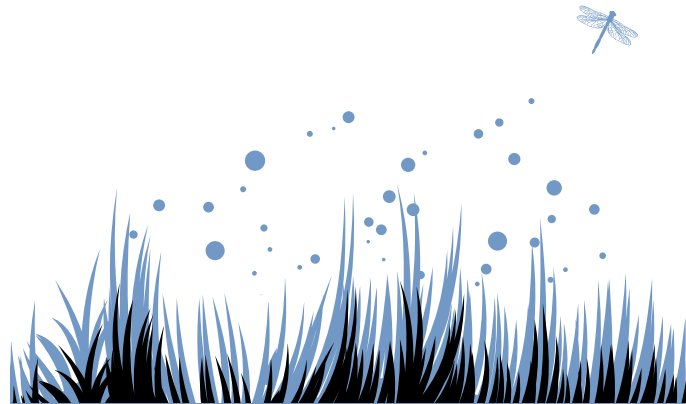


“Death ends a life,
not a relationship.”

-Jack Lemmon

“However long the night,
the dawn will break.”

-African Proverb



NOW SEEING CLIENTS AT:

Xanadu New Age

1011 South Lake Street
Neenah, WI 54956

Available by appointment.
Call Xanadu New Age to schedule
a session with Michele Dettloff.

Phone 920-886-9436
Toll Free 1-888-533-8284
micheledettloff@parisdrake.com
www.parisdrake.com

WHAT'S LOST?

WHAT'S LEFT?

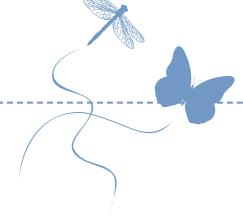
WHAT'S POSSIBLE?



Grief Counseling
with
MICHELE DETTLOFF



GRIEF COUNSELING



ABOUT MICHELE DETTLOFF

Michele will earn her Master's Degree in Counseling Psychology in Fall 2011 from Adler Graduate School in MN and a Certificate in Death & Grief Studies from Colorado State University. She has experience as a hospice grief counselor and grief group facilitator. Michele was inspired to help others in their grief because of her own experiences of loss beginning at the age of 4.



Michele was raised in western Wisconsin, then lived in the Minneapolis-St. Paul area for 22 years before relocating to eastern Wisconsin. She lives in Oshkosh with her husband, daughter, and two cats.

TOGETHER,
WE'LL DISCOVER:
What's lost?
What's left?
What's possible?

MICHELE'S PHILOSOPHY

I believe:

- that everyone's experience of grief is unique
- the mourner is the expert on his or her own grief
- that you must "feel it to heal it"
- people don't "get over" a loss, but reconcile it into their lives
- that grief does not proceed in orderly stages
- in the transformative power of grief

I believe in you!

ABOUT GRIEF

Grief is a natural reaction to losing someone or something we love or value. To grieve is to heal.

WHAT HELPS?

Express the feelings you have, whether through talking, drawing, writing, or playing. It is impossible to go around grief, for it has a way of catching up with you. You must "feel it to heal it."

Share your grief with others. This could be a trusted friend, a counselor or therapist, or a support group. Not everyone can handle the topic of death. Find someone who can be with you in your grief.

Give yourself breaks from the pain of grief. It helps to "dose" yourself, because we can only take so much at a time. Children especially need breaks from grief.

Slow down. Be patient and gentle with yourself, because grieving takes time and work. There are no rewards for speed in grieving.

“ It is in listening to the music of the past that I can sing in the present and dance into the future. ”

-Dr. Alan Wolfelt