

Common Barriers to Healing from Grief

July 16, 2025

1:30-3:00pm MT

We will discuss how guilt hinders the healing process and how reframing guilt as regret can shift internal narratives toward kindness. We will also review the common practice of focusing on the manner of death instead of the death itself and how this practice, along with other distracting behaviours, can slow or prevent the healing process.



Learning Outcomes:

- Exploring nature of guilt and regret, and why the distinction matters
- Understanding how self-kindness creates an environment for healing and why it's important for grief work
- How short-term emotional release behaviours redirect emotional energy away from healing
- Healing involves focusing on the relationship with the deceased and exploring undelivered emotional communications that leave survivors without closure

Speakers:

Jes Knoop, Certified Grief Recovery Specialist & Licensed Funeral Director, Founder of Lean on Me Network Association, a grief-based non-profit in Alberta. I have served First Nations families for four years as a Funeral Director and have many close relationships with members of our local bands. I committed a division of my non-profit to helping create grief support programs that make sense for First Nations communities

Tyson Goodstriker, Licensed Funeral Director, member of Kainaiwa (Blood Tribe, Alberta). Tyson will share his personal experience with grief following the losses of his grandmother and brother. He will speak to the emotional weight of guilt and trauma and understanding how compound grief can only make things more difficult in our day-to-day life.



Target Audience: Individuals coping with the loss of a loved one, by suicide or other manners of death.

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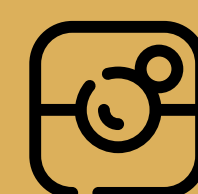
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