

Certificate of Support Group Completion

Be it known that on this day, _____ has completed the Transcending Divorce Support Group and has immersed himself or herself in the ten essential Touchstones for finding hope and healing his or her heart:

- Touchstone One—Open to the Presence of Your Loss
- Touchstone Two—Dispel the Misconceptions About Divorce
- Touchstone Three—Understand the Uniqueness of Your Divorce Experience
- Touchstone Four—Explore Your Feelings of Loss
- Touchstone Five—Recognize You Are Not Crazy
- Touchstone Six—Understand the Six Needs of Divorce Transition
- Touchstone Seven—Nurture Yourself
- Touchstone Eight—Reach Out for Help
- Touchstone Nine—Seek Integration—Not Resolution
- Touchstone Ten—Appreciate Your Transformation

You have given and received support from fellow group members. Your presence and sharing of your experience with divorce have touched the lives of many, and for that we are grateful. We wish you continued healing and hope for a renewed purposefulness and happiness in life.

Group Facilitator

Date

This support group model is based on the work of Dr. Alan D. Wolfelt as outlined in his book *Transcending Divorce*. www.centerforloss.com