

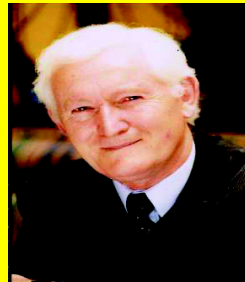
## Pathways Programme

### Workshop Series

presented by

Christy Kenneally

with Dr. Linda Finnegan



The 'Say Yes to Life 'Pathways Programme is a step by step guide to increased happiness and well-being designed by clinical psychologist and psychotherapist Dr. Linda Finnegan and communications consultant and author Christy Kenneally. Their unique Pathways programme is based on the research findings of clinical and positive psychology and draws on the rich clinical traditions and expertise of cognitive behavioural therapy (CBT), mindfulness, body psychotherapy and integrative and humanistic psychotherapy. A number of Workshops in the Autumn 2014 – Spring 2015 schedule specifically deal with the emotional impact of Loss :

#### Workshop 1 : Learn to Live Well with Loss – Help your Heart to Heal

Losing your job or home, the death of a loved one, the break up of a relationship, emigration, serious illness - Every significant change in our lives involves some degree of loss and letting go. Our normal world can come crashing down leaving us to sort the rubble of what we had and who we were.

Grieving is how we process and integrate the impact of these losses. This 1 day workshop will help you acknowledge the losses in your life, understand the nature of grief and how it affects us and help you develop ways to support a healthy grieving process.

Date : Saturday October 4<sup>th</sup> from 10 a.m. - 4.30 p.m.

Venue : Luisne Centre , Kilcoole, Co. Wicklow. Cost 125 Euro.

#### Workshop 2 : When a Baby Dies ....

Many people will attempt to console you by telling you that 'You're young yet' or 'You'll have another.' Although well-meant, they do not acknowledge the reality or depth of your grief. Miscarriage and Still-birth are often unacknowledged losses. This 1 day workshop will help you face the reality of your loss, understand the many complex emotions that arise and help support healthy grieving.

Date : Saturday November 29<sup>th</sup> from 10 a.m. - 4.30 p.m.

Venue : Luisne Centre , Kilcoole, Co. Wicklow. Cost 125 Euro.

#### Workshop 3 : When Someone You Love ends their Life -How can you continue yours ?

When someone takes their own life they leave many challenges for the bereaved. Suicide can lead to a profound sense of shock and to many painful and at times overwhelming and conflicting emotions. This 1 day workshop will help you understand and explore this complicated grief process and help support your heart in its healing.

Date : Saturday December 6<sup>th</sup> from 10 a.m. - 4.30 p.m.

Venue : Luisne Centre , Kilcoole, Co. Wicklow. Cost 125 Euro.

**Places on all three workshops are limited so book early to avoid disappointment. To book a place or to see our full schedule of Pathways Workshops please go to**

**[www.discoveringpathways.com](http://www.discoveringpathways.com) or email [christykenn@eircom.net](mailto:christykenn@eircom.net)**