



Losing and Finding My Father

SEASONS OF GRIEF,
HEALING AND FORGIVENESS

Kira Freed

Foreword by Richard C. Schwartz, PhD

Author of Internal Family Systems Therapy

Losing And Finding My Father Seasons Of Grief Healing And Forgiveness

Karin Nielsen-Saines



Losing And Finding My Father Seasons Of Grief Healing And Forgiveness:

Losing and Finding My Father Kira Freed, 2015-08-24 Losing and Finding My Father is an adult daughter's journey of discovery sparked by the illness, coma, and subsequent death of her father. Having struggled for years to come to terms with a childhood marked by his invalidation and abuse, she attends to her ailing father, converses with him even during his coma, and uncovers the love hidden deep within their painful relationship. It is a story of loss: loss of childhood, trust, loss of self-esteem, and desire for intimacy; loss of the father. Ultimately, it is a story of revelation about finding one's voice, softening emotional armor, forgiving the past, creating pathways to intimacy, and revising one's life story. Losing and Finding My Father offers a promise of growth and healing to children and parents of all ages and weaves together the following themes: Challenging cultural attitudes about grief; Exploring right relationship with having been abused as a child; Authentic forgiveness; The power of emotions to heal; Conscious caretaking; Developing the capacity to have a healthy intimate relationship. The book also offers a substantial appendix of self-help tools and exercises. From the foreword by Richard Schwartz, PhD, developer of the Internal Family Systems model of psychotherapy: When her father was dying, Kira Freed had the courage to take the healing path. Her carefully and beautifully documented journey provides a model for anyone who might consider this difficult route. If you've experienced the loss of a loved one who was a source of pain and challenges throughout your life, reach for Kira Freed's book, Losing and Finding My Father. Her poignant stories, processing tools, and personal healing will give you hope, guidance, and a way forward through and beyond your own grief. Carol McClelland, PhD, author of *The Seasons of Change: Using Nature's Wisdom to Grow Through Life's Inevitable Ups and Downs*. Losing and Finding My Father is Kira Freed's personal story, and this story is a teaching tale. In it, Kira shares her journey of resolving the effects of living with an abusive father, whom she also loved deeply. Throughout, we are invited to share in the complex legacy of trauma intertwined with the healing opportunities that Kira courageously engaged. She also includes an appendix filled with a variety of approaches she used to support her healing, powerful resources, and practices for anyone taking this journey. Nancy J. Napier, LMFT, author of *Getting Through the Day: Strategies for Adults Hurt as Children*. Kira has written a poignant and intimate account of her father's dying and of her grief. In clear language, she shares with us the struggles, pain, healings, and even transformation that so many of us have experienced with the death of a parent. Reading her book will both comfort and inspire you. Alexandra Kennedy, psychotherapist and author of *Losing a Parent* and *The Infinite Thread*. **My Seasons of Grief** K.R. McMahon, 2015-09-21 NEW THING I am a rarity in this modern world in this Quantum Age now in the sea of life we all have yachts with a spare engine and a jet ski. We like to keep moving to duck and weave to crawl if we can't walk or to run in every other instance we move. Our culture, society, economy, media ecology, our whole way of life here in the West at least has been centered around the notion that we always ought to be moving, full of motion, sickness, this feeling, the feeling of moving simulated to perfection by our greatest creation, the automobile. This allows us to know that we are in fact alive and

not dead but I believe there is a further benefit that this constant motion allows for us to ignore another of the more serious life defining questions what are we rushing towards Where does this treadmill ultimately lead The answer is the same for all of us sick healthy fat bald ugly short accomplished home wreckers murderers free men ultimately we will all die Kevin Ross McMahon 11 19 1984 6 29 2013 Encourage each other in my death with calls to go farther up and farther in in this life so that you are prepared for the next as best you can Alright thats hardly all I have but still it must suffice I fear Peace joy and delightful things to you all Love always Ross

