

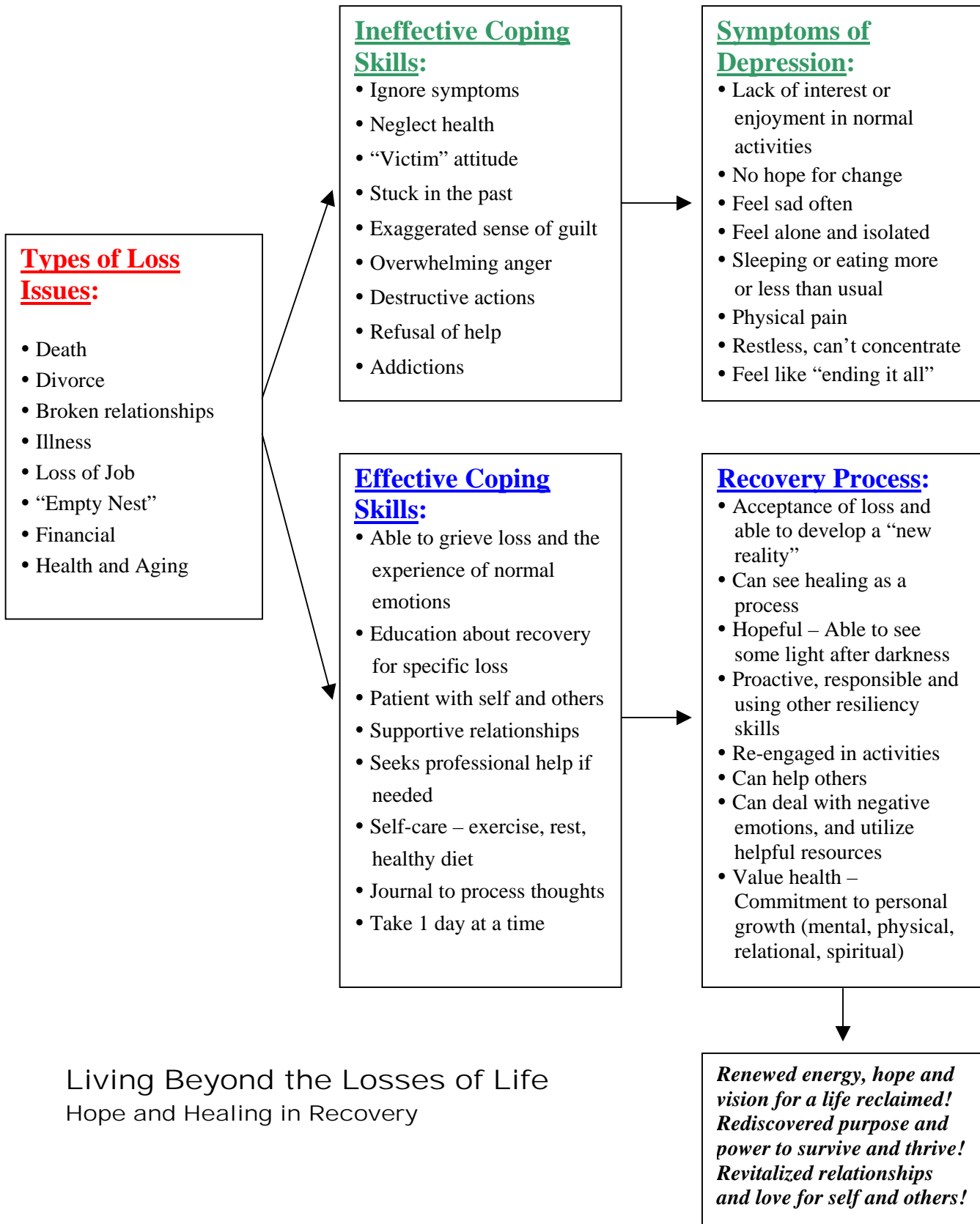
## Living Beyond the Losses of Life Hope and Healing in Recovery

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Loss is a part of all our lives. At some time we will likely experience the death of a loved one, a shattered relationship, or the debilitating effects of illness. How we cope with these significant tragedies is crucial in determining how we will survive, grow, and eventually recover. As the diagram reveals, there are some actions we take that can be healthy, and other actions that can be ineffective and therefore keep us stuck in despair. While there is no one formula for personal loss recovery – no neat plan to overcome great sadness – there are a number of ways to regain hope, healing, and a future with some light when we thought there was only darkness.

The chart also reveals that depression can be an outcome of unresolved grief or loss. Depression is an illness affecting the body, mind, and emotions. It is not a character flaw or a personal weakness. Even at the point of total depression, there is still hope! You may feel you have sunk into a deep, dark place where no one cares and you don't either. Depression can feel like you have a monster for a roommate and only it can do the talking. You may look up at it for a moment, then look back down, and not have the energy to do anything about it. The cloudiness of gloom and hopelessness can be suffocating. Depression is a complicated individual experience. Recovery is also a personal process. There are steps we can follow and positive actions we take, to move in the direction of healthy living. I encourage you to practice the suggestions mentioned above, or find your own healing solutions for surviving the losses you experience. Your life is valuable. You can reclaim your passions, your purpose, your relationships, and your life.

We all need some help, support, and encouragement, and sometimes cannot make it on our own. Centerstone can help. For more information about the recovery process, and counseling opportunities in Middle Tennessee, contact Centerstone at (615) 460-4357. Or to request Susan Gillpatrick to speak with your group or organization, call (615) 460-4445. We can help you minimize the consequences of loss or crisis and maximize the recovery. Your new life can begin today!



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### **About Centerstone**

Centerstone ([www.centerstone.org](http://www.centerstone.org)), celebrating 50 years of service in 2006, is the largest behavioral healthcare provider in Tennessee and the ninth largest in the nation. A not-for-profit organization, Centerstone provides a full range of behavioral health and related educational services to individuals of all ages and their families. Centerstone is devoted to research that seeks to identify, treat and eliminate mental illness. Each year, the organization provides services to more than 45,000 individuals. The Centerstone network includes more than 60 facilities throughout the middle Tennessee region. For more information about Centerstone, please call (615) 460-4357 or toll free at (888) 291-4357.

### **About Susan Gillpatrick, MEd, LPC, CTS**

Susan Gillpatrick, Centerstone Crisis Management Specialist, primarily works in the field with clients in critical incident response situations, and in Centerstone's wellness trainings and presentations. She is also responsible for planning and implementing marketing and growth strategies for Centerstone's Crisis Management Strategies.

In recent years, Ms. Gillpatrick worked for the Shelby County Government Victims Assistance Center in Memphis. There, she co-developed a model program for the state of Tennessee entitled, "Homicide Response." Her work in this area received the 2000 Achievement Award from the National Association of Counties.

Ms. Gillpatrick is a Licensed Professional Counselor, Certified Trauma Specialist, Certified Workplace Conflict Mediator, and Mental Health Service Provider in the state of Tennessee and a National Certified Counselor. She is also a member the American Counseling Association, the Association of Traumatic Stress Specialists, the Tennessee Mental Health Counseling Association, and the Middle Tennessee Employee Assistance Professionals Association. She is a frequent presenter at local and national conferences, and has had numerous articles published. She received her Master of Education degree in Human Development Counseling from Peabody College at Vanderbilt University.