

Grief and Loss Workshop

Are you struggling with loss? All Souls will be sponsoring a 4 week grief workshop meeting on Mondays, at 6 PM, November 19 through December 10th. This workshop will explore ways to cope in the midst of loss of all types, whether through death of a loved one, loss of a relationship or job, etc.

The workshop will be \$20 a session, with the full \$80 due on the first night. Space is limited so please contact Rev. Rost to reserve a spot.

Facilitators are Barb Elstun and Ruth Meinking

Barb Elstun has served a diverse population in the past 25 years of her career in social work. Barb has always had a calling to assist individuals reach their highest potential. Through one on one and group therapy, consultation, interpretation of assessments, diagnostic testing, crisis intervention, presentations and training's, these have allowed her to be positive and impact the Colorado Springs community.

Barb holds a Masters Degree in Social Work from New Mexico Highlands University. Barb is a trained facilitator for the "Color of Fear" a film dealing with racial discrimination. She is trained in Eye Movement Desensitization and Reprocessing (EMDR), Positive Behavior Interventions and Supports (PBIS), along with numerous training's in behavioral interventions. Barb knows through; consistency, good communication, setting boundaries, goal setting, research based interventions and meeting people where they are at, that people can gain a knowledge base to create skill sets to obtain their goals.

Barb has supported numerous organizations and educational systems to include: Colorado State Hospital, Rehabilitation Resources, Pikes Peak Hospice and Palliative Care, Memorial Hospital, School District 11, School District 20, and a Private Practice. Barb volunteers for El Paso County Medical Reserve Corps and she was influential in crisis management during the Waldo Canyon and Black Forest Fires. While Barb worked for Pikes Peak Hospice she was very dedicated to educating business, schools, agencies, and college students in the area of death and dying. Her passion led her to becoming the Manager of Clinical Services in the inpatient facility and later the Interim Director of Counseling Services during an organizational restructure. Barb's passion for creating positive change led her to school social work, working with the autism population and effecting change at the district level holding the position of Autism Specialist.

Ruth has a Masters degree in Marriage and Family Counseling from the University of Colorado at Colorado Springs. She is also licensed by the State of Colorado as a Licensed Professional Counselor and has been practicing for twenty five years.

She is EMDR Certified (eye movement desensitization and reprocessing) and has achieved amazing results with her clients using this technique to resolve past traumas.

Ruth has a depth and breadth of experience with teens, individuals and couples. She has a compassionate heart in being with her clients assisting them in releasing trauma, moving through grief, and learning to live fully in the now. She also has demonstrated success as a group facilitator for corporate trainings, military workshops, spiritual retreats, and meditations.