

# grieving wholeheartedly



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\* Limited to the first 100 sign ups.

The workshop will be available live via Zoom and on demand for those who missed the live workshop.

**Live workshop:  
Monday, April 21,  
2025 from 6:30-8pm.**

Speaker:  
Audrey Davidheiser, PhD  
Licensed psychologist  
(PSY 22815)  
Certified IFS Therapist  
(Level 3)

**What people  
are saying about  
Dr. Audrey's  
workshop  
at the 2024  
IFS conference:**

My favorite presentation of the entire conference.

I was so impressed with the depth of Audrey's knowledge and experience in Working with Grieving Parts. I would love to take a longer workshop on this topic with Audrey.

This was the best presentation on IFS that I have experienced. Audrey answered questions based on her experience and she was honest and engaging.

The material was interesting and easy to follow the IFS language. The closing meditation was the perfect ending to a stellar presentation.

Her presentation gave me an entire new perspective on grief. It left me very hopeful.

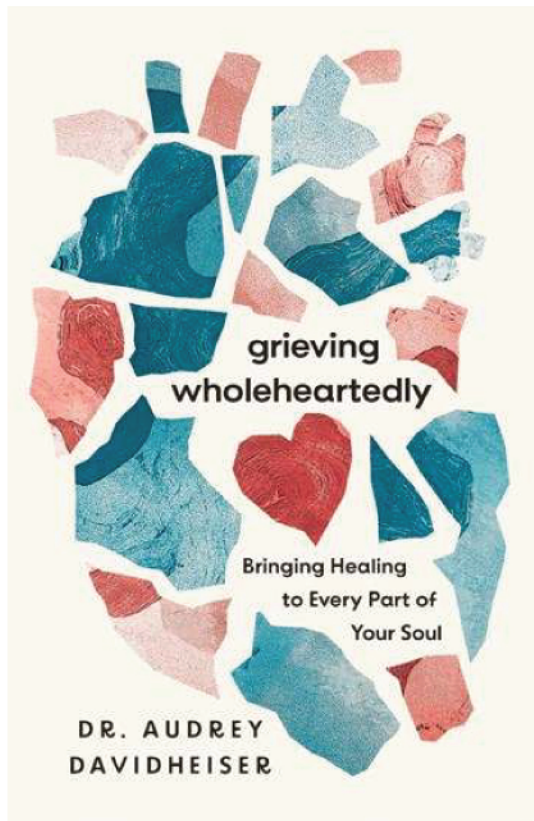
Best session so far! Great balance of experiential and content. Learned a lot.

Outstanding presentation. Audrey presented this material in a relatable way. It was excellent and I would highly recommend it to the beginner or advanced IFS practitioner.

Overall Presenter Rating: 4.7/5



## A Gentle Approach to the Complexity of Grief



Available wherever books are sold, including Amazon, ChristianBook.com, Barnes & Noble, and IndieBound.com.

**Dr. Audrey Davidheiser** (PhD, Fuller) is a licensed psychologist in California, certified Internal Family Systems (IFS) therapist, and IFSI-approved clinical consultant. After founding a counseling center for the Los Angeles Dream Center, she now provides IFS therapy for trauma survivors, including those with religious trauma, and assists in IFS trainings.

In life's toughest moments, our emotions can feel like a storm at sea—conflicting waves of anger, sadness, and fear crashing together. But within these turbulent waters lies the potential for profound healing.

Dr. Audrey Davidheiser, a licensed psychologist with expertise in Internal Family Systems (IFS) therapy, will guide you through a compassionate exploration of your pain and grief. Instead of suppressing emotions, *Grieving Wholeheartedly* helps you understand and nurture each part of your soul, revealing the unique needs and burdens behind them.

Filled with practical exercises and soul-soothing insights, you'll learn aspects of the grieving and healing process including:

- Gaining a deeper understanding of Internal Family Systems (IFS) and how it applies to emotional healing.
- Learning techniques to acknowledge and honor every emotion during the grieving process.
- Developing skills to transform overwhelming feelings into sources of strength and wisdom.
- Discovering practical exercises designed to foster emotional resilience and growth.
- Embracing a holistic approach to healing that nurtures both mind and spirit.

Ideal for bereaved Christians, *Grieving Wholeheartedly* is a companion for anyone grappling with loss, offering a pathway to hope and renewal.

*"I started reading this book shortly after the death of my maternal grandmother. Audrey Davidheiser generously shares her experiences of loss to benefit our healing process. The exercises in the book compassionately guide the reader on a path of healing through connecting with their parts. This book offers comfort, hope, and a way through. My favorite quote from the book is, 'To skip mourning is to risk your future.'"*

*Tamala Floyd, licensed clinical social worker, IFS Solo Lead Trainer, and author of Listening When Parts Speak*