

GRIEF & LOSS OF PETS

I have had the unique opportunity to have helped many people cope with the loss and grief of losing a much loved pet. My life has provided me with a range of experience with animals and I can relate on many levels with those that have lost a pet, and truly empathise with what you may experience at this time.

The grief and loss one will feel after losing a pet will be no different to that of any other loss. This can include losing someone you love or are close too, even the loss of a friendship, the community you live in or your job.

When you lose a pet, how you may feel and cope with life on a daily basis is no different to that of other losses.

Having bred and shown beautiful Burmese with my husband for a number of years, under the registrations of 'Dusklun', we have suffered our fair share of grief and loss. Raring a litter of kittens and then having to say goodbye when they join their new family and home, has been a process of grief and loss for us.

The loss of a pet can be a truly unique journey. As a professional counsellor and therapist, I offer a unique service that takes into consideration the care, time and special understanding of the rare bond a person and pet can hold.

Remember that your grief is a very personal journey.

Josephine Byrnes-Luna

Registered Professional Counsellor | Supervisor
Nationally Accredited Mediator (NMAS)

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Counselling & Mediation Services