Speak Your Healing from the Homosexual Deception Bonnie M. Egglehand, 2014-10-08 The lies of homosexuality dissipate because a life of purity in Christ Jesus decidedly removes the homosexual deception Each step toward Jesus brings us closer to His image and we are changed We emerge free to be exactly whom Father God created us to be Leaving all secrets with honesty and transparency before God and man forgiving ourselves and all abusers we emerge in our true identity with a heterosexual desire This desire for the opposite sex is as natural as apple pie Leaving the judgments the facades the sins and all idols the stark truth remains Our true identity is found in Jesus Christ alone

Finding Eve Rita Springer, 2013-06-04 Find your way to the heart of God where you will discover all you need to fulfill His purposes for your life In Genesis 3 the serpent came to Eve and within moments caused her to think she was lacking something When she looked at the forbidden tree she saw that it was pleasant to the eyes good for food and had the power to make one wise Although she already possessed beauty provision and an intimate relationship with God she thought she needed more So she ate the fruit and lost the comfort and security of the garden because she doubted God Many women today are falling into the same trap We allow Satan to convince us we aren't enough when in fact we are already complete in Christ Finding Eve follows Eve's journey to find her way back to God's heart and to discover her true identity as a daughter of God This book is designed to encourage women who may be facing disappointment the fallout from bad choices or the pain of unfilled dreams It will offer hope and equip them to be all they were intended to be in the kingdom of God

Mental Health Strong Marriage Keith Ramachandran, Erin Ramachandran, 2024-08-15 Do you feel hopeless exhausted and ready to give up on your marriage due to mental health or addiction challenges Is your life and marriage different from what you expected If so this book is for you This book describes the four stages of a marriage with mental health or addiction challenges and the resources necessary to transform the relationship to health and vitality Written by a couple who has lived this day in and day out for over sixteen years Keith and Erin believe that both their marriage and yours can have a significant purpose Life in general and marriage in particular is hard Add in the trials brought on by one or more chronic mental health conditions and life can seem unbearable Keith and Erin walk this journey with you navigating six mental health conditions from their marriage and lived experience to bring you hope no matter what shape your marriage is in Whether one or both partners participate in reading this book the tools and resources will offer support through real life stories insights and eight steps to have a Mental Health Strong Marriage With God all things are possible and despite the

mental health or addiction challenges in a relationship hope abounds but it will require hard work from both partners while following the input of professional and personal support teams Keith and Erin invite you to navigate this journey together with them and work towards a Mental Health Strong Marriage **RESTORED** Marilyn Willis, LPCC, NCC, 2020-02-24

