

Grief counselor helps veterans heal

By [Ron Tomanio](#) and [Greg Major](#)

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September 20, 2007 6:00 AM

We know what you're thinking. She looks more like a dignified, genteel lady than a tough veteran of the military.

You would be partially right and partially wrong.

Pamela L. Sollenberger is a dignified, genteel lady, but she is also tough. The toughness is not readily apparent, but anyone who at one time moderated group sessions in a lockdown ward for soldiers who have experienced a psychotic breakdown as a result of what they have experienced in wartime needs to have an abundance of inner strength. Add to that experience, Pamela facilitates a group of all male inmates with drug and alcohol problems at a local prison.

Pamela has an extensive educational background. She has a Bachelor of Science in Behavior Science from Granite State College. She went on to acquire a Master of Science in Counseling Psychology from California Lutheran University. Pamela told us she always believed since the age of 16 that helping people with psychological problems should be her life work. Her father thought otherwise and wanted her to study business at college. She tried but could not go down a path that her heart told her was wrong. Other events in her life convinced her that she should specialize in the field of grief counseling.

Pamela's mother died when she was 17. One brother was murdered and one brother died of AIDS. Then her brother died when she was 26. She continued her education and became certified in grief counseling and currently serves on the advisory board of the American Academy of Grief Counselors. Her work career is too extensive to recount here, but she has done it all from drug and alcohol counseling to seven years in hospice care to grief counseling.

There are obvious reasons why Pamela Sollenberger's contact information should be included right alongside that of other sources of help in this included. If you were in the service and lost a buddy or you're a family member who has lost someone this is someone who can help you. Then there are the men and women who have come back from war so traumatized that they feel like they have lost a part or all of who they were. Pamela's dream is to form a therapy group for veterans.

We make no pretense of objectivity when it comes to this remarkable women. What is amazing is that someone who is a grief counselor and has worked for years doing hospice work is so full of gentle laughter — and is a snappy dresser! Pamela lives in Exeter with her architect husband, Lee.

GRIEF THERAPY

What: Group for loved ones of soldiers in Iraq

When: 5 to 6:30 p.m. every Monday from Oct. 1-Oct. 29

Where: 127 Water St., Exeter

Cost: \$20 per session

Contact: Pamela Sollenberger, M.S., GC-C, certified grief counselor, at 494-4175 or e-mail
psollenb@prodigy.net, www.grieftherapy.net

This group is designed to foster support and understanding for loved ones who have soldiers in Iraw. The group will provide validation and empathic understanding as each member can identify with one another.

HERE TO HELP

Lisa Lindskog and LTC Chris Conley work to prevent veterans and their families from getting lost in a vast bureaucracy.

Contact them at the information below:

LISA A. LINDSKOG

Transition Assistance Adviser

State Military Reservation

4 Pembroke Road, Concord

Tel: 225-1309

Cell: 568-4656

lisa.lindskog@us.army.mil

www.nh.ngb.army.mil/fp/benefits.htm

LTC CHRIS CONLEY

NH National Guard

Tel: 227-1526

Cell: 496-2146

christopher.e.conley@us.army.mil