

# Grief Expert, Dr. Jennifer R. Levin



**If you are in need of a Grief Expert for interviews, articles, consultations, etc., Dr. Jennifer Levin's cell is 626-695-4211. If you are on a deadline, the fastest way to reach her is by email: jennifer (at) fromgriegtogrowth (dot) com**

## **Short Bio:**

Dr. Jennifer R. Levin, MFT, PhD, FT is a traumatic grief therapist in Pasadena CA. She is also a Fellow in Thanatology, recognized by the Association for Death Education and Counseling. In her private practice, ***Therapy Heals***, Dr. Levin provides individual, group and family therapy for individuals who are living with grief after the death of a loved one. Dr. Levin is the founder of ***From Grief to Growth***, an online resource program for those coping with the sudden and unexpected death of a loved one, and she has recently launched the ***San Gabriel Valley Grief Resource and Training Resource Center***. Dr. Levin also provides remote and onsite grief services to local schools, community organizations, and businesses to help them cope with the death of a community member. Dr. Levin teaches university courses at local colleges and provides grief consultations and trainings for mental health professionals.

## **Longer Bio:**

Dr. Jennifer R. Levin, MFT, PhD, FT is a grief therapist, educator, consultant, and speaker specializing in traumatic grief. She is also a Fellow in Thanatology, recognized by the Association for Death Education and Counseling. She has 30 years of experience in end of life care and grief and loss. Dr. Levin began her career in public health at UCLA and focused on the communication needs of individuals living with metastatic breast cancer and their oncologists before transitioning to the Director of Hospice of Pasadena. She returned to Pepperdine University in 2010 to complete her masters in clinical psychology, and now works with adolescents, teens, adults and families who are living with a life threatening illness or coping with grief and loss.

In addition to her clinical practice, ***Therapy Heals***, Dr. Levin teaches university courses in psychology, health and wellness and provides grief consultation and trainings for

local non-profits. She is a public speaker and educator on topics including: individual and family grief, how to cope and live with a terminal illness, and traumatic grief and post traumatic growth. She also supervises and trains associates in grief and loss and founded the ***San Gabriel Valley Grief Resource and Training Resource Center***.

Dr. Levin developed ***From Grief to Growth***, an online resource program for individuals who have experienced the sudden and unexpected death of a loved one. This platform was designed for people unable to pursue traditional in person, one-on-one therapy who are searching for a way to process, grieve, and begin healing on their own.

Dr. Levin works in conjunction with her trained therapy dog, Winnie, who provides love and comfort to those living with illness and loss.



### Sample Interview Questions:

1. What is the difference between normal grief and traumatic grief? What is complicated grief?
2. How does COVID–19 impact grief?
3. What is disenfranchised grief?
4. How does depression differ from grief?
5. What are the roles of rituals in healing?
6. How do children conceptualize grief?
7. What are the current models used to understand grief? Are there still 5 stages of grief?
8. What is the best way to talk with your children about grief and loss?
9. When do I need to seek professional help to cope with grief?
10. How long does grief last?
11. What is the best way to cope with grief?

## **Previous Free Webinars & Online Resources**

### ***Living with Grief in the Midst of COVID-19: 5 Tools to Cope and Navigate this Unprecedented Time***

Recorded March 30, 2020

LINK FOR REPLAY AND RESOURCE DOWNLOAD: <https://fromgriefftogrowth.mykajabi.com/grief-covid-19-webinar-video>

### ***Three Reasons Why All Grief During COVID-19 is Traumatic: New Strategies for Healing***

Recorded April 20, 2020

LINK FOR REPLAY AND RESOURCE DOWNLOAD: <https://fromgriefftogrowth.mykajabi.com/Three-Reasons-Why-All-Grief-During-COVID19-is-Traumatic>

### ***Living With Traumatic Grief: 3 Questions to Guide Your Grief***

Recorded May 18, 2020

LINK FOR REPLAY AND RESOURCE DOWNLOAD: <https://fromgriefftogrowth.mykajabi.com/living-with-traumatic-grief-webinar-replay>

### ***3 Tips for Talking to Children, Adolescents, and Teens about Traumatic Grief***

Recorded June 15, 2020

LINK FOR REPLAY AND RESOURCE DOWNLOAD: <https://fromgriefftogrowth.mykajabi.com/talking-to-youth-about-traumatic-grief-webinar-replay>

### ***The Power of Presence: 3 Ways to Support a Friend or Loved One with Traumatic Grief***

Recorded July 16, 2020

LINK FOR REPLAY AND RESOURCE DOWNLOAD: <https://fromgriefftogrowth.mykajabi.com/the-power-of-presence-webinar-replay>

**Interested in hiring Dr. Levin as a grief expert resource for collaboration, consultation, training, and/or interviews?**

**Dr. Levin's Contact Info for Immediate Inquiries:  
626-695-4211 or [jennifer@fromgriefftogrowth.com](mailto:jennifer@fromgriefftogrowth.com)**

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## **WEBSITES**

[www.FromGriefftoGrowth.com](http://www.FromGriefftoGrowth.com)  
[www.TherapyHeals.com](http://www.TherapyHeals.com)

## **SOCIAL MEDIA CHANNELS**

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