

Navigating Disenfranchised Grief: Understanding, Recognition, and Healing

May 29, 2025

1:30-3:00pm MDT

Disenfranchised grief is a form of grief that goes unrecognized or invalidated, often shaped by oppression and colonization. This session explores its impact, helps participants identify personal and community experiences, and offers healing practices. Ideal for individuals and mental health professionals, it provides tools to navigate and support the healing process.



Learning Outcomes:

- Understanding disenfranchised grief - What it is, how it differs from other forms of grief, and why it often goes unrecognized
- Recognizing the impact of oppression and colonization - How systemic factors contribute to disenfranchised grief in Indigenous communities
- Identifying personal and community experiences - Connecting the concept to lived experiences and the broader cultural context
- Practises to process disenfranchised grief - Practical tools and strategies for navigating and healing this form of grief

Speakers:

Natalie Jovanic (they/them), Master Therapeutic Counsellor and Owner of Bright Horizon Therapies, specializes in trauma recovery, integrating EMDR, parts work therapy, and anti-oppressive practices. They work with Indigenous clients in their private practice and have completed an addictions diploma with an Indigenous focus to provide culturally aware services.



Target Audience: Individuals navigating personal experiences of disenfranchised grief. Social workers, counsellors, and mental health professionals supporting Indigenous clients through grief and trauma

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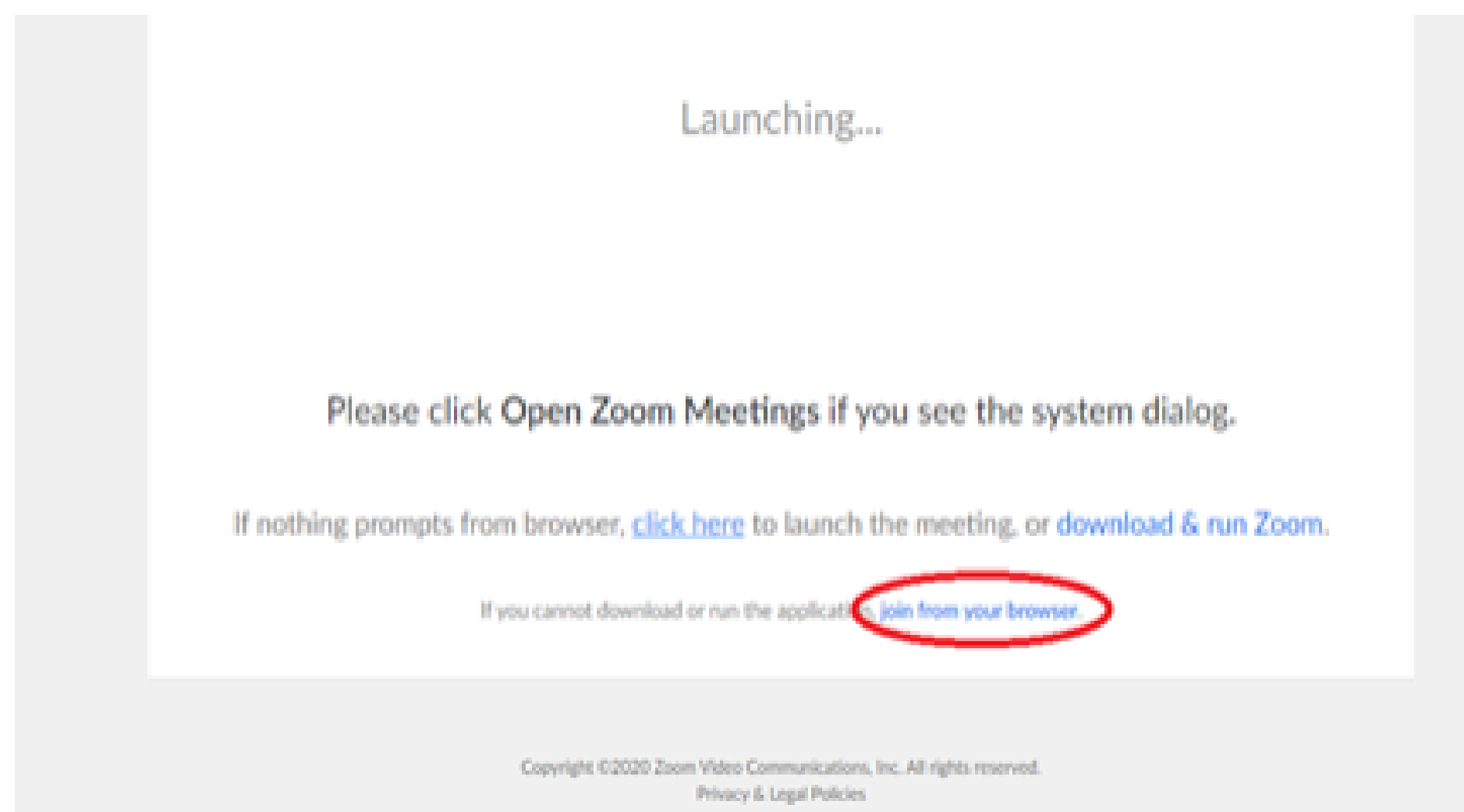
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