

Overview of Grief and Loss Support

My clients are often experiencing agonizing heartache related to loss: on the tailwinds of divorce, the death of someone dear, or, from some other life-altering struggle. Others have been carrying loss and trauma for many years, and they suddenly experience an acute form of anxiety, terror, or anguish that pushes them to seek more effective strategies to cope with and relieve some suffering.

I am an interfaith chaplain specializing in grief and loss. I have worked with individuals and families in hospital, hospice, schools and private practice. Multiple lenses frame my practice, including the work of theologian Abraham Joshua Heschel, Buddhist nun Pema Chödrön, psychologists Francis Weller and Murray Bowen, and the practice of mindfulness through poetry.

**"It is our unexpressed sorrows, the congested stories of loss, that, when left unattended, block our access to the soul."
— Francis Weller**

I provide deep listening and reverent attentiveness, and help clients reflect on and reshape their loss in a safe, sacred and peaceful space. I meet individuals where they are and focus on helping them increase their ability to cope with what are often extraordinary circumstances. It may include assisting individuals to connect or reconnect to practices, people, and principles that matter most to them. I may use poetry to provide additional comfort, deepen the space between us, and encourage reflection and opening.

My focus is on the person and their narrative, and the work is based on humanistic, experiential and mindfulness principles. This includes carefully attending to emotions, thoughts, beliefs, and memories as the path to connecting an individual's full response—mind, body, spirit, emotion—to experience, and bringing them to a fuller understanding and integration.


The pandemic has had a profound impact, and many of us are left carrying the weight and compression of unexamined sorrow. Traversing this critical moment in time, a process of reclamation and witnessing, can lead to increased fulfillment and healing.

Learn more about grief and loss support work by contacting me for a free 30-minute consultation. The goal is to give you some preliminary tools and insight, an understanding of my approach and communication style, and confidence that I can really help you. It also allows me to determine whether the two of us working together is a good fit. I want to feel assured that I can help you, and if not, I want to be able to refer you to someone who can.

Neil Beresin, M.Ed. (he/him)

Interfaith Chaplain • Specializing in Grief and Loss

www.griefandpoetry.com • text/call 610.742.6419 • email griefandpoetry@gmail.com



Do you
need to talk
about grief
or loss?



Do you
need to talk
about grief
or loss?

To read my article,
"A Chaplain's
Notebook: Poetry
as Spiritual
Nourishment"
published by the
Journal of Pastoral
Care & Counseling
(2020), [click here.](#)