

Trauma & The Brain:

Grief & Grieving

*“To help our clients navigate through difficult life transitions it is important to know what the brain is doing, because familiarity with the orchestration of internal states as well as reactions to the external is to be mindful of the essentiality of nourishing of the brain”
(Wolkin, 2016).*

SESSION 1:

Understanding Grief & Life Transitions

- Life transitions
- Styles of grief
- Types of grief
- Variety of Grief modules
- Coping methods of grief
- Religious coping styles
- God-Image & grief
- Finding meaning in suffering

SESSION 2:

Trauma & The Brain

- Understanding the implication of life transitions on the brain

WHAT YOU'LL LEARN:

- Deepen your understanding of grief
- Practical tools for professional growth
- Empathy-driven coping strategies
- Guidance for supporting others through trauma

RESERVE YOUR SPOT TODAY!

Contact Dr Michele Rossouw:
michele@you-turn.co.za

WORKSHOP DETAILS

- Two 4.5-hour sessions
- Online sessions
- Cost: R900
- CPD Points: 9(1E)
- Course Code: ACRPCPSC2026/01/31MR

