

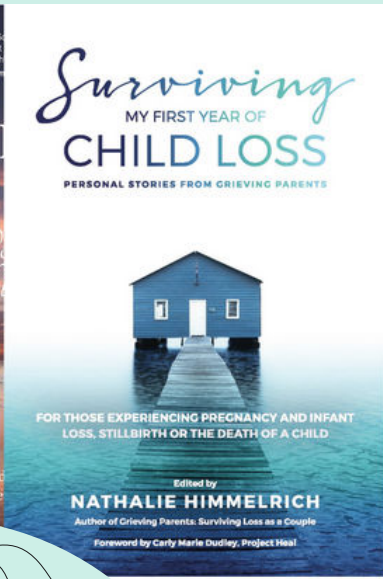
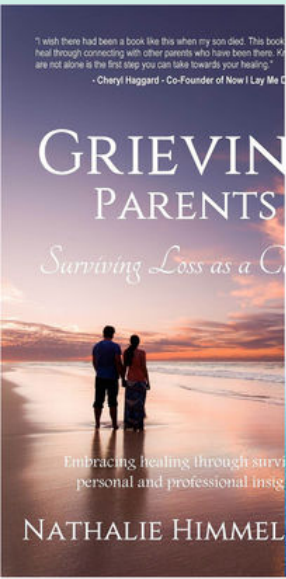


PRESS  
& MEDIA  
KIT

# NATHALIE HIMMELRICH

*Specialist for Grief  
Loss & Trauma*





## ABOUT NATHALIE

Nathalie is a published author, holistic therapist, and coach.

As a therapist, she specializes in helping both men and women navigate relationships, and in supporting individuals dealing with trauma, traumatic losses, and those experiencing grief.

As an author, she has written numerous grief resource books. As a public speaker, she presents at international conferences and workshops.



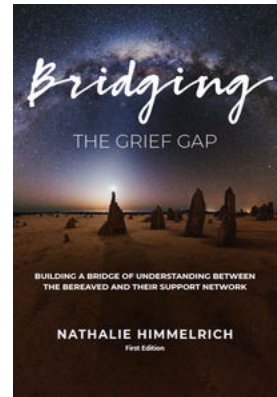
LATEST RELEASE

## Bridging

### THE GRIEF GAP

BUILDING A BRIDGE OF MUTUAL UNDERSTANDING BETWEEN THE BEREAVED AND THEIR SUPPORT NETWORK

BY Nathalie Himmelrich



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# TOPICS COVERED INCLUDE



## The Nature of Grief, Loss, and Trauma

Exploring the emotional, psychological, and physical aspects of these experiences and how they manifest in our lives.



## Transforming Grief and Integrating it Into Life

Strategies, tools, and insights to help individuals navigate the grieving process and find healing and growth.



## The Effect of Trauma on the Nervous System and how to Regulate it

Understanding the impact of trauma on our physiological responses and exploring techniques to foster nervous system regulation.



## Building a Bridge Between the Bereaved and Their Support Network

Practical advice and guidance on how to establish and nurture supportive connections during times of grief and trauma.

# SIGNATURE TOPICS

- ✓ The Nature of Grief
- ✓ Trauma and Self-care
- ✓ Regulating Your Nervous System
- ✓ Dealing With Grief Triggers
- ✓ Managing Anxiety and Stress
- ✓ The Effect of Grief on the Support Network

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