



“Teaching that transforms, incorporates, explores and speaks to the realities of life”

*DR MICHELE ROSSOUW*

I AM AFFILIATED WITH ACRP (ASSOCIATION OF CHRISTIAN RELIGIOUS PRACTITIONERS) AND REGISTERED WITH CPSC (COUNCIL FOR PASTORAL AND SPIRITUAL COUNSELLORS) WITH REGISTRATION NUMBER 2022P903

I HAVE BEEN AWARDED THE REGISTRATION ACRP DESIGNATION OF ADVANCED RELIGIOUS SPECIALIST IN CHRISTIAN COUNSELLING LEVEL 7

---

## Trauma and the Brain: Grief & Grieving

**A transformative, research-based workshop on understanding loss, healing, and resilience**

Grief changes us — emotionally, physically, and neurologically. When we understand how grief affects the brain, we are better equipped to heal ourselves and compassionately support others.

**Trauma and the Brain: Grief and Grieving** is an in-depth, *live* workshop designed to bridge neuroscience, trauma-informed practice, and real-world application. Whether you are navigating personal loss or walking alongside others in theirs, this learning experience offers clarity, insight, and practical tools grounded in current research and clinical wisdom.

### What You Will Learn

#### Understanding Grief

Grief is not only emotional — it reshapes our nervous system. Explore different types of grief, how they present, and why no two grief journeys look the same.

#### The Neuroscience of Trauma

Understand how trauma and loss impact brain regions responsible for memory, emotional regulation, and stress responses — and why this knowledge is essential for recovery.

## **Healthy Coping & Emotional Regulation**

Learn evidence-based coping strategies that promote resilience, reduce overwhelm, and prevent maladaptive responses.

## **Supporting Self & Others**

Develop skills to hold safe, non-judgmental spaces that honour each person's unique grief process.

## **Navigating Life Transitions**

Gain tools to accompany individuals through major life changes with greater emotional clarity and confidence.

---

## **Bonus Learning Experiences**

- **Theory Meets Practice** – powerful metaphors that translate neuroscience into lived experience.
  - **Three Structured Grieving Modules** – deepen insight and application.
  - **The CUBE Model** – a clear, compassionate framework for grief and life-transition counselling.
  - **Step-by-Step Counselling Guide** – practical guidance for ethically and empathetically supporting clients through loss.
- 

## **Why This Workshop Matters**

- ✓ Ideal for counsellors, pastors, caregivers, coaches, and anyone affected by grief
  - ✓ Grounded in current neuroscience and trauma-informed research
  - ✓ Deeply practical, reflective, and clinically relevant
  - ✓ CPD Accredited – earn **9 CPD points (1 Ethical)**
  - ✓ Includes **mentoring and debriefing support** with Dr. Michele (CPSC registered supervisor)
-

## Course Details

- **Duration:** 1 full-day session (9 hours)
  - **Format:** Live online (Microsoft Teams)
  - **Fee:** R900
  - **CPD Points:** 9 (1 Ethical)
  - **Certificate:** Issued upon completion of two evaluations
- 

## Who Is This For?

- Counsellors and helping professionals.
- Faith-based caregivers and pastoral workers.
- Anyone wanting a deeper, brain-based understanding of loss and healing.

Grief does not have to remain confusing or isolating. With understanding comes compassion, and with compassion comes healing.

*Join us and deepen your capacity to heal — yourself and others.*

I hope to see and practise with you soon!

*Dr Michele Rossouw*

Doctoral of Theology with Pastoral Studies (NWU)

[www.you-turn.ca.za](http://www.you-turn.ca.za)