

Overview of Grief and Loss Support Services

Welcome. If you have come here, it is likely that your world has been either shaken or shattered by loss. The individuals I work with have experienced overwhelming heartache: on the tailwinds of divorce, the death of someone dear, coping with serious illness, or, from some other overpowering struggle. Others have been carrying loss for many years, and they suddenly experience an acute form of anxiety, fear, anger, or anguish that pushes them to seek more effective strategies to cope. I help individuals begin to understand, face, and endure a world that has been turned upside down and made strange by loss.

I am a counselor and board certified interfaith chaplain who specializes in grief, loss, and transition. Does your loss feel like a permanent fixture or uninvited guest? Has the world suddenly becomes a very fragile and vulnerable place? Individuals I work with may:



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

- feel overwhelmed or unsettled;
- feel trapped or compressed;
- wish their life could feel more manageable;
- feel exhausted by their emotions;
- wonder if their intense sadness is normal;
- want the intense pain to go away or at least a break from it;
- want to find more emotional balance and suffer less;
- want a safe place to grieve.

Unexplored loss or sorrow is harmful to our mind, body, spirit, and soul. It takes energy and intention to face this delicate and uncertain place. Stepping into this space is an opening to increased consolation, compassion, resourcefulness, and integrity.

I provide radical listening and reverent attentiveness, and help individuals reflect, integrate, and reshape loss in a safe, sacred and peaceful space. I meet individuals where they are and often 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.

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 support work by contacting me for a free consultation. This conversation is an opportunity to learn a little about each other. There is a body of research that suggests the most significant factor in a successful outcome is the relationship with the counselor. Also known as "chemistry," this matters even more than the counselor's training, the type of counseling they do, or what kind of challenges the person brings.

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

You need to feel completely comfortable in your own skin, with no judgment or pressure, subtle or otherwise, to perform. You want to feel held, understood, and accepted for the sacred person that you are. This first session 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.

It takes immense courage to face significant loss. If you can make a place for it, it will change.

Sending you light, peace, and the wish that all of us be free from suffering.

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"...nothing ever goes away until it has taught us what we need to know."

—Pema Chödrön