

How counselling can help

Counselling can help you

- to have the support you need as you find your way out of the “stuck place” in your grieving process.
- Discover how you have learned to deal with losses in your life and how this impacts on you now.
- Find how to manage your changing role in the family.
- To learn how to grieve, let go and grow so that you can form new friendships.
- Explore any anxieties around the philosophical or spiritual aspects.



To enquire about making an appointment
please call:

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Bereavement Counselling

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“What am I supposed to do now ?”

Bereavement turns our world upside down and it is one of the most painful experiences we endure.

Grief is a normal reaction to the death of a loved one—it follows a natural up and down pattern over a period of days, weeks and months, even years. But it is when someone gets stuck at a particular stage of their grief and just can't get the pieces of their life back together again and function normally that counselling is indicated.

“I wish he was still here to annoy me”

Even if it is expected, death comes as a shock. It was so different 100 years ago. Then, it was a fairly common occurrence; people died at home and stayed there until the funeral took place. The curtains were drawn and mourners wore black armbands. Modern British culture seems to find expressions of grief embarrassing or even a sign of weakness.

We encounter death less often than our grandparents did; these losses happen later in our lives and we don't have much chance to learn about grieving, how it feels and what is normal. Yet we still have to cope when faced with the death of someone we love.

Sometimes the early sense of shock and disbelief just goes on and on.

..... take time to heal

“people avoid mentioning her name ... it's like she never existed...”

The family unit is changed for ever. Each family member had a unique relationship with the deceased and they need to grieve and resolve different issues. Since each one can be so immersed in their own grief they often fail to be supportive. Or perhaps family members or friends are unable to share deep emotions and just can't provide that desperately needed support.

We all know that we must die. But to make sense of the reality, of being us, we almost pretend that our existence is permanent!

Death frightens us. It is a journey we must take alone and we have no knowledge of how it will be.

