

The [Interior Integration for Catholics](#) Podcast Series on Grief and Loss by psychologist Peter Malinoski, Ph.D.

[Episode 81](#): **Grieving is the Price We Pay for Loving.** If we love deeply, we're going to grieve deeply. It's inevitable. And it's that simple. So together, let's understand and experience grief better in order to love better. In this episode, I review the popular models of grief with their strengths and limitations, illustrating them through poetry, quotes, and evaluating them with the best of the psychological research. 50 minutes.

[Episode 82](#): **The Many Faces of Grief Inside Us.** Through a dramatic representation, quotes, and examples, I walk you through how six dimensions of what it means for you to love yourself and others. By bringing in the pioneering work of IFS therapist Derek Scott, we will explore how different parts within you respond to grief and loss in so many different ways. 70 minutes.

[Episode 83](#): **The Internal Dance of Healthy Grief.** Join me for a deep exploration of the ways our parts process grief in healthy ways, the back-and-forth alternating between focusing on the loss and looking at restoration. Guided by the work of IFS therapist and author Derek Scott and by using a dramatized story of loss with resulting grief, we will explore the internal interactions among our parts that lead to such a multifaceted experience of grief. We also examine the two paths of grief that Catholics can choose. 61 minutes.