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OCC shows locally made documentary on how to overcome grief

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When she was 31 years old, Judith Burdick's husband of 10 years was killed in a scuba diving accident.

Burdick, a mother of two small children, felt entirely overwhelmed and unprepared for what her life had suddenly become.

So she began her quest for healing, both for herself and her children. Her journey ultimately brought her back home to Michigan, where she re-enrolled at the University of Michigan, earning her bachelor's degree in psychology and then her master's in Clinical Psychology at

The Center for Humanistic Studies in Detroit.

Twenty years later, Burdick now lives in Bloomfield Hills and is a licensed psychotherapist. And, to help others heal after a tragedy like hers, she decided to produce a documentary called "Transforming Loss," which follows six Michigan families who had someone close to them die.

Viewers will meet Molly Green of South Lyon, a 41-year-old mother of four who lost her husband, Michael, to suicide in August 2010. Ricki Friedman of Birmingham will tell the wrenching tale of losing her mother at age 13. Gary Weinstein of Farmington Hills lost his wife and two sons in 2005 when a drunk driver struck them. Virginia Beckley of Bloomfield lost her 5-year-old son Myles in a horseback riding accident. Franklin resident Elizabeth Guz's 17 year-old son Michael struggled with bipolar disorder and died in 2009. Rachel and Michael Kain of Livonia will inspire with their story of losing their four-month-old baby boy Collin to multiple heart defects.

"'Transforming Loss' is truly helping others heal and transform from grief, depression and loss. I'm humbled to see the trickle-down effect my film has had and I'm motivated to make a difference not only in Michigan but nationally in the near future," said Burdick.

Burdick's purpose for this film is to not only provide support and inspiration for people struggling with the loss of a loved one, but also to be a practical healing tool for therapists and clergy, funeral directors, hospice workers and medical practitioners, as well as educational institutions.

A viewer who saw the film at the Maple Theater in Bloomfield Hills described the documentary as "uplifting and optimistic."

The anonymous reviewer said, "'Transforming Loss' is a real-life look at the loss of loved ones, about life, personal odysseys, and the generosity of spirit that often lies hidden in many of us to transform and move forward."

The documentary will be shown at 7 p.m. at Oakland Community College in the Smith Theater, room J306, on the Orchard Ridge Campus, 27055 Orchard Lake Road, Farmington Hills. Doors will open at 6:30 p.m. and dessert and discussion will follow the film.

Advanced tickets for \$10 are available at the Costick Center, 28600 W. 11 Mile Road, or online at <https://recreg.fhgov.com>. The cost at the door is \$15 if available.

For more information, visit transforminglossdocumentary.com.

URL: <http://www.theoaklandpress.com/lifestyle/20140129/occ-shows-locally-made-documentary-on-how-to-overcome-grief>

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