

## PET LOSS SUPPORT



*There is something deep within our nature that loves the special relationship of the human-pet bond.*

*Most of us have the need to love, be loved, and to nurture, and our pets fill this need. Pets are incredibly loving. Without them, our lives would be far less enjoyable, productive and a lot lonelier. The pleasures and benefits derived from having a companion animal are many. The bond is as wonderful and rewarding as it is fascinating and practical. In many ways our bonds with our beloved pets are stronger, purer and far more intimate than our other relationships. We feel their unconditional love and are completely secure in sharing our secret souls with them. We touch and caress our pets freely and speak to them adoringly. They respond with love and so many different kinds of reassurances that we crave and need.*

## Association for Pet Loss and Bereavement (APLB)

The Association for Pet Loss and Bereavement, (APLB) <http://www.aplb.org> founded by Wallace Sife, Ph.D. in 1997 is a compassionate nonprofit organization of trained volunteers, dedicated to helping people during this very special kind of bereavement. They are constantly improving all their services, and making them freely available on the Internet. The APLB is unique, and the only organization in the world doing all of this. They are proud to be the acclaimed leader and authority in the field of pet loss and bereavement. The Board of Directors holds regular bimonthly meetings, to keep their objectives updated and in sharp focus.

There has never been any kind of formal training or certification in the United States for pet bereavement counselors. In an answer to that need, in 1998 the APLB created counselor training programs and Certificate of Training. These are the only valid courses that they are aware of. From time-to-time others have sprung up and quickly faded out. As an assurance they strongly suggest that credentials and experience always be checked out, when looking into any such program. The APLB is the undisputed primary source of information as well as training in pet loss and bereavement. Anyone with this certificate will be justified in claiming to be certified.

I know first-hand the indelible imprint our pets leave on our hearts and how devastating the loss of a beloved pet can be, whether through death, disappearance, divorce, moving or other circumstances. My own experience led me to help others through the process of finding a "new normal" after the loss of a beloved companion animal.

When we lose such an important member of our lives, it's often hard to get support because others may not understand why we are so upset about losing "just an animal." But it's not whether our loved one was a person or an animal that determines our "right" to be upset. It's the quality of the relationship and the level of our love. If you have lost a special pet, you deserve support. There are issues unique to pet loss that does not exist with other types of losses. Facing the grief all alone can seem overwhelming. But the good news is that with the right support, you can navigate through the feelings and tasks of grieving and readjusting, and, in time, it does get better. I am a certified pet loss and bereavement counselor, trained in 2013 through the *Association of Pet Loss and Bereavement, (APLB)*. I offer support in a safe and accepting environment, and respect and honor each person's grieving process.

I am also a volunteer for:  
CT Votes for Animals  
<http://www.ctvotesforanimals.org>  
Our Companions  
<http://www.ourcompanions.org>



*I believe loving a pet is a very magical, special, wonderful, and rewarding experience. Our love and tender memories will never leave us, and will enrich us as we move on through our life.*



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