

## MEET THE FACILITATOR

EMILY KOCH



Emily Koch is a Licensed Clinical Social Worker, Certified Grief Counselor, and widow. After becoming a widow herself, it was important for her to integrate both her clinical training and lived experience to support others navigating the loss of a spouse or partner. Emily strives to create a compassionate and understanding environment where widows, widowers, and partners can share, process grief, and connect with others who understand the unique challenges of adjusting to life after the loss of a spouse or partner.

### Areas of Specialization and Experience:

- Certified Grief Counselor
- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavioral Therapy (DBT)
- Eye Movement Desensitization and Reprocessing (EMDR)
- Anxiety, Depression, and Mood Disorders
- Child, Adolescent, Adult and Family Therapy

## JOIN OUR GROUPS!

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# NAVIGATING LIFE AFTER PARTNER LOSS



- **Past or Recent Spouse/Partner Loss**
- **Adult Grief Group Counseling**



# GROUP APPROACH

This ongoing open therapy group is designed for adults grieving the loss of a spouse or partner. The group combines peer support with psychoeducation and therapeutic discussion focused on understanding how grief impacts identity, the nervous system, and day to day functioning. Sessions provide a structured and compassionate space for participants to acknowledge the reality of the loss, process the emotional and physical responses to grief, and explore the many adjustments that come with life after the death of a spouse or partner. The group also supports participants in honoring the continuing bond with their person while developing coping strategies and gradually navigating changes in daily life, relationships, and personal identity.



## MEMBERS

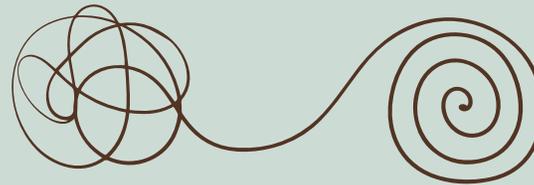
Adults experiencing past or recent loss of a spouse or partner/significant other. At any stage of their grief and mourning journey.

# GROUP FORMAT

- Psychoeducation into Stages of Mourning and Recovery
- Guided Discussion
- Reflective Exercises
- Emotional Processing & Support
- Coping Skill Development
- Discussion about Healthy Routine & Life Achievements

“*Death can shatter the core of one’s life purposes, and it is important to discover and invent new meaning in the face of loss.*”

-J. William Worden



## GROUP GOALS

- Normalize the Grief Response
- Processing Pain
- Develop Adaptive Coping Strategies
- Goal Setting for Daily Living
- Building Support through Shared Experiences
- Acknowledge and Validate Experiences
- Learn Strategies for Mood and Nervous System Regulation
- Navigate Life Changes
- Explore Autonomy
- Reconstruct Personal Identity
- Finding Ways to Maintain Connection



# CURRICULUM OVERVIEW

The group incorporates the curriculum "Four Tasks of Mourning" by J. William Worden. The tasks include accepting the reality of loss, processing the pain of grief, adjusting to a world without your loved one, and finding an enduring connection while embarking on a new life.

Navigating Life after Partner Loss is a structured and compassionate group. This group moves beyond traditional support. Sessions support participants in acknowledging the reality of the loss, processing emotional responses to grief, adjusting to life without their partner, and finding ways to maintain connection with their loved one while continuing forward in life.

**Most insurance providers reimburse for groups. Pathways Psychology also provides sliding scale fee rates.**