

About Deborah Tucker

Deborah is a licensed marriage, family and child therapist. She has lived and practiced in Simi Valley for over 20 years. As owner of Families Counseling Center, she is privileged to work with several other therapists with many specialty areas.

Deborah enjoys working with many types of clients, and feels honored that so many of her former clients refer friends and family members, sometimes years after their own therapy experience.

Deborah has been married for over 25 years, and is the proud mother of two sons, both currently away at college. She is a member of St. Rose of Lima parish in Simi, and has often given talks at many local churches and schools on topics related to family life, personal growth, and emotional health.

Currently, Deborah's practice is focused on three areas:

- Recovery from trauma, both old and recent
- Negotiating life's transitions
- Helping parents help their children

- If you are ready to make changes in your life
- If you have emotional wounds you would like to heal
- If you would like to improve your parenting, communication and relationship skills

Call or e-mail Deborah Tucker. She has worked with hundreds of individuals, couples and families during over twenty years of private practice.

Families Counseling Center

and

Coaching for a Better Life

805-583-3976, ext 33

deborah@simi-therapy.com

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Families
Counseling
Center

Grief and Healing

Deborah Tucker, M.A.

Licensed marriage, family and child therapist

www.simi-therapy.com

Families Counseling Center
1633 Erringer Rd., Suite 204
Simi Valley, CA 93065

805-583-3976, ext. 33

Grieving the Loss of a Loved One

In going through life, we experience many losses, large and small. Nothing, however, prepares us for the loss of someone we care about.

Of course many things do help. Certainly the support of family and friends means a great deal. Our faith in God, and our beliefs about what is to come after death, form a bedrock. We know as Christians that we will see our loved ones again, and that knowledge gives us strength and tremendous comfort. But what do we do when, in spite of our faith, we feel as though we are drowning in our grief? What do we do when we feel as though we will never recover, perhaps never feel joy again?

Grieving, like all of life's challenges, presents us with tasks. Mourning is a process through which we move, and every stage is important. The acronym TEAR helps illustrate some of the important steps:

To accept the reality of the loss. We may find ourselves in shock and denial at first. Many people feel as though the first hours, days, and even weeks after an unexpected death are spent in numbness, just "going through the motions". Eventually, though, the truth sinks in and we realize the person is really gone.

Experience the pain of the loss, and other emotions that go with it. This is important, but may be frightening and overwhelming at first. Sometimes we feel as though once we begin crying, we may never stop. Many relationships are complicated, and there may be all sorts of other emotions, including anger, guilt, disappointment, or many other feelings. A sense of things unfinished and words left unsaid may be very strong.

Adjust to the new environment without the lost loved one. The first year is full of these adjustments, as we move through the rituals of our lives. What may come as an unwelcome surprise for some is that the second year may be hard in a different way, as we continue to adjust and realize that some things will never be the same.

Reinvest in the new reality. Given time, and assuming that our healing isn't blocked due to other emotional issues, eventually we do adjust. We begin to enjoy life again, and to be able to remember our loved one with more joy and less pain. We find ways to care about today and plan for tomorrow. Sometimes we fear that learning to live a good life without our loved one means that we will forget them, or that we are somehow being disloyal. We may fear that healing means we will lose our memories of what used to be. Nothing could be further from the truth.

By allowing ourselves to move through the grieving process and heal, we actually are better able to remember the good times. As the pain recedes, we are able to unlock more and more of what we loved about the person we lost, which in turn helps to heal the pain.

If you find yourself feeling stuck in the grieving process, counseling can be of tremendous help. If your pastor or doctor feels that you would benefit, if family members are worried, or if you feel you just need some support in the journey, please don't hesitate to call.