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# 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 trauma negatively effect our lives. Often 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.

### ***Intergenerational Transmission of Historic Trauma***

Trauma continues to effect many, due to taking the intellectual approach, *'Somehow, if I can understand how this happened, I will feel better'*. These traditional strategies have created more pain resulting in additional loss.

The *Edu-Therapy™ Process* is designed specifically to deal with emotions related to traumatic loss and the effects of losses that has transcended generations. Our process is used to close these generational gaps - often, two or three generations participate in our program, creating an emotional understanding and empathy for all, thus reducing and often eliminating historic trauma.

### ***Next Steps***

Coming into the Fall of 2022, we encourage you to make healing a priority for both you and your loved ones, to be able to move forward and make 2023 a healthy, happy and productive year. Take advantage of our few remaining Open Certification Trainings to gain the skills to make life changing contributions to your community. Contact us today, we're here to help.

**NEW PROGRAM DATES - REGISTER TODAY!**

- November 4 - 7 ..... Saskatoon, SK
- November 21 - 24 ..... Virtual\*
- December 9 - 12 ..... Winnipeg, MB

\*Virtual participants must be able to commit to 4 full days of online training

***PRIVATE PROGRAMS AVAILABLE! Let us come to your community. 2023 dates are filling up – call today!***



[gotoregister.ca/grief](http://gotoregister.ca/grief)

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