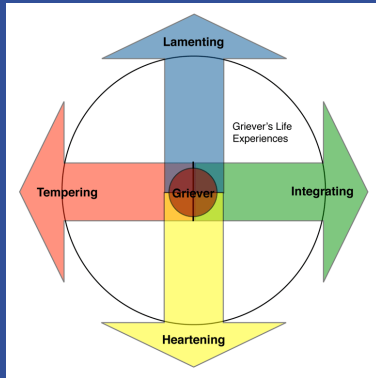


“Moving beyond suffering is learning to live with and without the pain in more ways than one.”

~ Shea Darian



Grieving is a life skill by which you can heal your whole self – body, heart, mind & spirit. Shea's Model of Adaptive Grieving Dynamics* illustrates four types of responses to grief that are essential for healing grief-related suffering. These dynamic four are Lamenting, Heartening, Tempering and Integrating. Together they can serve as your compass to navigate all kinds of losses, and help you become more aware of your preferences, strengths and growing edges as a griever and a healer.

*Published in *Illness, Crisis & Loss*, Vol. 22(3), 2014. Copyright by Charlene DeShea Bagbey Darian .

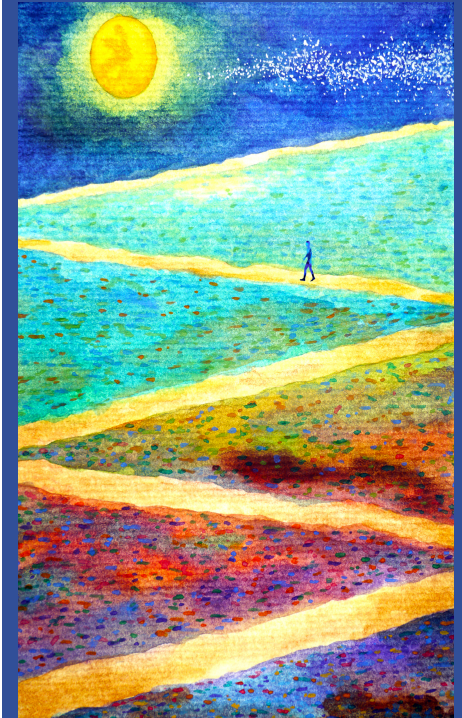


Shea Darian, M.Div.

Grief Educator
Spiritual Director

Shea is an author, grief and family educator & multi-faith spiritual director. In her work as minister, chaplain and retreat guide, Shea serves those of all faiths and philosophies. She is an award-winning author of books on family spirituality, including *Seven Times the Sun*, *Sanctuaries of Childhood* and *Living Passages for the Whole Family*. Shea's new book, *Doing Grief in Real Life: A Soulful Guide to Navigate Loss, Death and Change* will be released in 2021. Shea is mother to two young adults and shares a home with her partner, Andrew, in Sun City, Arizona. See sheadarian.com.

Doing Grief in Real Life



Healing Circles
Grief Education
Spiritual Care



Healing is a Journey



Above all else,
guard your heart,
for everything you
do flows from it.
Proverbs 4:23



The Healing Circle: Sacred Listening Small Groups

Healing Circles are confidential small group encounters to explore personal grief and healing by engaging in a contemplative conversation with three or four others. More than a support group, Healing Circles provide an opportunity for participants to share personal stories of loss, grief and healing. Interludes of quiet contemplation create a deep listening experience that a past participant describes as an “expanded form of listening” in which “the listening and sharing give each in the circle profound energy, joy, gratitude and an expanded connection with being human.” Small groups meet weekly, biweekly or monthly. Participants commit to 4-5 sessions at a time. If you are interested or have further questions, please contact facilitator, Shea Darian.

One-on-One Spiritual Care

For those who prefer one-on-one sharing, Shea is available as a listening companion – biweekly, monthly or on an occasional basis. If this seems like a better fit for you, contact Shea to schedule a time to ask questions and get more information.

Email: info@sheadarian.com or leave a message at 602-315-8480

WHO IS INVITED?

Those of all faiths and philosophies are welcome – whether you are in the throes of grief, exploring your strengths and growing edges for grieving and healing, or enhancing self-awareness, knowledge and skills as a professional care provider.

IS THIS FOR PEOPLE GRIEVING A DEATH?

Yes and no. Grief-striking losses come in many forms: death, illness, injury, family dysfunction, conflict, injustice, addiction, loneliness, trauma, social or political ills.... Grief can descend in good times, too. It's so mixed up with love and happiness, it can impact us even when it seems we have nothing to grieve.

DO YOU OFFER TALKS & WORKSHOPS?

Doing Grief in Real Life talks and workshops are offered on such topics as holistic healing, family dynamics, and life stage issues. Contact Shea for currently available topics. info@sheadarian.com