

Bio of Lenore Matthew

Website: www.drlenoremattthew.com



Dr. Lenore Matthew is changing the face of grief and mental health by bringing in the spiritual world.

Dr. Matthew holds a Ph.D. and Master's in Social Work from the University of Illinois at Urbana-Champaign, with expertise in grief, the afterlife, and spiritual health, as well as research and evidence-based practice. She is also a young widow.

Previously, Dr. Matthew worked as a policy researcher with international organizations, including the United Nations. Her world was uprooted in 2020, when her late husband passed away unexpectedly at age 34. From the night that he passed, she could sense him, feel him, and communicate with him. She leaned into their continued connection, which led her through deep healing of grief and towards her life calling: helping other people find healing and joy by tapping into their own connections with their loved ones, soul, and intuition.

Through her private practice, Dr. Matthew runs a research lab, where she conducts studies on the effects of spirituality and connection to the afterlife on mental health. She also runs her evidence-based program, Continued Connection, which helps people heal through grief by working with their loved ones on the other side. She speaks and publishes widely and has been featured by the National Alliance on Mental Illness (NAMI), Mental Health America, and Brainz Neuroscience Magazine, among others.

In this talk, she will share how she found her way forward by leaning into her intuitive self and soul, and trusting what she knew to be true: that her husband was still with her, and that he was guiding her forward in a positive way. While this perspective is not common, especially in the mental health field, she states, “my experience pushed me to trust myself to the most profound depths I had ever experienced. By way of that trust, I was guided to what I know is my soul's work and have come to know and love myself in ways I never thought possible. Not only did trusting what my intuitive self was saying help me heal through grief, it helped me find a deep light and joy.”

Her Topic: *Leaning into the Intuitive Self & Trusting Your Truth*

Speaking at PWN's Luncheon on May 23, 2024.

Questions? Email AlohaPWN@gmail.com