Edu-Therapy™ Solutions
Healing Your Heart

Building Sustainable Mental Wellness
Through Integrated Treatment and Training

A Cognitive Behavioral Model of Grief Resolution

Edu-Therapy™ in First Nations, Métis and Inuit Communities

Grief and possible traumas negatively affect our lives. Coming in waves, they have a cumulative effect that, if not acknowledged and treated, inhibits our ability to integrate in healthy ways and will continue to repeat themselves.

Physical reactions include:
- Numbness
- Separation
- Disengagement
- Hyperactivity
- Removal

Communities prepared with the Edu-Therapy™ Process are stronger and more resilient. We are all stakeholders of the collective grief and trauma experience. The Edu-Therapy™ Process creates a safe place to acknowledge, accept and integrate pain resolution processes – creating resiliency and long term healing.

EDU-THERAPY™ TRAINING PROGRAMS
☑ July 19 - 22.................Virtual Certification*
☑ Aug. 19 - 22 (In Person)........Saskatoon, SK
☑ Aug.23 - 26.................Virtual Certification*

*Must be able to commit to 4 full consecutive days of on line training

ALSO AVAILABLE!
Virtual Training and Private Community Based Certification and Treatment Programs

With the isolation and loss occurring throughout the pandemic and the increase in mental health crisis, Edu-Therapy™ is in need more than ever. Train your team in the safety of your Community or Virtually online. Contact us today for details.

GoToRegister.ca/Grief

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