



Reopening the Pathway to Joy

Could You Use Help in Putting the Grief Your Job Loss Has Caused Behind You?

Job loss is one of those grief causing circumstances that is made especially painful when it comes unexpectedly, is life changing, and you realize that it affects so many of your friends and colleagues as well. Symptoms include loss of energy, resentful and/or angry feelings, depression, anxiety about the future and many others.

Your Aloha Airlines committee is supporting our organization, the Heart Center for Grief Resolution, in its desire to help you put the conflicted and painful feelings you possess about the situation behind you, and assist you with getting on with your life in a new and positive way. This help may be provided at little or no cost to you.

You may wish to consider participating in a grief resolution workshop process. If so, here are some important questions you might want to ask yourself.

When is it time to do my "grief work?" This is an often difficult question facing grievers. Part of the problem stems from the biggest single inaccurate idea that we were all socialized to believe: that "time heals all wounds." Time does not heal. Actions can help discover and complete unfinished emotional business. When can I begin to discover and complete all of the things that I wish had ended "different, better or more," and all of the broken "hopes, dreams, and expectations" about the future? The answer is immediately. Waiting to do grief work is potentially dangerous.

What are some tipoffs that unresolved grief is the cause of my discomfort?

Unresolved grief tends to take people "out of the moment" and away from people in order to protect ourselves. Assuming that your physical health is okay, unresolved grief tends to drain you of energy. Unresolved grief tends to close our hearts down. We may even limit our exposure or approach to people who can help or even job opportunities and thereby doom them to fail. The Grief Recovery® Workshop is a tool developed from years and years of research aimed at discovering and completing unfinished emotional business.

What is the difference between Grief Recovery® and other loss and grief programs? Many grief groups provide an environment for people to verbalize the thoughts and feelings they experience following a loss. While there is benefit to that kind of expression, often it is not enough. Generally it will have a short-term benefit and not address the underlying issues of "incomplete emotional" communications that sustain unresolved grief. The Grief Recovery® Workshop addresses the incompleteness so that there is long-term benefit, completing the pain and the unfinished emotions.

The Grief Recovery Group Workshop: This powerful 10-12 week, 1 ½ to 2 hour/week experience is the most productive workshop being offered anywhere on people's reaction to loss. For anyone who is grieving, the Personal Workshop offers Grief Recovery® tools that work for any kind of serious loss.

Are you interested in participating?: Fill out the application below, and forward it to one of the indicated addresses, or call or e-mail Chip Phelps, Certified Grief Specialist, for more information. Your interest and application will be communicated to the Aloha Airlines Committee.

Yes, I am interested in this Grief Recovery Program. If required, I will also provide evidence of my status as a former Aloha Airlines employee affected by the closedown of Aloha Airlines (i.e. paystub, copy of ID, etc)

Name: _____ **Street:** _____

City _____ **St** _____ **Zip:** _____

Phone Number: _____ **Date:** _____


I would like more information **I would like to participate**

I am available on these evenings: **M** **T** **W** **Th** **F**

Contact Chip Phelps at 428-6889 or at the e-mail address asap1@mindspring.com. You may also mail your application to the Heart Center for Grief Resolution, P.O. Box 30993, Honolulu, HI 96820, or in care of the Grief Recovery Program, Lokahi Giving Project, KHON2 Television Station, 88 Piikoi Street, Honolulu, HI 96814.

 **Grief Recovery®**

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Our Certified personnel use this distinctive mark  to announce their association with The Grief Recovery Institute® and to distinguish themselves from others who help grievers. While the words grief and recovery may be generic, the phrase Grief Recovery® is unique to the principles and actions outlined in The Grief Recovery Handbook and all other literature and programs affiliated with The Grief Recovery Institute®. Look for Grief Recovery® - it is your assurance of the highest level of training in the area of helping grievers complete the pain caused by significant emotional losses.

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