Restore Your Body Mind and Spirit with this Award Winning Workbook Are you suffering from a heartbreaking loss In your grief are you experiencing yearning longing disbelief extreme sadness confusion numbness overwhelm exhaustion insomnia anger inability to focus agitation or anxiety Do you feel you have lost a part of yourself After working with hundreds of grieving clients over the course of twenty years Licensed Counselor Marilyn Willis developed this proven step by step process to help you navigate through a heartbreaking loss to the restoration of your life This workbook is beneficial for survivors of loss and those who desire to provide comfort Discover how to Understand what leads to healing through examining resilient survivors Reestablish order in your heart mind and days Develop resilient building self care techniques Clarify and release difficult feelings through guided journaling Overcome your unique challenges to healing with simple exercises Smile again at sweet memories as you find space to share about your loved one Cultivate peace as you apply grief healing rituals Reflect and gently engage with your new beginning Create a plan and prepare for grief triggers such as holidays and anniversaries Discover how to gain meaning from your loss Rebuild purpose for the days ahead Find restoration for your physical functioning mental clarity emotional stability interest in people and activities and purpose for your future Every grief journey starts with a first step Marilyn Willis took her first step at fifteen years old after her mother died from cancer Are you ready to take your first step toward restoration Order your copy today Available in Kindle and paperback **GOLD MEDAL WINNER** Grief Hardship Category by Readers Favorite **FINALIST** Health Death Dying Category by 2020 Best Book Awards **BRONZE MEDAL WINNER** Grieving Death Dying Category by LivingNow Book Awards **ENDORSED** by Grief Experts and Community Leaders An excellent resource to rely on over and over as one moves through grief offers a brilliant framework to assist the mourner in a step by step process to the restoration of body mind and spirit Susie Kuszmar LMFT Creator and Director of nationally awarded **FOOTSTEPS** Hospital Bereavement program Being a mother who lost her son to cancer and has been through grief counseling and grief groups this particular grief workbook goes deeper into the pit of emotional and spiritual pain and shines a bright light on the path way out of that dark place Lacene Downing former Manager of international funeral services company and grief group facilitator It brings the grief group experience that so many in our hospice and community have benefited from directly to your home and heart Mary Wall RNC the President of the Board for Kauai Hospice I have been touched and educated by this 1 new release on Amazon I highly recommend this workbook to anyone who has experienced a loss Mark Whitacre Ph D Executive Director Coca Cola Consolidated Inc What a masterpiece thorough practical tender and personal There is so much honoring of the deceased in the healing process This could be used privately but also it would be powerful to walk through with either a counselor or small group Leah Green Navigators Marriage

Getaway Co Director **The British Workwoman** ,1870 **Gospel Tidings** ,1991 Adventist Review ,1998 *The Ladies' Home Journal* ,1961 *The Farmers' Advocate and Home Magazine* ,1908 **Outlook** Alfred Emanuel Smith,Francis Walton,1881 *New Statesman* ,1986-07 *The Standard* ,1905 The Lutheran Messenger ,1953 *The Illustrated Sporting New Yorker* ,1876 00 000 00 00 000,2006 **Loss of a Parent** Theresa Jackson,2016-12-31 1

Best Selling Author on Grief and Narcissism Expert guidance healing exercises and experience from others who have lost a parent Theresa Jackson lost her father in 2007 and has since put together useful clinical and healing resources for others in the same position to help them recover With an Masters degree in clinical research Theresa has combined the latest theories and practices on loss with effective meditations and exercises so that you can honor and remember your lost parent all the while processing your grief in a healthy way Sharing hers and others personal journeys of coming to terms with the loss of a parent she hopes to help more bereaved adult children on their healing journeys Loss of a Parent Adult Grief when Parents Die combines a personal approach with expert guidance and informed grief exercises to make readers feel less alone and more informed about what they might experience next Loss of a Parent will help you to Feel less isolated in your grief by reading the stories of how other people felt and how they dealt with their loss Understand that it s okay to have confusing or unexpected thoughts and emotions that people react differently to losing a parent and that you are most likely normal in how you re feeling Gain some context by learning about the 7 stages of grief which stage you might be in currently and get an idea about what you might experience next Understand how complicated or prolonged grief is common and gain insight into how to try and move on Guided exercises will help you work through your grief in a healthy way Other people are saying This is such a good book for this difficult time When my father passed away even though we had some indication of his declining health nothing could really prepare m for the tsunami of feelings I belonged to a church and they were supportive but there was very little reading material at hand and this book would have been a valuable aid to help me understand or anticipate the effects of bereavement I bought this book after recently losing my mum It is a very easy book to read and understand I found that I could relate to both the experiences of the author and other case studies easily and it made me feel less alone at a very difficult time The book addresses all the little issues practical and emotional that you may not be able to talk to others about I can relate to the Theresa s story as well as the other stories recounted in the book I still have feelings about my father s death that I need to process and with my father s birthday coming up I need a book like this one to help guide me Even in the best of families conflict can tear the fabric of the family apart and I appreciated the guidance Without giving too much away The author s writing was clear and helpful It felt as if I was getting guidance from a friend and appreciate this book Thank you Get your copy today **A Father's Grief** Brad Benton,2018-09-12 As a healthcare professional I am with families at some of the lowest moments of their lives During my time with the Benton family I witnessed an outpouring of love that was like no other While caring for Lindsay our team was touched and forever changed Mr Bentons blog has given me a chance to

