



Pet Grief and Loss Workshops

WORKSHOP I: WRITING YOUR STORY (1 ½ HOURS)

WORKSHOP II: SHARING YOUR STORY (1 ½ HOURS)

These two, 1 ½ hour workshops are critical to anyone seriously interested in learning about pet loss and grief. And while they are first steps toward Certification in Pet Loss work, they can be taken as “stand alones,” or independent study and growth for anyone interested in learning about the profound nature of pet grief and loss.

We offer them on an “open admission” basis to suit your schedule.

Please sign up by [emailing us](#) your intention to take the workshop(s), and provide three dates and times that work for you, along with your time zone.

The cost for both Workshops is \$200; cost for one is \$125.
These will be held virtually via Zoom, which is perfect for the work we will do.

Enrollment deadlines are open, meaning classes will be available to suit your schedule and that of the instructor.

Tuition is a tax-deductible donation to Animal Talks, Inc, a nonprofit animal charity, to the full extent of the law. Payment can be made [here](#), and is due in full two weeks before the start of your Workshop.

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

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.

You can read what the media say about our work at:

www.animaltalksinc.com/in-the-news

and get to know us, who we are, how we work and what we stand for at:

www.animaltalksinc.com

Workshop I: Writing Your Story

1.5 Hours

If you're serious about becoming a Pet Grief Counselor, or have your own other personal reason for learning about the pet grief journey, you'll begin here – with the stories of the grieving.

Why stories? Because all healing begins with stories. In the workshop, we explore the power of story writing and telling. You'll write your grief and loss story, and share it with your workshop mates. And help others write theirs and thus help ease the way to healing and reconciliation.

If you don't have 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 bond.

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 also 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 your 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.* Stories form a bridge by removing blocks connecting us with our animal companions, blocks like anger, sadness, fear, anxiety. These emotions are necessary and helpful to our healing process.

By writing your story, you gain some perspective and control over them. It becomes more possible for us and our animal companions to have a clearer channel to each other.

Note: This is not a workshop for writers.

Workshop II: Sharing Your Story

1.5 Hours

“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.

- You will 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.
- May remain silent. Silence helps unfold experiences.
- May gently challenge an assumption, pointing out that feeling an event may not be the way it really happened.
- May ask about conclusions you have come to.
- May ask 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

Also, if you’d like, please 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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You can pay the Workshop fee to Animal Talks, Inc. via PayPal at:
www.animaltalksinc.com/workshops

We look forward to working with you!

