

# Grief

## Education



### Sessions offered on Mondays (English):

- August 12
- August 19
- September 2

**9 am to 10 am PST on Zoom**

Cost/session: \$30

BUNDLE/3 sessions: \$80



We're offering three scholarships for individuals facing financial difficulties. They will be awarded on a first-come, first-served basis. To apply, please send an email to [jhuang@presentmomentwellness.org](mailto:jhuang@presentmomentwellness.org)



### Understanding Grief

- What causes grief?
- What are the different types of grief?
- How might people experience these different types of grief?

### Grief in our brain and body

- What does grief look like in our brains?
- What are some common physical, emotional, psychological, and spiritual symptoms of grief?

### Grief Healing

- What are some general ways to cope with grief?
- What psychotherapy modalities are effective for grief healing when needed?
- What other professional modalities are effective and helpful in healing grief?



# Jiewen (Janice) Huang

MEET THE FACILITATOR



## ABOUT ME

Jiewen (Janice) Huang is a Licensed Clinical Social Worker, psychotherapist, life coach, Certified Grief Educator, Grief Movement Guide, Sound Healing Practitioner, and Healing Touch practitioner apprentice.

Janice speaks Cantonese, Mandarin, and English.

## BACKGROUND

Janice has worked in various settings and positions, including women cancer-related programs, home health, palliative and hospice, medical inpatient, UCSF Psychiatry Intensive Case Management, primary care behavioral health, Master of Social Work field instructor, mental health consultant, and clinical supervisor. Clinically, While she adopts various psychotherapy techniques, Janice is well-trained in Acceptance and Commitment Therapy (ACT), Eye Movement Desensitization and Reprocessing (EMDR), EMDR 2.0, Brainspotting, Sandtray, and Internal Family Systems (IFS). At Present Moment Wellness, LLC, Janice understands that people with diverse backgrounds and circumstances might define and approach healing differently; therefore, she utilizes integrated clinical and holistic modalities to support clients with depression, anxiety, trauma, and grief. In her spare time, Janice volunteers for Chinese American Coalition for Compassionate Care (CACCC), Asian Pacific Islander Social Work Council (APISWC) Northern California, Alzheimer's Association, and Compassion & Choices.

## CONTACT

If you would like to learn more about Janice's practice and programs, please check out [www.PresentMomentWellness.org](http://www.PresentMomentWellness.org).