

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

J. Worth Kilcrease, MBA, MA, LPC, FT

End-of-Life and Bereavement Counseling

4833 Spicewood Springs Rd.

Suite 101

Austin, TX 78759

8600 Wurzbach Rd

Suite 700

San Antonio TX 78240

P 512-658-2674

F 512-346-0082

E worth@kilcrease.com

W www.kilcrease.com



J. Worth Kilcrease, MBA, MA, LPC, FT
End-of-Life and Bereavement Counseling

*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 loss of a child during pregnancy (miscarriage, stillbirth, and abortion) or soon afterwards 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.

Nature has prepared you physically to take care of, love, and nurture your baby. Your arms ache to hold and cradle your new loved one, but your baby isn't there. You feel cheated out of a life you were going to have. There are few memories to hold on to and no milestones for you to cherish.

You also question whether you should try to have another baby, and if so, how long should you wait? What will you do if this happens again? How do you answer acquaintances when they ask you when your baby is due or strangers when they ask how many children you have? While all of this is going through your head, you begin to see other couples who are pregnant or with their baby and think: "That should be us!"

As hard as you try, you can't find anyone who really appreciates what you are going through. Friends and family try to help, but there are very few you can talk to about how devastated you feel. Many give you empty and meaningless platitudes that don't provide solace or comfort. Worst of all, no one seems to acknowledge that your baby was a distinct and real person.

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, 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 baby, and finding a new, special place in your heart for your baby – 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

During the pregnancy, you came to love your baby. You envisioned having the important roles and responsibilities of a parent. Now that your baby is not with you, 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 baby 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 your baby will always reside and be with you.