

J. Worth Kilcrease is a Licensed Professional Counselor and one of only ten people in Texas to be certified as a Fellow in Thanatology by the Association for Death Education and Counseling. Worth is dedicated to counseling those who are suffering mental, emotional, social, moral, and spiritual pain related to death, dying and bereavement. He provides individual counseling and leads groups for adults struggling through the loss of a parent, spouse/partner, sibling, child, unborn baby, or friend. Besides counseling, Worth has made numerous presentations on death, dying, and bereavement; appeared on radio and television programs; co-produced the documentary *This Place*; and been an adjunct faculty member at St. Edward's University.

Worth is uniquely qualified and experienced to accompany those who are trying to manage the reactions they are encountering because of the death of someone you love or because of your own impending death.

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*What do you do
when you lose
someone you love?*



A Foreign Land

Whether it's a spouse, partner, child, parent, or friend, when someone you love dies, it can seem as if you have been dropped into a foreign land – a dark, overwhelming jungle – with no maps or guideposts to show you how to reach a stable, familiar place.

In that foreign land, you may feel like you've lost a part of yourself – incomplete, alone, vulnerable. You face constant reminders of your time together and wonder how you will face the future, especially those important days such as birthdays, anniversaries, or the holidays.

On the inside, the pain of your loss can be so real that you may feel it in your body. Your emotions run a confusing course of anger, sadness, regret, guilt, anxiety, fear, or relief. You may feel frail and out of control, often reminded of previous losses or your own mortality.

On the outside, your personal or professional relationships may suffer because your heart and mind are elsewhere. Even if you do want to talk about it, friends and family don't understand how you feel and have a hard time finding the right things to say. In short, your world is forever changed.

Grieving is a natural part of life, but it's not easy. It's hard work – physically, emotionally, mentally, and spiritually – and it takes time. While everyone experiences grief at some point in life, we each experience it in our own way and at our own pace. You know that you can't just "get over it," but you also know you must find a way to move forward. **When you don't know what to do, where to turn, or how to proceed, an experienced counselor can help.**

Grief Counseling Can Help You

Each of us has to make our own way through this foreign land of grief. However, an experienced companion to the bereaved and the terminally ill, such as Worth Kilcrease, can walk beside you to help you find your way and overcome the obstacles on your journey. He will be there as you work through the three fundamentals of mourning – making meaning out of your experience, learning how to live in a new world without your loved one, and finding a new, special place in your heart for your loved one – to get to stable, solid ground.

Meaning Making

Meaning making involves addressing questions such as: What have I learned about myself, the world, and my relationship to that world as a result of this experience? How can I make sense out of all of this?

Learning to Live in the World

Over time, as we learn to love and be loved by others, our lives become interdependent with each of us having our own roles and responsibilities in every relationship. When someone we love dies, we may no longer know how to operate. We have to learn how to redefine our roles, responsibilities and life. We have to find out who we are now.

Reintegration

When people we love are living, they exist outside of us; they are separate from us. When these loved ones are no longer here physically, to maintain a connection with them we have to reintegrate them into our being. As hard as it may seem, we **can** create a special place in our heart where they will always reside and be with us.