glimpse into his heart and know that I now have a different perspective from which to base the care I offer to patients and their families in the Intensive Care Unit Neta A Greenlief RN BSN NE BC After caring for Lindsay and her family I found my passion in nursing Researching and learning ways to allow for medical teams to better connect with their patients and families has become my calling as a nurse I want all patients and their families to feel that their medical team is not only caring for them but also standing beside them through this journey Lindsay has inspired me to find ways to see this goal through Elizabeth Mills RN BSN CCRN Mr Benton Your blogs gave great insight and truly show how our love for our children endure forever Through you I saw a fathers love grow to the point it poured over into the hearts of others who never even met Ms Lindsay What a tremendous testimony Lindsay left for us all Rodney Pilson Family Care Coordinator Carolina Donor Services I was one of the nurses privileged to care for Lindsay The most profound impact for me was Lindsays entire family The family was the best I have seen in my career and that strength lasted through the entire week of Lindsays stay in my unit They impressed me with their unity love and support for one another That love was like nothing I had ever seen in such a dark time They drew me into their family and kept me there This love for me was a guide in reaching out to my own family that had kept themselves at a distance from me and for this I owe a debt of gratitude to Lindsays family Lindsay was a loved blessed young lady to have the parents step parents brother and extended family that she had Deani Gaskins RN Im not very good at putting my thoughts in words which is what I so appreciate about your blog your words are healing touches the deepest part of my heart The learning to live the rest of our lives without our children with us here on earth is more than I thought I would be able to bear but here I am almost 14 years later living remembering loving my daughter that is living and finding joy amongst the tears remembering my sweet boy Diane English Hutchens

Echoes of Absence: Navigating Grief After Losing a Parent - Volume 2 Gayira Dennis, 2025-01-04 Explore new depths of solace and renewal with Echoes of Absence Navigating Grief After Losing a Parent Volume 2 This compassionate continuation offers additional support and insights to guide you through the complexities of grief empowering you to navigate loss with courage and grace About the Book In Echoes of Absence Volume 2 you ll find an expanded exploration of the grieving process after losing a parent Written by experienced grief counselors and therapists this volume builds upon the foundation laid in the first book offering deeper insights additional exercises and personal stories to support you on your journey of healing Key Features Enhanced Understanding Delve deeper into the intricacies of grief exploring new dimensions of loss growth and transformation Advanced Techniques Discover additional coping strategies and self care practices to navigate grief with resilience and compassion Spiritual Exploration Explore the spiritual aspects of healing finding meaning and connection in the midst of loss Creative Expression Engage in creative exercises and artistic outlets to express your emotions and honor your loved one s memory Continued Support Benefit from ongoing guidance and support from grief experts and counselors who understand the challenges of grief and offer compassionate assistance Why Choose This Book Echoes of Absence Volume 2 offers an

extended journey of healing and resilience providing continued support and guidance as you navigate the complexities of grief and emerge stronger on the other side

Who Should Read This Book

Individuals who have experienced the loss of a parent and are seeking additional support and insight on their grief journey

Grief counselors and therapists looking for advanced resources to assist their clients in navigating grief

Family members and friends who wish to deepen their understanding of grief and better support their loved ones

Mental health professionals seeking continued education and insight into grief therapy and support

Students studying psychology or counseling with a focus on grief and bereavement

Decoding **Losing And Finding My Father Seasons Of Grief Healing And Forgiveness**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Losing And Finding My Father Seasons Of Grief Healing And Forgiveness**," a mesmerizing literary creation penned by a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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Losing And Finding My Father Seasons Of Grief Healing And Forgiveness Introduction

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