

Liz Gleeson Biography 2025

Liz Gleeson is an Irish psychotherapist, educator, and grief specialist with over 20 years of professional experience supporting individuals and communities through loss and trauma. She is the founder of *Shapes of Grief*, an internationally recognised platform offering grief education through an award-winning podcast and comprehensive online training programs.

Gleeson holds three master's degrees in Dramatherapy, Loss & Bereavement, and Counselling & Psychotherapy. She is currently pursuing a PhD at the Technological University of the Shannon, focusing on the therapeutic impact of forest therapy (Shinrin Yoku) on bereaved adults. Her research combines academic rigour with experiential practice, exploring how nature-based interventions can support emotional healing.

Her clinical work spans diverse settings, including the Irish Prison Service, where she has provided grief training to both staff and people in prison. Internationally, Gleeson has delivered grief education to the Ukrainian Red Cross and Ukrainian Psychological Society, equipping mental health professionals with tools to support communities affected by war and displacement.

She is a regular keynote speaker at national and international conferences and frequently presents her research at academic forums and professional trainings. Liz lectures abroad on various healthcare university programmes and is known for her engaging, thought-provoking delivery. Whether in academic, clinical, or community settings, Liz integrates theory and practice with warmth, clarity, and compassion.

As the host of the *Shapes of Grief* podcast, Gleeson facilitates conversations with individuals and experts about the multifaceted experiences of grief. The podcast, along with the Award-Winning *Shapes of Grief* online training program, has become a vital resource for healthcare professionals, therapists, and anyone seeking to deepen their understanding of bereavement.

Gleeson's work is characterised by a commitment to compassion, education, and innovation in grief support. Through her integrative approach, she continues to influence the field of grief therapy, fostering resilience, psychological flexibility and emotional integration across various communities.