

Through the Fog: Finding Your Way After Loss

10-Week Trauma-Informed Individual Therapy Program

60–90 Minute Sessions / Optional Accelerated Resolution Therapy (ART)

Grief doesn't have a linear timeline, it often feels like we are alone in our grief as it truly ebbs and flows and sometimes crashes without even a warning. *Through the Fog* is a gentle, trauma-informed therapy program designed to help you navigate grief at your own pace. Over ten weeks, we focus on safety, compassion, and steady emotional processing, and normalization of what the grief and loss process truly looks like. This is not “getting over it,” it's learning to live alongside your loss with more ease, understanding and care.

Each session offers guided themes like building safety, expressing the unspoken, listening to the body, holding memories with compassion and strength and reconnecting with your life. You'll receive grounding tools, gentle body-based practices, and optional Accelerated Resolution Therapy sessions to support healing when emotions or memories feel stuck.

This program blends structure with flexibility, every step is guided by your readiness, your story, and your needs.

Ideal for:

Individuals coping with the loss of a loved one, pet, relationship, identity, or chapter of life.

Includes:

- 10 one-on-one sessions (60–90 min each)
- Optional Accelerated Resolution Therapy sessions (ART) (see ART [here](#))
- Between-session practices, reflection prompts, and grief resources

Let's help you find steadiness, compassion, and connection in the midst of loss and begin to rebuild gently from within.