

The Enrichment Project
An Exploration of Grief and Ways of Coping

A Seminar conducted by Samuel J. Marwit, Ph.D., ABPP

You are cordially invited to attend a small group, multi-faceted, learning experience about grief and the grief process.

The aim of The Enrichment Project is to provide a unique learning experience that supplements and enhances the emotional support provided by family, friends, support groups, and individual counseling.

Please join us for a 5-session exploration of grief conducted by Samuel J. Marwit, Ph.D., Professor of Psychology and nationally recognized grief expert. Dr. Marwit has taught End-of-Life Issues at universities and hospitals for the past 20 years and is on the editorial boards of the two prestigious journals *Death Studies* and *Omega: Journal of Death and Dying*.

In the intimacy of a comfortable private office setting, 10-12 people will meet for 5 consecutive weeks to explore and discuss:

- The history of grief and grief practices
- Old and new understandings of how people grieve
- Theories about healthy and unhealthy ways of coping with grief
- When and where to find resources
- Life after loss

These topics will be explored using informal lecture, structured exercises, film, literature, research findings, and participants' personal experience. All of these will be interwoven to provide a solid foundation in understanding grief and the grief process. The aim is to provide a communal experience that will help participants to move through their grief with greater comfort and assurance.

An absolute maximum of 12 people will be allowed to attend any one of the 5 week-long Enrichment Projects. Meetings will last an hour and a half and will generally take place over 5 consecutive weeks. The cost of the Enrichment Project is \$300 per participant; pre-paid, and non-refundable within 48 hours of the start of the program.

Given the unique circumstances of grieving for a child and grieving for an adult, separate Enrichment Projects may be developed for each of these situations.

For more information, and to enroll, please contact Dr. Marwit at the above address.

