



The Grief Revolution: Introducing Adcotherapy

Ph.D., Debbie Pakler

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Since the dawn of modern psychology, even the greatest pioneers in the industry have been proven wrong when it comes to treating grief and bereavement. Sigmund Freud's suggestion that one must fully detach himself from the departed has been irrefutably debunked by evidence to the contrary, and now the legendary work of Elisabeth Kubler-Ross is about to meet the same fate.

Kubler-Ross's premier book, *On Grief and Dying*, is, itself, dying. Once considered the definitive guide on the grieving process, the outdated text is slowly but surely losing its foothold in modern thinking, and its ideas continue to prove incomplete, inaccurate, and ineffective. Like dozens of other failed theories that have come and gone over the decades, it does not take into consideration a very important element of the human experience—the metaphysical world.

The Grief Revolution rights the wrongs committed by the single-sighted theories that came before it and presents a fully integrated, comprehensive approach to overcoming grief that incorporates both psychological and metaphysical methods. Developed by seasoned psychotherapist and certified psychic medium, the ADCOtherapy technique allows individuals to address the pain of grief from all possible angles, including some that many people may find controversial.

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