

## How to Register

Don't wait and reserve your spot early!!!

We offer an "Early Registration" discount as well as a "Couple Discount" for anyone who signs up the Wednesday before the meeting.

A discount of \$30-\$60 will be taken off the cost of your meeting for signing up early.

All payments must be received by Friday, the day before the meeting to ensure your spot in the meeting!

Call the office at (318)222-6800 or email at [healing\\_inc@bellsouth.net](mailto:healing_inc@bellsouth.net)

We Accept Cash, Check or Credit Card.

**Martin Miller, M.A., Executive Director**  
Licensed Professional Counselor  
National Certified Counselor  
Professional Life Coach



Please call/email the office to register or for more

**820 Jordan street Suite 401**  
**Shreveport, LA 71101**  
**(318) 222-6800**

Email: [healing\\_inc@bellsouth.net](mailto:healing_inc@bellsouth.net)

[www.HealingHeartCounseling.Org](http://www.HealingHeartCounseling.Org)



## Grief & Depression



*Distinctively Christian  
Professional Counseling*

[www.healingheartcounseling.org](http://www.healingheartcounseling.org)

## Meeting Info

Who: Healing Heart Counseling Center  
What: Grief & Depression  
Where: 820 Jordan St. Suite 401,  
Shreveport, LA  
When: Saturdays from 9am-12pm

You can save more than 50% in 3 hours compared to scheduling multiple appointments.

There are no "quick fixes" but this is the next best thing.

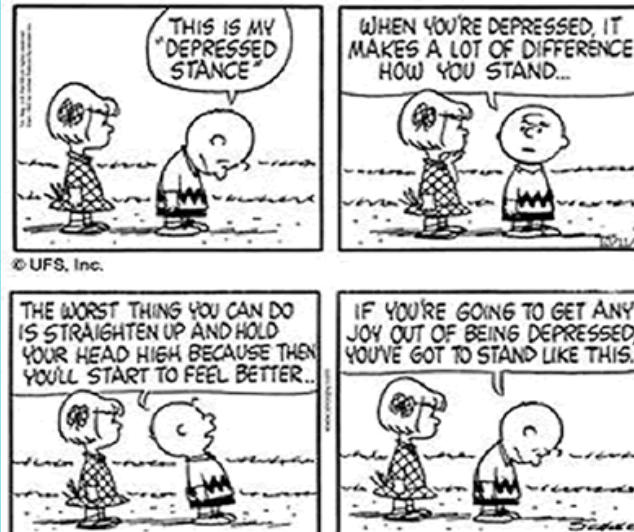
The people attending are clients that we as a center know and trust.  
The session will be a SAFE and CONFIDENTIAL place to simply listen, learn, ask questions, and share if you

## Client Comments

- "I was encouraged with the Christian approach; to start and finish with prayer and to have handouts with scripture to support the teachings and discussions.
- I gain so much for each of these sessions—having other (present) with the same issues and problems makes it so much better for me."
- The material covered all sides of the spectrum very well. It is an easy time frame with a wealth of information, paced very well, and he was available to answer any and all questions."
- "This was great! I would do it again!"

## Topics Covered

- Understanding the stages of grieving.
- Healthy expectations for the grieving process.
- How to navigate each stage effectively and avoid barriers.
- Scriptures & biblical guidelines relating to grief and depression.
- What does healthy depression and grieving look like? Am I normal?
- What NOT to do during the grieving process.
- The types of losses commonly experienced by people.



## Stages of Grief

1. **Denial** — "I feel fine."; "This can't be happening, not to me." Denial is usually only a temporary defense for the individual. This feeling is generally replaced with heightened awareness of possessions and individuals that will be left behind after death. Denial can be conscious or unconscious refusal to accept facts, information, or the reality of the situation. Denial is a defense mechanism and some people can become locked in this stage.
2. **Anger** — "Why me? It's not fair!"; "Who is to blame?" Once in the second stage, the individual recognizes that denial cannot continue. Because of anger, the person is very difficult to care for due to misplaced feelings of rage and envy. Anger can manifest itself in different ways.
3. **Bargaining** — "I'll do anything for a few more years."; "I will give my life savings if..." The third stage involves the hope that the individual can somehow postpone or delay death. Usually, the negotiation for an extended life is made with a higher power in exchange for a reformed lifestyle.
4. **Depression** — "I'm so sad, why bother with anything?"; "I miss my loved one, why go on?" During the fourth stage, the grieving person begins to understand the certainty of death.
5. **Acceptance** — "It's going to be okay."; "I can't fight it, I may as well prepare for it." In this last stage, individuals begin to come to terms with their mortality, or that of a loved one, or other tragic event. This stage varies according to the person's situation.