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**Wednesday, December 15, 2010**

**How to Deal with Grief and Loss**

**Dr. Mel Borins** [www.melborins.com](http://www.melborins.com)

*People grieve the loss of loved ones, jobs, pets, marriages, or even functioning. They seek comfort, understanding, respect, and especially hope. The "work of grief" is a progression through stages of anger, painful dejection, loss of interest in the outside world, inhibition of activity and the temporary interruption of the capacity to love. Mixed in with the sadness, can be feelings of anger, fear and guilt. Psychotherapy can relieve the self-destructive anger and guilt advancing the recovery phase and stimulating psychological strength and personality growth.*

*In this interactive lecture, Dr. Borins explores how we grieve and how to help others work through their grief. He will discuss the impact that grief has on health and teach how to deal with your own personal losses and the losses of others.*

**OBJECTIVES:**

1. How can we identify grief in our relationships and help our others and ourselves go through the stages of grieving.
2. Understand why some people do so poorly
3. Learn specific techniques that can help us work through the grieving process.

Dr. Borins will focus on heightening our awareness of the grieving process and how we can deal with loss.

**DR. MEL BORINS** is a family physician and public speaker. He is an Associate Professor in the Faculty of Medicine at the University of Toronto and on staff at St. Joseph's Health Center. He is a fellow of the College of Family Physicians of Canada and author of the books **An Apple A Day- A Holistic Health Primer, Go Away Just for the Health of it and Photos and Songs of a Pronoic Physician**. He has lectured in the United States, Canada, India, Indonesia, China, Taiwan, Korea, Japan, New Zealand and Hong Kong on Health and Healing. Visit [www.melborins.com](http://www.melborins.com)