

Dealing with Grief and Loss During the Holidays

This time of year is most difficult for those who have experienced the recent death or loss of a loved one. Those people ask how they can feel any joy during the holiday season.

Remember during this time that you have been through a great loss and it's important to take care of yourself first and not to put undue pressure on yourself. Allow yourself to grieve in any way you need to.

There is no right or wrong way to grieve; grieving is an individual process. Grieving in private can be helpful. However, do not spend all of your time alone. Rather, allow others to be around you during this time.

Allow others to share their memories of the loved one with you. It can help your healing process by offering a memorial of your loved one during the holiday season, either through a formal service or to a charity or organization your loved one supported. Play a favorite piece of music that your loved one enjoyed or share photos of your loved one with others. Light a candle in their memory. By honoring their memory, we can feel surrounded by their spirit, which can be very comforting.

Remember that if you feel overwhelmed with grief and unable to cope during the holiday season or at any other time, that professional help is available.

GARY BREUER, MA, LPC



My private practice is located in North Scottsdale, within the offices of PsychArizona. I work with children (ages 6 and older), pre-teens, adolescents and adults. I work with individuals, couples and families with issues of anxiety, depression, trauma, grief and loss, career, academic and workplace issues, relationship issues, LGBT concerns, personal growth and spirituality.

I use various therapeutic approaches depending on the needs of the client. These approaches include developmental, humanistic, cognitive-behavioral, existential, family-systems, mindfulness-based, transpersonal, and EMDR (Eye Movement Desensitization and Reprocessing). EMDR is a model used for the treatment of trauma, and has also been found to be successful in the treatment of various other disorders as well.

I have experience providing professional counseling in clinical, business, and school settings.

Apart from my private practice, I am also a Reiki Master and have a great appreciation and respect for alternative as well as conventional treatment approaches.