

How we have helped

'I felt I had talked myself stupid to the few firm friends I retained after my husband's death – but I guess a counsellor pushes you just that little bit further to say the things you don't know you're even thinking. I am very grateful to all at Independent Therapy Solutions because without them I would not be where I'm at.'

58 year old woman whose husband died unexpectedly

'It helped me to experience my emotions and move through the grief journey. I needed to air my grief and counselling provided the forum where I could do that. I was able to laugh, rant, cry, and have someone that listened, understood – someone to talk to who did not downplay or dismiss my grief Experience or how I felt.'

26 year old man whose mother died of cancer

'I will be enriched always. What stands out most is the connection and support. I felt like it was directly from God.'

30 year old woman whose mother died suddenly

'I cannot thank the counsellor enough. She has given me back the desire to live, love, give, enjoy, reach out to others, to develop myself and my artistry to its fullest potential. She has helped me to take out the skeletons in my cupboard, dust them down and put them away forever. She has helped me deal with useless grudges against the people I really love. I feel with her help I can continue to grow and be a whole person once again, not crippled by guilt and fear.'

47 year old woman whose partner took his own life.

We wish to thank everyone for their testimonials.

Other Services

Independent Therapy Solutions aims to provide a safe, confidential space for clients to explore any difficulties they are experiencing in their lives. We offer a wide range of counselling in the following fields:

- Addiction
- Anger
- Anxiety
- Bereavement
- Depression
- Domestic Violence
- Life Changes
- Phobias
- Relationship Difficulties
- Self Esteem
- Stress
- Unresolved Childhood Issues

Sessions are offered in Braintree, Maldon, Colchester & Tendring. If you are having difficulty in getting to us we will on some occasions be able to come to you.

For further information or to make an appointment contact Ron Gathercole at:



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Loss & bereavement

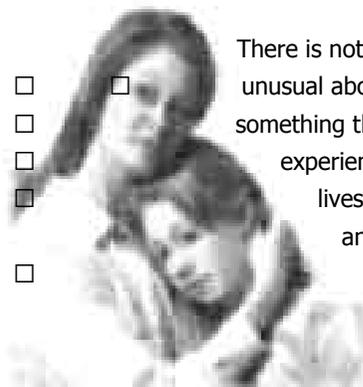


A Guide to Grief



Have you lost a loved one?

Bereavement and grief are very complex and stressful issues. The loss of a loved one can totally devastate those of us who remain in their absence.



There is nothing odd, weak, nor unusual about bereavement. It is something that most of us will experience at one point in our lives. We are all different and people recover at different rates. You may be able to do it on your own, or with the invaluable

help of close friends and family. But some of us will **need some extra help**, perhaps in the form of short term bereavement counselling or a support group.

If you do need help, then reach out for it, visit your GP or contact **Independent Therapy Solutions**. We offer a professional, confidential service at very reasonable rates. You would not be the first person to need external help and you will certainly not be the last. Many people have found counselling to be beneficial and there are now hundreds of support groups all over the country.

It's far better to **remedy our grief and anxieties** during the early stages, rather than letting it manifest itself for months, or even years. Unresolved grief can if not dealt with lead to serious conditions requiring treatment and may need professional help.

Knowing what to expect

When a death takes place, you may experience a wide **range of emotions**, even when the death is expected. Many people report feeling an initial stage of numbness after first learning of a death, but there is no real order to the grieving process. You may experience one or many of these emotions:



Denial **Yearning**
Disbelief **Anger**
Confusion **Humiliation**
Shock **Despair**
Sadness Guilt
Loneliness **Anxiety**

These feelings are quite normal and are common reactions to loss. You may however not be prepared for the **intensity and duration of your emotions** or how swiftly your moods change. You may even begin to doubt the stability of your mental health. But be assured that these feelings are healthy and appropriate and will help you come to terms with your loss.

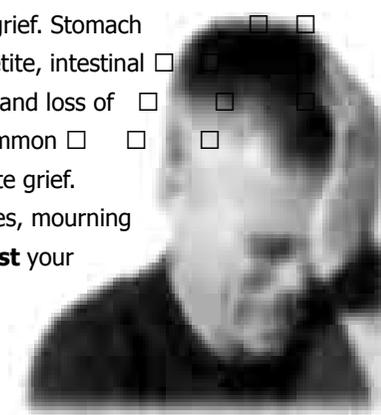
Grieving is a process

Grieving is the outward expression of your loss. It is likely to be expressed physically, emotionally, and psychologically, crying is a physical expression, while depression is a psychological expression.

It is very important to allow yourself to **express these feelings**. Often, death is a subject that is avoided, ignored or denied. At first it may seem helpful to separate yourself from the pain, but you cannot avoid grieving forever.

Someday those feelings will need to be resolved or they may cause **physical or emotional illness**. Many people report physical symptoms that accompany grief. Stomach pain, loss of appetite, intestinal upsets, insomnia and loss of energy are all common symptoms of acute grief.

Of all life's stresses, mourning can **seriously test** your natural defence systems. Existing illnesses may worsen or new



conditions may develop. Profound emotional reactions may occur. These reactions include anxiety attacks, chronic fatigue, depression and thoughts of suicide. An obsession with the deceased is also a common reaction to death.