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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.

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

Along with oncologist Dr. Francisco Contreras, Kennedy is the co-author of "Hope, Medicine & Healing," "Fighting Cancer 20 Different Ways" and "Dismantling Cancer."

Kennedy splits his time between Oasis of Hope Hospital in Playas de Tijuana, Mexico and Oasis of Hope California, which recently opened in Irvine.

**WHEN:** By appointment via phone or in studio in Southern California

**DETAILS:** Daniel Kennedy says that grief is a natural process 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.

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

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