

7/9/11

Laurrana,

This letter comes with great appreciation for all of the help I have received from you during the bereavement group sessions that I have been attending. You provide the group with the most comfortable atmosphere during a time when it is most important. As the bereaved we come to the session with many uncertainties, along with the loss of our loved one we suffer many losses as our own person often feeling very insecure with a loss of confidence. So just to attend a group meeting at all is a very big step for many of us. Therefore feeling comfortable in the atmosphere is important in that we are likely to continue to attend and receive the full benefit of the group. You have a very calm demeanor with a kind heart that helps us to be able to relax and allow ourselves to be in the moment which is crucial in our grief process. All of the exercises that you present to us are very helpful and presented in a way that we have the option of doing them and sharing with the group. If someone is not ready to share they are not pressured into doing anything they are not comfortable with, although I have not witnessed anyone unwilling to participate or share. All have been able to talk very openly, which make it easier for others to open up.

You have intuition and seem to understand where everyone is in their grief process and recognize that we are not all going through it at the same pace. Yet your way of presenting information still reaches out to everyone in some way. The other women in the group I have been attending have mentioned many times that you have been a blessing to them. You are a blessing to me as well.

You have a knack for active listening and always acknowledge what was said, which helps in being able to feel comfortable with talking about feelings that are not always easy to express. When our emotions kick in and the tears begin to flow we are allowed silent moments (and lots of tissue) which helps in being able to release those emotions, which is also crucial in our grief process.

Your knowledge in the grief process is evident as you always seem to know the right thing to say in response to our concerns. You have helped me so very

much so far and I plan to continue coming because it is the one place I am comfortable in expressing my feelings about what it is like to be grieving and it is helpful in being around others who are going through it as well, as I start to feel like I am falling apart your support helps me to find the strength to get through another week. Thank- you so much for all you do!!!

Sincerely, Joan Ward