

# 1:1 Grief Navigation

This 1:1 grief journey is for people grieving the death or loss of someone significant to them. It integrates Dr. Christina's professional experience, somatic training, and lived grief experience. We may explore together:

## 1. Arriving in the Story

Gently exploring what happened, what you've been carrying, and how grief is showing up in your body and mind.

## 2. Naming the Core Grief Beliefs

Identifying the narratives shaping your experience—spoken and unspoken—and beginning to shift what no longer serves you.

## 3. Reconnecting With the Body

Practices for grounding, softening overwhelm, and reclaiming your inner sense of safety through somatic awareness.

## 4. Understanding the Brain on Grief

Learning how grief rewires attention, memory, and emotion—and how this knowledge restores clarity and compassion for yourself.

## 5. Honoring What Was Lost

Creating personal rituals, meaning-making practices, or moments of remembrance that feel aligned.

## 6. Reimagining and Integrating

Exploring what healing, hope, and forward movement look like on your timeline—not anyone else's.

## 7. Continuing the Evolution

Resources, reflections, and practices to support your ongoing journey long after our work concludes.

## What this journey offers you:

- Live 1:1 video sessions
- Somatic practices to ground our time together and provide emotional safety
- Reflection questions & activities tailored specifically for you and your grief journey to support your journey
- A beautiful digital Evolution Journal to document your progress, reflections, and self-care practices

### Evolution Investment

(\*each session is approximately

2 hours. The more sessions, the more ground can be explored together)

Single Session: \$375 (Connecting for 1 session only)

4-Session Package (Connecting 1x/week for 1 month for approximately 2 hours each session): \$1,500

8-Session Deep Dive (Connecting 1x/week for 2 months): \$3,500

3-Month Signature Journey (12 sessions): \$4,000

When you're ready your next step is to complete the Partner with Dr. Christina Contact form [on the web site](#).

*\*This offering is not ongoing therapy or crisis support. If you're experiencing acute psychiatric symptoms, please reach out to your mental health provider or dial 911 or 9-8-8 for mental health crisis care.*

Grief is not an ending. It's an evolution™