

Entrelacs Association

Transforming the worst into something better

Interview with its President, Lydia Müller (LM), Psychologist/Psychotherapist FSP.



Association pour transformer le pire en meilleur
Maladie grave, Deuil, Vieillesse difficile, Fin de vie
Rue de la Servette 80, 1202 Genève
022 740 04 77 www.entrelacs.ch
Permanence Wednesday 6:30 pm to 9:00 pm

Entrelacs and Lydia Müller offer...



Mourning Café
Program 2022-2023
Monthly every 3rd Tuesday
November 2022 - June 2023

... a space where you are welcome to share your story, your emotions and feelings about any loss (a child, spouse, parent, friend or colleague, an animal companion, work, health...), in order to find support, comfort and more serenity.

Lydia Müller

President of Association Entrelacs, psychologist and psychotherapist FSP, specialist in psycho-oncology, serious illness, end of life and grief work.

Association Entrelacs

Founded in 1992 in order to offer support for any life crisis caused by severe or fatal illness, aging or death.

Where

Espace Quartier Grottes (Community Center)
Rue du Grand-Pré 9, 2nd floor, 1202 Geneva
(5 min. from Gare Cornavin)

When

Tuesdays, 6:30 pm to 8:30 pm
16 May, 20 June 2023

Information & registration

Laurence
+41 (0) 76 319 33 37
info@entrelacs.ch
www.entrelacs.ch/activites/cafe-deuil

Donations welcome

JACQUELINE LASHLEY, WHO

What is the mission of the Association Entrelacs?

“Transforming the worst into something better” is our “raison d’être”. Our mission is to promote another approach to existential crises such as severe illness, grief, difficult aging, and end of life. Thanks to the amazing parallel between the birthing process and dying, Entrelacs gives a new perspective on what is at stake in these issues on a physical, psychological, and spiritual level. We aim at the accomplishment of *being* and support people in search of meaning in these existential issues. We contribute to changing attitudes and mentalities towards death and dying and collaborate in research on the needs of people who are seriously ill, in mourning, aging, or at the end of life.

We provide the following:

- Private consultations to provide a safe space for daughters and sons caring for an elderly, sick, disabled and/or dying parent to share and find resources.
- Provide caregivers with a trained “peer” who support them in their accompaniment.
- Provide well-trained volunteers, willing to devote time and intervene on an ad hoc, or regular basis, at home or in an institution to people at the end of life and their loved ones.
- Training for persons interested to become volunteers to accompany the psychological, relational, and spiritual aspects of those who are seriously ill, at the end of life, or mourning.
- Weekly telephone hotline between 18h30-21h00 in English, French and German.
- Monthly support group in French (1st Tuesday) and in English (3rd Tuesday).
- YouTube channel with FAQs.
- Conferences on specific themes (recorded, or future dates).
- Personal development workshops

– Provide links to forms for anticipated directives (for Switzerland and France) in English, French and German.

Why would someone who’s grieving want to go to a support group? Isn’t this something rather personal, and one would not want to share with people they don’t know?

For certain people, this might be true, however, there are others for whom it is important to feel understood by others who are going through similar difficult situations. It really helps to know you are not alone, and to realize that you are not strange or feeling crazy things. The support group is open-minded and non-judgmental that offers a safe space to share.

What are some of the benefits of going to a support group on grieving?

The most important is to feel understood and accepted with whatever feelings that are expressed. It helps to put words on what you are feeling (e.g. sadness, anger, relief, jealousy, etc.). Hearing what others are going through can also help put your situation into perspective. It can provide you with a better understanding of the feelings you are going through. It can provide you with hope and encouragement to get through your situation.

You mention in your flyer other losses, such as loss of a job, change of jobs, etc., how could this support group be beneficial for me?

Grief is not only reserved for losses of a loved one. There are other painful experiences, such as losing a job, losing one’s health, a dear friend/colleague who moves away, loss of a beloved pet, etc. We need to stop putting the importance of certain losses over others. It always depends on how the person experiences their loss – the stronger the attachment, the more painful the loss. ■