

*Facilitated By:*

*Kathy Murphy*, MA, LAC, NCC

Trained Grief Facilitator

Certified Thanatologist - Association  
for Death Education and Counseling



Kathy Murphy is a Licensed Associate Counselor and LCADC intern at The Bridge's West Caldwell location. Kathy holds an MA in Counseling from Northwestern University. In addition to working with all types of mental health and substance use clients, Kathy's other areas of expertise include grief counseling and domestic abuse. Kathy has completed the 40-hour Domestic Violence Training for the state of New Jersey and is certified to provide grief counseling to individuals, groups, and families from the Association of Death Education and Counseling (ADEC) and the Grief Recovery Institute. She is currently pursuing additional training in treating complicated grief in individuals and in clinical work with LCBTQI clients.

The Bridge is a not-for-profit community based organization that provides behavioral health care services which are designed to strengthen and support the family and promote the personal growth of children, adolescents, adults and seniors.

We help individuals and families on their journeys back to wholeness!



The Bridges' Services include:

Mental Health Counseling  
Substance Use Counseling  
School-Based Counseling  
Family Preservation Services  
Student Outreach Program  
Family Crisis Intervention



THE BRIDGE

860 Bloomfield Avenue  
West Caldwell, NJ 07006  
973-228-3000  
[www.thebridgenj.org](http://www.thebridgenj.org)



*Six-Week  
Healthy  
Grieving  
Program*

Seeing the words “grief” and “recovery” together is often the first awareness that people have that recovery from significant emotional losses is even possible.

Recovery from loss can be achieved by a series of small actions and choices taken by the griever. Sadly, most of us have not been given the necessary information with which to take those actions and make those choices.

The Bridge’s six-week Health Grieving Program outlines these actions and choices in a specific way, in a safe and therapeutic environment, making recovery from loss a real possibility.



Grief is like the ocean;  
it comes in waves,  
ebbing and flowing.  
Sometimes the water is  
calm, and sometimes it  
is overwhelming. All we  
can do is learn to swim.

Vicki Harrison

The Bridge has offices located at:

860 Bloomfield Ave  
W. Caldwell, NJ 07006  
973-228-3000

50 Union Ave  
Irvington, NJ 07111  
973-372-2624

Louis A. Schwarcz  
Chief Executive Officer

### Week 1 — *The Nature of Grief and Healthy Recovery*

- ✓ Choosing to Recover
- ✓ Confusion About the Stages of Grief
- ✓ Anger, Guilt, and Shame
- ✓ Stigmatizing Losses

### Week 2 — *The Challenges of Dealing with Loss*

- ✓ Myths About Grief
- ✓ Participation in Your Own Recovery
- ✓ Loss of Trust

### Week 3 — *The Inability of Others to Help Us Deal With Loss*

- ✓ Not Knowing What to Do or Say to Help
- ✓ Others Don’t Like to Talk About Death

### Week 4 — *Preparing for Change*

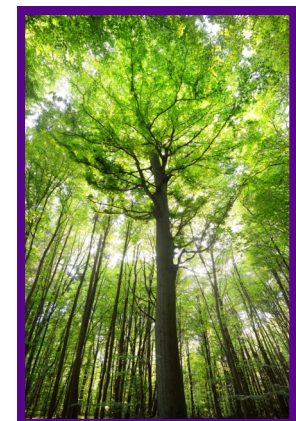
- ✓ When Is It Time to Recover
- ✓ Creating a Loss History Graph

### Week 5 — *Moving Forward*

- ✓ Identifying Incomplete Relationships
- ✓ Creating a Relationship Graph

### Week 6 — *Achieving Healthy Grieving*

- ✓ Concluding Exercises and Looking Ahead



For More Information, Call

**The Bridge**

973-228-3000 X322

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