



Session One

Surviving the Loss

1. Introduction to Session One
2. Facing the reality of our loss
3. The love story between humans and pets
4. Knowing when and how to say goodbye
5. The grief process
6. Making peace with reality
7. Breathing Practice
8. Guided Practice: Conscious Grieving Journey

Session Two

Weathering the Storm

9. Introduction to Session Two
10. Self-care/grief care
11. Emptying the grief pot
12. Sharing your pain with others
13. Telling yourself a different story
14. Self-soothing practices
15. Journaling as a self-care practice
16. Tapping techniques for relief
17. The power of professional support
18. Guided Practice: Letting Sadness In

Session Three

Mining for Gold

19. Introduction to Session Three
20. Honoring the memory
21. The havening technique
22. The power of storytelling
23. Lessons you learned from your pet
24. The power of unconditional love
25. Reclaiming our projections
26. Creating an altar
27. Crafting a goodbye ritual
28. Guided Practice: Havening
29. Journaling Practice: Our Love Story

Session Four

Learning to Love Again

30. Introduction to Session Four
31. Learning to love again
32. Nurturing new life
33. Finding the right companion
34. Welcoming a new family member
35. A member of the grief club
36. Guided Practice: The Gifts of Grief