



# Edu-Therapy™ Solutions Healing Your Heart

***Building Sustainable Mental Wellness  
Through Integrated Treatment and Training  
A Cognitive Behavioral Model of Grief Resolution***

**Edu-Therapy™ in First Nations, Métis and Inuit Communities**

Grief and possible traumas negatively effect our lives. Coming in waves, they have a cumulative effect that, if not acknowledged and treated, inhibits our ability to integrate in healthy ways and will continue to repeat themselves.

Physical reactions include:

- ♦ Numbness
- ♦ Separation
- ♦ Disengagement
- ♦ Hyperactivity
- ♦ Removal

Communities prepared with the *Edu-Therapy™ Process* are stronger and more resilient. We are all stakeholders of the collective grief and trauma experience. The *Edu-Therapy™ Process* creates a safe place to acknowledge, accept and integrate pain resolution processes – creating resiliency and long term healing.

## EDU-THERAPY™ TRAINING PROGRAMS

- Sept. 21 - 24.....Virtual Certification\*
- Oct. 18 -21.....Virtual Certification\*
- Oct. 15 - 18 (In Person).....Edmonton, AB

*\*Must be able to commit to 4 full consecutive days of on line training*

## ALSO AVAILABLE!

**Virtual Training and Private Community Based  
Certification and Treatment Programs**

With the isolation and loss occurring throughout the pandemic and the increase in mental health crisis, Edu-Therapy™ is in need more than ever. Train your team in the safety of your Community or Virtually online. Contact us today for details.



**Edu-Therapy  
Solutions**  
Building Sustainable Mental Wellness

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