

Body, Mind and Heart

A publication that promotes total growth.

Volume II, Issue III

September 2003

Surviving Loss

Three and a half years have passed since the death of our senior partner, mentor and friend, Carla Cunningham. The loss was a huge one for us personally and professionally and Carla's absence is still deeply felt by all of us. We have been reminded of Carla's loss recently because the last few months have brought our small circle of friends through a series of illnesses and deaths.

Linda lost her mom last December. She misses her mom every day and was struck by how sad she was to not hear her mother's voice on her August birthday. Jackie's elderly friend, Ellen, passed away on August 9th after being diagnosed with metastatic lung cancer in February of this year. On August 17th, Marian's dear father, Dr. Harry Wiener, left us at the age of 92, after having suffered two strokes three months before. He was hugged, kissed and cradled in the loving arms of his extended family for those few months and then every moment of every day for the last few weeks of his life.

Several others in our small group have lost or are losing loved ones and these losses cause us to reflect on the meaning of life and loss. How does one accept the loss of one dearly beloved? What are the many facets of grief? How does one celebrate a full and rich life when all that is present in one's heart is the weight of sorrow and despair about one's loss? Or a loved one's loss? Philosophers have asked these questions for thousands of years and there are no easy or simple answers.

Each person must go through his/her own process of grief and loss. Years ago when counseling an elderly couple who had lost a grown daughter to a violent crime, it was clear that five years after the loss the mother still cried every day and the father was so upset that his wife was still crying that he just wanted her to stop. Did that mean that the husband did not grieve the loss of his daughter? No. It just meant that he had a different style of grief. But it was hard for the two not to judge one another or themselves.

So one truth seems to be that whatever your style of grief, wherever you are in your process, that is where you should and must be. Honor the place where you stand. Bless every tear that you cry for your loved one. If you cannot cry and your eyes seem to stay dry, honor your

What's New?

Mindful Massage

"A soft but powerful touch"

Mindful Massage is a unique blend of therapeutic massage techniques and bodywork. It blends the most appropriate aspects of each modality to create an amazing massage routine that can be applied safely and easily. This blend can improve the quality of life for those individuals living with cancer, extreme pain, and/or extreme stress. Mindful Massage is also appropriate for any age group. The light and gentle application of this massage make it ideal for those individuals recovering from emotional abuse, mental or physical trauma or those having a concern about disrobing. This technique can be done with the client comfortably clothed; only the feet are undressed.

**Where can you get Mindful Massage?
Therapeutic Massage Services by Edith
2601 Sutton Blvd.**

Call 314-304-6886 to schedule.

Upcoming Workshops:

David Grove Personal Journeys

David will give his two-day workshop on October 11th & 12th. Individual sessions will be available October 9th and 10th. To register, talk to Donna.

Create Holiday cards and gift tags!

Marian Hirsch, LCSW will teach you new techniques so you can make special cards and other fun paper crafts for your loved ones.

Don't miss out!

Saturday, November 15; 1 p.m. - 5 p.m.

Cost: \$15; Materials included.

Place: Marian Hirsch's house

Call 781-9400 to register. Advance registration is required.

strength and your wish to not give in to the pain of the loss. If you are mad, honor the anger that refuses to let go of the one that was so loved. If you are scared to die, as we all must be on some level, honor the mystery of mortality and know that you are human and not alone in your feelings.

While it seems to be true that we must all be born alone and die alone, from the recent losses this group has suffered, one more truth has emerged. We may have to die alone, but how much better is it to have lived a full and good life and be surrounded by loved ones who make sure you have every possible moment filled with nurturing care and loving affection? What a gift to take with you as you pass to the next world.

And a last thought for now. Feeling our feelings fully is not an easy task. Especially when it comes to the painful ones. We all think joy is a great feeling to have. But if you cannot feel the pain fully, can you really feel the love and joy fully? So give yourself over to grief if you have experienced a loss. If you can, let the pain of the loss wash over you. And with it you will be more able to go forward into the next experience life brings your way.

In celebration of:

Carla Cunningham 8/26/38 - 3/6/2000

Helen Perrenod 7/5/25 - 12/17/02

Ellen Hoey 6/29/25 - 8/9/03

Harry Wiener 7/13/10 - 8/17/03

Spatial Metaphor Therapy

Some of you are aware that **David Grove** has been conducting workshops and healing retreats at Meramec Counseling since the late 80's. The last ten years have been witness to the incredible growth and development of David's metaphor theory.

Originally, David presented the concept of "clean language" and used non-judgmental questions to ascertain how clients were storing their unresolved feelings and issues. His theory is that during traumatic events time slows down for the individual and as the trauma is occurring, the person "stops time" before the worst moment of the trauma. Once time has stopped for that person, that part of them is unable to move on in life. Part of them is literally "stuck" at the time of the events.

Many people suffering from PTSD (Post Traumatic Stress Syndrome) experience debilitating flashbacks. David used clean language to help the client move forward by going over, around or through that worst moment using the person's own metaphors so that their hurt child can "grow herself up" and her attention will not always have to return to those traumatic events.

Spatial Metaphor Therapy (cont'd)

David's newest theories add clarity about how we store our past in the spaces around us. Clients can map out those spaces and create change in their destructive life patterns. He calls this the use of "clean space".

When I first met David, I asked him how he had figured out these theories. He responded that he had listened to his clients. I went back to my job from that workshop determined to listen with a different ear. Sure enough, the first client of the week said in his introductory sentence, "I'm here because I have a wall." Stunned, I tried to think of the "right" David Grove question to ask him. Seeing the client look at me through his hands which he was clearly placing on his "wall" between us, I blurted out, "Is it a glass wall?" The gentleman gave me a strange look and said, "No, it is Plexiglas." I had to laugh because of course no one would create a glass wall for protection. But Plexiglas was a brilliant choice – hard AND see-through!

David is constantly updating and expanding his techniques. He is a patient and respectful therapist who works with clients in an innovative fashion. I always look forward to the next step and application of his theory.

This newsletter is a joint venture of Meramec Counseling and Blueprint for Health. We hope you enjoy reading it and pass it along to your family and friends.

Donna Kitchen, LCSW

Melinda Fry, PLPC

Marian Hirsch, LCSW

Margie Lewitt, B.S.

Linda Pilcher, Ph.D.

Jackie Reed, M.S., D.C.

Phone: 314-781-9400

****If you do not wish to be on our mailing list or have a change in your address, please let us know.**

--	--