

Grieving after Suicide during Holidays and other Special Days by Dennis Windego

The Grieving workshop focuses on grieving after a suicide and how we can manage the loss during holidays and other special days that remind us of our loved ones. When a loss is experienced, individuals tend to undergo stages of shock/denial, anger, bargaining/guilt, depression/isolation and acceptance. Therefore, participants will also learn how to understand behaviors and body sensations caused by overwhelming emotions during the holidays. Participants will learn skills to manage loss and grief in ways that will also enhance and support their spiritual self.

Bio: Dennis Windego is a well-respected trainer and psychotherapist in the area of Post-Traumatic Stress Disorders and Complex Trauma. Dennis has been providing one on one, family and group sessions for over 20 years within outpatient treatment settings in First Nations communities across Canada. He has been a guest speaker at many conferences and healing gatherings involving the judicial, education and health systems. Dennis is a survivor of residential school, alcohol and drug abuse and family violence. It is with this knowledge and his personal healing journey that has made him the admirable therapist, activist and teacher he is today and the reason why he can relate so personally to people. Dennis has helped many people in overcoming trauma and deal with unfinished business stemming from their childhood and to live more empowering lives.