

Coping with Parental and Sibling Loss



For all of us, the time after we lose a loved one can be an emotionally difficult and confusing period. This 8 week group is designed to increase knowledge about the process of grieving, introduce healthy coping strategies, and also increase social support around grief and loss. This group is intended for adults who are struggling to cope with the loss of a parent or sibling and would like to learn new ways to approach their grief in a safe and supportive environment.

Participants will learn:

- How to understand their grief from a variety of perspectives
- Healthy coping strategies
- How to address the many difficult emotions that are brought on by grief
- How to better adjust to life without their loved one

Where: Integrated Behavioral Associates, 169 Libbey Industrial Parkway Weymouth, MA
Contact Dr. Casey at 781-551-0999 x 482. This group may be covered by your health insurance. Please speak with Dr. Casey for details.



Natalie Casey, Psy.D is a post-doctoral fellow in Clinical Psychology.

She has experience treating a variety of clinical issues and has a special interest in grief and bereavement. Dr. Casey uses a client-centered, collaborative approach to therapy. She utilizes relational and cognitive-behavioral strategies in her work with clients to help bring about meaningful change and wellness.