



2021 Pet Grief Counseling Workshops

Two, one and a half hour Workshops on the Basics of Pet Grief Counseling, leading to a Certification in Pet Grief Loss Counseling.

Cost: \$125, includes both Workshops, led by Kaleel Sakakeeny, live via Zoom

WORKSHOP I: January 21, 2021, 2-3:30pm EST

WORKSHOP II: February 4, 2021, 2-3:30pm EST

An intended path to Certification is not required to attend.

For those continuing on to Certification, additional relevant books, articles and requirements will be announced.

Workshop I: Writing Your Story

January 21, 2021, 1.5 Hours, 2-3:30 pm EST

If you're serious about becoming a Pet Grief Counselor, and decide to work with clients, you'll begin here – with their stories.

Why stories? Because all healing begins with them. In the Workshop, we'll explore the power of story writing and telling. You'll write about your personal experience with grief and loss, and share it with your Workshop mates. If you don't have experience with the loss of a pet, we encourage you to write about your experiences helping your friends or family through the loss of a pet. You don't need a pet to take our workshops, but you do need the capacity for compassion and an understanding of the significance of the animal-human connection.

What will your story be about? It could be a journal, a letter, a dialogue, telling the story of how you and your pet met, what that moment was like, ways in which you lived, loved, traveled together ... even at the end. You'll cry and laugh as you remember and write about your lives together. You'll experience a closer connection to the one you lost, and an easing of your own grief.

Write your story in any way you want. It'll help you heal, connect with others, and understand your loss from different perspectives. It could be a story of helping your loved ones process the loss of their pet companion, or a recollection of a special animal that you've connected with at any point in life. You'll learn as you remember the impact that these experiences have had on you.

Writing Prompts Here are a few writing prompts we might use to get you going:

- How did you and your animal/pet meet?
- What was that first moment like?
- What are some of the places you went together?
- What are some of the funniest moments you shared?
- Are there things you wish you had said or done, and want to write about now?
- Write about some frightening moments you had together. Ask if your pet remembers them
- What happened at the end - the dying and the death? What do you need to say about that?
- Can you talk to your pet about those final moments? What do you want to ask them?
- Write about your beliefs about death and whether you feel you and your pet will be reunited.
- Write about what you learned from listening to others talk about their pets. What did you learn as they processed their grief?
- Write about the importance of the animal-human connection based on your experiences with any animal.
- What would you want to say to the pet you've bonded to the most in your life?

It's not easy to do this work. It's said that the more emotional and difficult the topic, the more likely it is you should be writing about it.

And since death does not end the connection with us and our pet, your letters, your stories, form a bridge between the two of you by removing blocks to "connecting" with your animal companion: The blocks of your anger, sadness, fear, anxiety.

These emotions are necessary and helpful to your healing process. But by writing your story, you gain some perspective and control over them. It becomes more possible for you and your pet to have a clearer channel to each other

Note: You don't have to be a writer to do this work. While it requires written introspection and reflection, anyone with an open mind and heart is welcome.

Workshop II: Sharing Your Story

February 4, 2021, 1.5 Hours, 2-3:30 pm EST

**"Listening is a magnetic and strange thing. A force of nature.
We are drawn to those who listen to us and care about our story"**

— KARL MENNINGER

Your story needs to be told, heard. Your Workshop mates are listening with their hearts and minds. If your story is not heard, witnessed, it loses much of its power. Some things we will explore in Workshop II may include:

- Learn how to listen with your heart and body!
- You'll notice how the pain of loss is lessened when shared with those who empathize with and care for you.
- As others listen to you in this workshop, your colleagues may gently paraphrase something you said so they can better grasp it. They may even ask you to repeat a part of your story, or add details to clarify.
- Remaining silent. Silence helps unfold experiences.
- Gently challenging an assumption, pointing out that feeling an event may not be the way it really happened.
- Conclusions you have come to.
- About the death and dying you've written about.

You will be safe and supported in these workshops. That's my promise to you.

We recommend buying our ebook,
A Journey Through Pet Loss & Grief: For When Our Animal Companions Leave Us
 available at: www.animaltalksinc.com/ebooks

See some of our clients and friends and post a picture of your pet with a few words of tribute at
www.animaltalksinc.com/petpage

Please contact me with questions:
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Workshop enrollment form and payment link at:
www.animaltalksinc.com/workshops

Who We Are

Animal Talks, Inc. is a 501(c)(3) nonprofit organization, and leader in the emerging field of Pet Grief, the body and mind's response to the death of a deeply loved pet. Our mission is to provide individual help with that grief, as well as community support.

You can read what the media coverage about our work at:
www.animaltalksinc.com/in-the-news and get to know more about us, how we work, and what we stand for at www.animaltalksinc.com

We look forward to working with you!



Supporting the animals we love, and those who love them