



‘Honouring Loss’

The Grief Recovery Method®

1 ON 1 PROGRAM



The Grief Recovery Method

The Action Program for Moving Beyond Death, Divorce, and Any Other Emotional Losses.

There are Myths about grief/emotional pain and loss that cause emotional suppression and isolation:

- Time heals all wounds
- Replace the loss
- Grieve alone / don't burden others
- Be strong for others / take care of others first
- Don't feel bad
- Keep busy / distract yourself

Your feelings are normal and natural. The problem is that we are socialized to believe that our feelings are abnormal, or we are told we are weak, or “too sensitive”, “too emotional”, or “too needy” for feeling them and wanting witness for them.

Whether your loss is from:

- Death
- Divorce or end of a relationship (intimate partner, friend, family, mentor/coach etc)
- Loss of health
- Loss of a career/finances
- Loss of trust
- Loss of faith
- Loss of safety
- Pet loss
- (* and many more! There are over 40 types of loss- who knew?!)

The world says you have to let go and move on in your life, but we are not taught what we need to do to accomplish that. This Grief Recovery Method® program not only makes that possible, but provides heart-centred partnerships and guidance to ensure that it happens.

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About your 'Honouring Loss' journey...

The Grief Recovery Method is a powerful, intentional, and heart-centered action-based program that helps guide you into truly healing your heart and healing relationships that may be incomplete in your life due to loss.

In brief, in 11 sessions with me, you will go through learning what grief and loss actually is, the unhealthy ways we've been taught to grieve and manage emotions, and explore your life and outline many of the memorable losses in your life. With this, you will pick 1 relationship/loss situation, and explore that in more depth, honoring both the painful and happy times in that relationship. You will then go through crafting unique and powerful recovery statements that will be put together into a final completion letter. Through this whole process, you will also be learning about and using EFT Tapping, a powerful and nurturing tool that will guide and support you through the varied and often conflicting emotions you may be feeling and processing during your journey. I will be guiding you 1 on 1 the whole way through, and will be your 'listening heart' to hold space for and honour your unique journey.

IMPORTANT NOTE: You WILL NOT be reading any of your graphs or final letter to the person whom you are writing to. You will only be sharing this process of completion, healing, and honouring your loss with me. :)



THIS IS AN 11 SESSION PROGRAM

Start days/times are flexible and coordinated by us!

Sessions will be in-person at:

Collective Healing Centre, 8230 105th Street, Edmonton, Alberta

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What is included in this incredible journey...

Your 'Honouring Loss' program includes:

A TOTAL of 11 sessions:

- 8 weekly 1 on 1, in-person, 60-75mins sessions of the Grief Recovery Method (GRM).
- 3 x 60mins in-person EFT sessions interspersed between the GRM sessions at weeks 1, 4 and 7 to honour the varied and normal emotions that are a part of this powerful healing journey.
- A copy of The Grief Recovery Method Handbook, and all program materials.

AND two great BONUSES - yay!

- 1x1 on 1 60mins Follow up session (in person or online - your choice) post - program to use EFT to 'tap/ground in' and savour the powerful process you just went through, and to set any goals for moving forward.
- 1x EFT Tapping video recorded personally for you and your unique journey through this program, that you can use over and over again!

Your investment:

\$2097

That's ~\$175/session - (incl materials and video too!) - much less than many support/therapy sessions!

*Payment plans are also available to help support you investing in yourself, and investing in starting fresh and moving beyond emotional pain/past trauma, with love. :)

For further information and/or to register, call or email:

Kimberly Robbie · Certified Grief Recovery Specialist®.

780-667-8426

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