

# TRANSFORMING LOSS

## A DOCUMENTARY

### FOR IMMEDIATE RELEASE

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### **New documentary, “Transforming Loss” will captivate, energize and inspire hope**

Free premiere, sponsored by Temple Beth El is Feb. 6 and 7, 2013, at The Maple Theater in Bloomfield

**Bloomfield, MI—December 18, 2012—**Judith R. Burdick, M.A., L.L.P. knows plenty about the grief process and is launching a heartfelt documentary, “Transforming Loss” in February, 2013, aimed at showing viewers the strength they possess in times of trauma and tragedy. The debut will be followed by a panel discussion featuring those in the documentary with complimentary coffee and dessert. Free tickets are available by pre-registering by visiting [www.transforminglossdocumentary.com](http://www.transforminglossdocumentary.com). Questions about the film, please call (248) 808-5569.

Transforming Loss will tackle death and provide an authentic view of human loss, suffering, hope and transformation. In 1991, at merely 31, Burdick with two small children, lost her husband, Mark Rubens, who was killed in a scuba diving accident. Overwhelmed and unprepared, Burdick knew she had to survive this and raise her family as a strong, single mom tragically alone. It was difficult with very few resources at the time.

Today, 21 years later, Burdick, of Bloomfield, Michigan, is a highly regarded licensed psychotherapist who has dedicated her life to helping others find peace and strength as they navigate their grief. In fact, she developed **Widowed Young**, a website/blog designed to help others find support as they take on the grief process and eventually experience healing. Visit [www.widowedyoung.net](http://www.widowedyoung.net)

“Transforming Loss’ is about not giving up in the face of profound suffering, but instead rising to a new level of functioning and making meaning out of the experience,” stated Burdick. “The loss actually fuels a fresh energy, which feeds the broken parts. As we heal, a deep desire emerges to help others through similar losses—to be the inspiration and example of one who has survived and now has the credibility to teach.”

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Among those in the documentary, viewers will meet Molly Green of South Lyon, a 41 year-old mother of four who lost her husband, Michael in August 2010, to suicide. Ricki Friedman, of Birmingham will tell the wrenching tale of losing her mother at only 13 years-old. Gary Weinstein, of Farmington Hills, who lost his wife and two sons one tragic day in 2005 when a drunk driver got behind the wheel, will share his story. As well, viewers will meet Virginia Beckley of Bloomfield, who lost her five-year-old son Myles in a horseback riding accident. Elizabeth Guz of Franklin will be featured. Guz's 17 year-old son, Michael struggled with bipolar disorder and suicided. Rachel and Michael Kain, of Livonia will inspire with their story of losing their four month-old baby boy Collin to multiple heart defects.

Burdick's practice is dedicated to individuals with a wide range of emotional and psychological issue and focuses on providing individual and group therapy grief support. Burdick's expertise in grief and loss motivated her to develop and facilitate programs through Hospice of Michigan as well as lead grief workshops, focusing on the healing needs of younger widows and widowers.

"Transforming Loss" will not only provide support and inspiration for people struggling with the loss of a loved one but will be a practical healing tool for therapists, clergy, funeral directors, hospice workers, medical practitioners and educational institutions.

Today, Burdick's 28 year-old son Andrew Rubens is a medical doctor specializing in anesthesiology and is currently in his residency training. Burdick's daughter, Laura Rubens, 25, is completing her undergraduate study in English Literature at Oakland University.

For more information on the premiere, obtaining the documentary or an interview with Judith, please contact Peggy Burkhard at (248) 770-5172 or Judith Burdick at [judith@psychjrb.com](mailto:judith@psychjrb.com), (248) 420-3870.

The Maple Theater is located at 4135 W. Maple Rd., Bloomfield, MI (248) 750-1030. Free tickets, available on a first-come basis to the premiere will be available by pre-registering at [www.transforminglossdocumentary.com](http://www.transforminglossdocumentary.com). Click on the "Register" tab.

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**Editor's Note:** Interviews with Judith and those featured in the documentary are available upon request by calling Peggy Burkhard at (248) 770-5172.

## ***Testimonial Support for Judith Burdick and “Transforming Loss”***

### **Elizabeth, of Canton, who lost a parent**

“This will be a wonderfully useful resource for so many! Thanks for sharing your experiences, which will enable many to find peace and healing and perhaps even regain the courage to experience love and joy again.”

### **Elaine Grohman, author of Northville**

“What a beautiful and moving tribute to those who have been irrevocably altered by circumstances beyond their control. Your loving, thoughtful and heartfelt examination of this journey is bound to soothe and comfort those who watch your film. I congratulate you and thank you for all your efforts to help others heal.”

### **Eric, widower of Birmingham**

“My grief process, which began after losing my wife of almost 31 years, can best be categorized as a slow and painful journey. Because Judith offered strong support, care and understanding (born from losing her own spouse), I was able to travel this journey knowing she was with me, guiding me every step of the way. By combining professional expertise with personal knowledge, Judith extended a “hand up” as I climbed out of the pit of shock and sorrow to see the light of day again.”

### **Christine, widow, of West Bloomfield**

“My grief work with Judith helped me process my thoughts, feelings and emotions during a very frightening time of my life. She provided gentle, encouraging guidance through example and I found the confidence to love life again. Judith showed me the resilience I knew I had, which helped me help my children. I’ve recommended her to many newly widowed people and will continue to do so. Judith Burdick inspires me!”

### **Debbie, widow, of Bloomfield Township**

“After the loss of my husband, I was in a truly dark and sad place. I began group work with Judy and other recent widows and widowers. Judy guided and supported us as we dealt with our raw emotions. With tremendous empathy, she guided us through the stages of grief. Over time, Judy helped us see that life would become a “new” normal.”

### **Wendy, lost her elderly mother, of Franklin**

“We came together in Judy’s bereavement group with such different experiences. The weekly meetings provided a kind and accepting place for all of us. With her compassion, sharing and expertise, we grew individually and as a community.”

### **Julie Anne, widow, of South Carolina, formerly of Bloomfield**

“Judith was my saving grace, who rescued me from the unknown and emotional turmoil that followed my husband passing away suddenly. The intimate understanding of the grief process and her compassion to help others and myself was invaluable. Judith guided me through the process and always made me feel like I wasn’t alone and connected me with others who were going through similar experiences. Judith is the primary reason I had the courage to move forward with self confidence and demand the very best in the next chapter of my life, while still having gratitude for where I have been and honoring my past and the losses I’ve experienced.”