

Veterinarian offers Pet Loss Counseling for Grieving Owners- Press Release



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Aspen Meadow Veterinary Specialists offers pet loss grief counseling

Longmont, Colo.....Losing a pet is like losing a member of the family. Grieving a lost pet doesn't have to be done alone or without help.

As part of a wide array of veterinary specialty services that include emergency and critical care, surgery and internal medicine, physical therapy and pain management, Longmont's **Aspen Meadow Veterinary Specialists (AMVS)** will be offering FREE grief counseling to pet owners and guardians whose pets have passed on.

Beginning in May and held at **6:30 p.m. on the second and fourth Monday of each month at 104 S. Main St. in Longmont**, AMVS' grief counseling support groups will be led by Joshua Nacht, M.A.,CAC I, a Naropa-trained psychotherapist. The intention of the group is to provide participants with support for the grief process, emotional well-being, and to explore their experience of loss with others.

"Losing a beloved pet can be incredibly difficult," said Nacht. "Grief counseling support groups can assist everyone in the pet's family, particularly those who live alone with their pets, in sharing the experience of grief and loss while working through the healing process."

Nacht says signs that you might need support include physical symptoms like crying, sobbing, upsetting dreams, loss of sleep or appetite, and shortness of breath; emotions like sadness, depression, anger, irritability, blaming, and guilt; thoughts such as denial, pre-occupation with the loss, and need to reminisce; social withdrawal or isolation, reluctance to ask for help, and a need for distractions; as well as bargaining with or anger at a higher power about the loss.

"Compassionate, expert care is the hallmark of our business philosophy," said Dr. Matt Rooney, owner and chief surgeon at AMVS. "Offering grief counseling is an important part of the holistic, mindful and respectful approach we take with our

clients and their pets. At AMVS, we believe in supporting and honoring all stages of an animal's life and are committed to treating every pet like one of our own family."

To create safety and an effective atmosphere, participants must pre-register for the sessions and will be required to schedule a short meeting with Nacht prior to attending the first group. There is no charge for the individual session or for the group sessions. For more information and to register, call AMVS at 303-678-8844 or go to www.AspenMeadowVet.com

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