

Dr. David Zuniga, PLLC
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Healing in Loss: A Therapy Group for Grief Counseling

“Tears are the proof of life. The more love, the more tears. If this be true, then how could we ever ask that the pain cease altogether. For then the memory of love would go with it. The pain of grief is the price we pay for love.” Robert I. Kahn

Dr. David Zuniga is offering a therapy group for partners who have lost a spouse.

Background: While there are some grief support groups in Central Texas, there are virtually no professional therapy groups for the unique and specific concerns of partners who have lost a spouse. Losing a partner presents many challenges for even the most resilient. The initial shock and fear can be accompanied by a wide range of confusing emotions. And grieving partners are also confronted by daunting logistical challenges and having to face choices about how to live their life going forward.

This therapy group provides a compassionate, confidential space where grieving partners can feel comfortable discussing the full range of emotions and experiences that accompany the death of a partner. Sharing common experiences, solutions, and support tends to help people find meaning and purpose even amidst the hardest forms of loss and change.

Who is eligible for these therapy groups? Anyone who has lost a partner may be eligible for these therapy groups. Dr. Zuniga is active in the LGBTQ community and affirming of all relationships.

What is expected of participants? As this is group therapy, clients are asked to make a weekly commitment to attend group therapy.

Logistics: This is a weekly, confidential professional therapy group, meeting on Mondays, 11:30AM-12:50PM. Group therapy is \$50 per session. Free funding may be available for those who lost their partner to cancer via the Flatwater Foundation. Sliding scale spaces may also be available. This therapy group will meet at Dr. Zuniga’s office (address listed above), which is located near Zilker Park off Mopac. For detailed directions: www.drdaavidzuniga.com.

Questions / Registration: For questions or to register, contact Dr. David Zuniga.

About Dr. Zuniga: Dr. Zuniga earned his Ph.D. in clinical psychology and is a licensed psychologist in private practice; previously he was a faculty member in the Integrative Medicine Department of MD Anderson Cancer Center. He also earned a masters degree from Harvard Divinity School. Prior to his current psychology practice he worked for over a decade as an interfaith chaplain and administrator in pediatric and adult oncology, palliative, and end-of-life care. He has published widely and spoken internationally at leading academic conferences on healthcare-related concerns.