From the Desk of Dr. Althea Winifred, Dean

It is with deep honor and reverence that I welcome you to this transformational course: *Grief & Trauma: Navigating Loss, Awakening Life*. As Dean, educator, and servant leader, I have witnessed firsthand how grief and trauma can alter the course of a life, but I have also seen how, with the right understanding and support, those same experiences can become the soil for strength, clarity, and renewal.

This course was born from years of walking with individuals through deep valleys of pain—some who knew what they had lost, and others who were just beginning to name their wounds. Whether your loss has been personal or professional, whether your trauma has been silent or spoken, your journey matters. Here, you will find not only knowledge, but compassion. Not only tools, but truth. Not only insight, but the invitation to heal and rise.

As Dean of this program, it is my sincere belief that trauma-informed education is not just academic—it is restorative. It is our sacred responsibility to teach with empathy, to listen without judgment, and to lead others into a greater understanding of themselves and those they serve. In this course, we do not simply study grief and trauma; we enter the work of transformation—together.

This curriculum is designed to engage your mind, minister to your soul, and awaken your potential to both recover and empower. You will leave this course not only more informed, but more whole, more anchored, and more equipped to walk alongside others with wisdom, dignity, and grace.

Thank you for trusting this journey. I look forward to walking with you through each page, each lesson, and each breakthrough.

With deep respect and expectation,
Dr. Althea Winifred
Dean, Substance Institute
Founder, Ministries of Substance