



The Neurobiology of Grief and Loss

Tuesday, April 13, 2021

Virtual Program for Professional and Volunteer Caregivers:

Neurobiology of Trauma Applied to Grief and Loss: 8:30 a.m. - 10:00 a.m.

- This workshop will cover understanding our interpersonal neurobiology and how it applies to grief and loss utilizing the lens of the autonomic nervous system.

We will also discuss information about the psychobiology of attachment and core beliefs, as well as how both of these related underpinnings affect our process during grief and loss. During our time together the learning will be focused on skills to support expansion and growth after experiencing loss.

Virtual Program for the Community:

Understanding our Neurobiology After a Loss: 7:00 p.m. - 8:00 p.m.

- This workshop will be a mix of didactic and experimental learning to understand our experiences with loss. Participants will come away with both skills and knowledge to bring more self-compassion to their grieving process.

Register to attend at www.heartlightcenter.org

About the Facilitator:

Ruby Jo Walker, LCSW is an expert trainer on the forefront of the field of interpersonal neurobiology with a specialty in presenting on the neurophysiology and treatment of trauma. She is the founder of Post-Traumatic Growth Somatic Therapy. Her work focuses on helping other helping professionals to better assist their clients and patients to develop resiliency on all levels in life using the most cutting edge principles of neurobiology and post-traumatic growth.

This program is offered at no cost to professionals and our community due to the generous support of Horan & McConaty