

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.s

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*What do you do
when you lose a
piece of your heart?*



This is not how my life was supposed to be.

In many ways, the death of your child can make it 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.

Parents who have suffered the death of a child – no matter what age – know that it is a loss unlike any other. It is one of the most devastating losses you can endure. It takes away the one you love most, isolates you from your partner and family, and diminishes the attention you give your other children. Nothing can ever prepare you for the magnitude of your anguish and immobilizing grief.

In the midst of this emotional storm, a thousand questions come up. What could I have done to prevent this? Why did this have to happen? What will happen to us?

You realize that your life is permanently changed and that nothing will ever be the same. You lose your hopes, dreams, expectations, fantasies, and wishes for your child. With them, you lose a part of yourself, your family, and your future.

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 child; and finding a new, special place in your heart for your child – 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, your life became interwoven with your child's. You readily and willingly accepted the roles and responsibilities of a parent. However, when your child dies you may no longer know how to operate. You have to learn how to redefine your roles, responsibilities and life. You have to find out who you are now.

Reintegration

When your child is no longer here physically, to maintain that important connection you have to reintegrate him or her into your being. As hard as it may seem, you **can** create a special place in your heart where he or she will always reside and be with you.