

From Grief to Growth

A place to heal, grieve, and grow after a sudden and unexpected death of a loved one

www.FromGriefftoGrowth.com

Online Resources & Tools To Provide Support To Those That Are Dealing With Traumatic Grief



My name is Jennifer R. Levin, PhD, FT and I am a traumatic grief expert, clinician, educator, and coach. I am also a recognized Fellow in Thanatology – the study of death, dying, and bereavement - by the Association of Death Education and Counseling. I have been privileged to work in the field of death, dying, and grief for over 25 years and I am passionate about helping individuals living with traumatic grief transition from suffering to healing, and from pain to growth.

After years of experience working with individuals living with trauma and complicated grief, I realized that accessible resources are needed to improve the healing process associated with traumatic loss. I have met so many people unable to pursue traditional therapy who are searching for a way to process, grieve and make sense of their loss on their own. From Grief to Growth was developed to provide those in need with tools to foster healing in a manner that holds and respects the grief and trauma that has injected itself into their world.

I invite you to utilize all of the resources I have created and provide on my website, which range from previously recorded webinars to a full comprehensive 16-week online program.

Testimonials

"If you have the intention to heal, you will. I know that it looks impossible and you have no idea how it is going to happen. As long as you take the step forward and you are open to the possibility of it happening, it will."

~ Dolores C., age 62, Son died in a car accident

Often in life, the right person comes along just when you need them. For me, that person was Dr. Jennifer Levin. Following the death of my husband in 2020, I found her program From Grief to Growth and it's specific goal of dealing with the aftermath of traumatic loss and the hope of growth following that loss. Dr. Levin and her program are both amazing. She is supportive, compassionate, and thought-provoking. From Grief to Growth is rich in information and insight. She and her program helped me in ways I never expected. I'm in so much better shape than I would have been without her. I've been able to start rebuilding my life and to begin to move forward in a healthy and positive way. I recommend her to anyone struggling through the shock of traumatic loss, and I thank her with all my heart.

~Susan B, Husband died of complications from cancer and COVID

I learned that was nothing wrong with me, that my feelings were normal. I did not know that I could stop and ask myself if thinking about certain things would be helpful or harmful. I discovered that I just needed to trust in the process. I did not know there were specific tools I could use in the moment to get through tough times and that they would pass. This was kind of a surprise because I felt like my life was just over.

~Carol R, age 61, Husband died during a medical crisis

Resources

- Free online mini-course, [*3 Tips for Thriving After Trauma & Loss Collide*](#), which includes 4 short videos and a companion eBook with 25 growing tips.
- A comprehensive 16-week program, [*Growing After Traumatic Loss*](#), that includes 24 videos, tip sheets, and growing exercises. Find it under Courses from the menu
- Free Replay Access for Previously Recorded Webinars & Downloads for Supporting Materials - Topics include:
 - *The Power of Presence: 3 ways to support a friend of a loved one with traumatic grief*
 - *3 Tips for Talking to Children, Adolescents, and Teens About Traumatic Grief*
 - *Living with Traumatic Grief: 3 questions to guide your grief*
 - *Three Reasons Why All Grief During COVID-19 is Traumatic: New strategies for healing*
 - *Living with Grief in the Midst of COVID-19: 5 tools to cope & navigate this unprecedented time*

* click on the title of interest above to go to the website

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