

SELF-COMPASSION AND GRIEF

Presented by
Kelly Karavousanos, LPC, CT



Program for Professionals:

HELPING BEREAVED UNDERSTAND THEIR GRIEF AND CULTIVATE SELF-COMPASSION

A virtual program for caregiving professionals

Tuesday, January 24th, 2023

8:00am Pacific / 9:00am Mountain / 10:00am Central / 11:00am Eastern

This presentation is to help bereavement professionals to build their grief knowledge and skills to create a space for the bereaved to express their feelings of grief and to teach self-compassion skills. This will include activities and conversations to increase skill-building.

Program for the Community:

FINDING SELF-COMPASSION ALONG YOUR GRIEF JOURNEY

A virtual program for caregiving professionals

Tuesday January 24th, 2023

4:00pm Pacific / 5:00pm Mountain / 6:00pm Central / 7:00pm Eastern

When someone we love dies, we are struck twice. Once by our own grief, and then again by our own reaction to our grief. Many question if we are grieving correctly, often using a harsh voice of criticism and judgment. Self-compassion is a powerful way to reduce our own suffering. Join us for a conversation on the process of grief and to learn tools for self-compassion while grieving.

Scan to register for either program:



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ABOUT THE PRESENTER:

Kelly Karavousanos, LPC, CT



I started my professional career knowing I wanted to be a therapist and help individuals and families through difficult times. My early career involved supporting the elderly, the disabled, the drug addicted and chronically mentally ill. After 7 years in the field I realized I was having trouble finding my place in it all. I realized I was completely burnt out! Who knew? Not one course I took focused on self-care or the idea of secondary trauma as a hazard in the helping profession.

I made a conscious decision to become open to different possibilities and my journey led me to my local funeral home. I became a Funeral Director and later the Director of Grief Services for 15 years. My focus was on supporting the community, and companioning grieving individuals and families. This was certainly not where I would have thought life would lead yet it was one of the most rewarding experiences.

While on this path I continued to be open to the possibilities. I became a public speaker, educator, and knowledgeable on grief, loss, trauma and all things related to coping with the struggles of the human experience. My path continues to flow in this direction and is the main focus in my private practice.

More information about Kelly can be found on her website here: kellykaravousanos.net
or by email: kellyklpc@gmail.com



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