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**FOR IMMEDIATE RELEASE**

# COUNSELOR OFFERS INSIGHT INTO DEALING WITH HOLIDAY GRIEF:

## Oasis of Hope's Daniel Kennedy Is an Expert at Coping with Loss

**WHAT:** Holidays, which are traditional times to gather together with family and friends, can be a painful reminder of someone who isn't with you anymore, especially while everyone around you is celebrating.

**WHO:** **Daniel E. Kennedy**, who oversees counseling at Oasis of Hope, developing psychological and spiritual programs for patients that complement the hospital's integrative cancer therapy. Kennedy has a master's degree in counseling and did extensive research into the grieving process.

He says that grief is a natural thing, and that too often today, we give it short shrift, treating it as something we want to get over as soon as possible, rather than something we must naturally experience.

Kennedy can remember not looking forward to Christmas when he was a child because it reminded him of the death of his mother.

Along with oncologist Dr. Francisco Contreras, Kennedy is the co-author of "Fighting Cancer 20 Different Ways," "Dismantling Cancer" and the forthcoming book "Hope, Medicine & Healing," to be released in early 2009.

**WHEN:** By appointment via phone

**NOTE:** To schedule an interview with Daniel Kennedy, contact Steve Yount at steve@alarryross.com or 972-267-1111.

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