

Marilyn Willis

Email: GoodMourningwithMarilyn@gmail.com

Phone: 719.647.7155

Website: www.GoodMourningwithMarilyn.com

Facebook: <https://www.facebook.com/Good-Mourning-with-Marilyn-112516116839213/>

Twitter: <https://twitter.com/mourningwithMar>

Linkedin: <https://www.linkedin.com/in/marilyn-willis-4b20a7186/>

YouTube: <http://bit.ly/GoodMourningwithMarilyn>

INTRODUCTION

Every grief journey starts with a first step. Often, this step is the most difficult one. Our guest today, Marilyn Willis, took her first step at fifteen years old after her mother died from cancer. Her healing began in high school when she joined a grief group. She has been leading grief groups ever since. Over the past twenty years, Marilyn, now a Licensed Professional Clinical Counselor, has been leading grief groups at churches, nursing homes, and as a hospice bereavement coordinator.

Marilyn is the author of “RESTORED: A Self-Paced Grief Workbook for Your Journey from Loss to Life”, where she has gently guided the survivor of loss from their unique loss experience to the restored life they are seeking. Marilyn hopes her workbook will help those that cannot afford or attend a grief group or extensive counseling. Within its pages they will share in the wisdom and experiences of others who have suffered loss and be equipped with knowledge about the process of mourning people.

Welcome Marilyn.

Here’s a few starter questions to consider:

1. Why are you passionate about helping the bereaved? Share a bit about your personal story...
2. How does your own experience inform your work as a therapist?
3. In your workbook, you make a large distinction between the words “Grief” and “Mourning” why?
4. What advice do you have for navigating grief?
5. In your workbook there are many Resilient Survivor Examples, will you share with us an example of a “Resilient Survivor?”
6. How did you get started sharing on YouTube? Tell us more about your videos and your vision for them.
7. I understand your workbook is entitled RESTORED and you are one of the first in the grief counseling community to use the word “Restored” when it comes to loss. What do you believe makes a life “RESTORED?” What is the difference between restoration and healing?
8. Besides being an author, you also counsel individuals, families, lead bereavement groups and RESTORED healing workshops. If you had to choose between counseling and educating, which would you choose and why?
9. How can people reach you?