

RESILIENT GRIEVING FOR HEALTHY LIVING

presented by Lucy Hone

SATURDAY, JULY 16

10am-1pm

MAYERSON ACADEMY

2650 Highland Ave, Cincinnati, OH 45219

RESILIENT GRIEVING FOR HEALTHY LIVING, presented by world renowned Resilience Lecturer, Researcher, Teacher, and Practitioner, LUCY HONE from New Zealand. Lucy will be teaching participants simple evidence-based practices and techniques from Positive Psychology, Resilience Science, and Cognitive Behavioral Therapy that have been shown to increase resilience in numerous research studies, as well as personally tested by Lucy, to help bereaved parents make healthier choices on how and when to best grieve the loss of a child.

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ABOUT THE SPEAKER

Lucy Hone is an academic expert and a sought out lecturer on the science and practices of resilience. Lucy's personal understanding of the benefits of resilience practice took a quantum leap in 2014, when a family mountain biking trip turned to horror when her 12 year old daughter, Abi, was killed in a tragic car accident. "I'd learned a great deal about resilience - what it is and how to promote it - but surviving Abi's death has taken my understanding of what it is to be resilient to a whole other level," explains Lucy.

So, armed with the resources she used in her resilience practice she set about testing the findings and theories of resilience research to assess their effectiveness during bereavement. Her book, *What Abi Taught Us* (Allen & Unwin, 2016), the result of 18 months of self experimentation combined with in depth interviews of bereavement cases and reviews and insights of the academic literature, forms a new evidence-based roadmap for resilient grieving.



REGISTRATION

OPEN FREE OF CHARGE TO MOTHERS AND FATHERS AT ANY STAGE IN THE GRIEF PROCESS

Attendance is limited to 100 persons on a first-to-register basis

Register online: <http://www.MOTHERLOVE.net/calendar/>
or email Marcie@motherlove.net