

Healing the Healers: Holding Space for Your Own Grief

Grief isn't always about death.

Healthcare providers often carry invisible losses – burnout, moral injury, role transitions – without the language or space to process them. Unspoken grief can quietly manifest as exhaustion, disconnection, or detachment from purpose. What if your body is carrying what your mind hasn't had permission to feel? When grief goes unacknowledged, healing stalls—and so does the healer. It's not just about who you've lost, but who you've had to become to keep going.

True healing begins when we integrate meaning into the losses that once left us broken.

In this reflective, restorative session for professionals navigating grief—whether from personal loss, patient care, or the slow toll of compassion fatigue. Inspired by Dr. Parul Dua Makkar's own experience with profound family loss, this session creates space to name what's often left unspoken—and to begin healing it.

Participants will explore how grief shapes identity, purpose, and legacy—and how healing doesn't mean forgetting, but rather carrying love forward in new ways. Through trauma-informed strategies and reflective practices, attendees will learn to hold space for their own grief while rediscovering strength, clarity, and renewed purpose.



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Learning Objectives:

- **Identify** the various forms of grief and how they may manifest across mind, body, and behavior
- **Explore** how unprocessed grief can quietly impact identity, purpose, and professional presence in caregiving roles
- **Apply** self-reflective tools to explore personal grief narratives and their influence on meaning, direction, and emotional wellbeing
- **Utilize** meaning-making practices—such as narrative medicine, mindfulness, and journaling—to support healing, legacy, and alignment
- **Develop** a personalized grief resilience plan that weaves in rituals, boundaries, and self-leadership rooted in grief to gratitude practices
- **Practice** compassionate communication and peer support strategies that honor grief without bypassing its complexity
- **Develop** a guiding vision that connects past losses to future purpose, offering a foundation for legacy through growth, healing, and service

SUGGESTED FORMAT:

Partial Day; Lecture,
Workshop, Keynote

SUGGESTED AUDIENCE:

All Healthcare Professionals