

WIDOW-TO-WIDOW PROGRAM

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a peer support program centered on mourning, death, and grief, thought to be the first of its type and acting as a model for a multitude of later groups. United States social worker Phyllis R. Silverman began this in 1964. The program appeals to the skills and sympathy of individuals who have went through like losses, lending support as an alternative or substituiary approach to professional counseling and therapy or medical management of the problem.

WIDOW-TO-WIDOW PROGRAM: "After losing her husband, Dorothy joined the widow-to-widow program. "

SELF-ABASEMENT

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