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### TraumaTalk Archives Available

May 29th 2018: The Trauma of Grief and Loss

Losing a loved one can be traumatic! How can one get through the grieving process with more ease? Clair Jantzen, a Funeral Director, Author, Grief counsellor (with advanced training from the Grief Recovery Institute), and Marriage & Family therapist, speaks about Grief & Loss and what it entails. He will explain this difficult and painful process, what to expect, how to deal with each stage of grieving and how to "overcome" it..... or rather... get "through" it!! Grief and Loss can be a "show stopper" and stop you from moving through your life. Tune in to find out how to grieve with more

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### Featured Guest



#### Clair Jantzen

Clair has a Clinical Counselling degree and has completed advanced training with the Grief Recovery Institute. He has over 30 years experience counselling those who have suffered some form of loss and for the last 20 years has been a grief counsellor, celebrant and funeral director at Springfield Funeral Home in Kelowna. He is the published author of Tears in a Bottle – Stories of Life and Loss, and "Living with Grief: Children and Adolescents, the Value of the Funeral and Viewing." Clair has been a guest lecturer at UBCO in the gerontology, social work and nursing departments, Okanagan College and other private colleges, as well as an instructor for The Canadian College of Funer

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