties
- Spotlight Focus: Cultural Competence: the ability to understand, interact, and 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, and foreign service personnel. And if you are Interested primarily for personal reasons/development, please call Lyn.
This program is not recommended for the newly bereaved.

- A phone interview/consultation with Lyn is required before 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.**
    - **One** partial scholarship available.
      - **20% Early Bird discount** …Pay in full **by May 01, 2026***
      - **15% Early Bird discount …**Pay in full **by June 01, 2026***
      - **10% Early Bird discount ….**Pay in full **by July 01, 2026***
    - **If you live on the Peso---Let's talk about your discount!**

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.

Call: +1-415-457-2272

Text: +1-415-972-9591

email:lyn@degriefing.com **www.integrativegrieftherapy.com**