Goskills

Navigating Grief and Loss through Creativity

GoSkills online course syllabus

Skill level
Beginner

Lessons
17

Pre-requisites
No prior experience needed

Video duration
45m

Estimated study time
45m 42s

Instructor
Zander Masser

Introduction

1 Making meaning in your grief

Extracting significance from something that seems meaningless requires a great deal of creativity.

Understanding the Grief Process

2 Your grief process

The grief process is complex and looks different for every individual.

3 What can this do for you?

Those who grieve typically sit with the memories they have, and they settle with those memories.

Visualization

4 Practicing visualization

Visualization is an activity and a practice which can be guided or self-guided in which you engage and activate a specific memory.

The Ten Steps

5 Uncovering your expectations

The first step in making meaning in grief is outlining your hopes, expectations, and fears for the process.

6 Realizing your intentions

Understanding the "why" of memorializing your person is an important step to work through before beginning your memorial project.

7 Creating a collective experience

Connecting with people who knew your person is the first step in creating a collective experience, even if it is a highly personal story.

8 Five questions

Having a variety of questions to ask your person's connections helps you think about the ways in which you want to learn about/get to know your person.

9 Three objects

Think about what your person's interests were, and what objects they left behind that are meaningful to you and/or them.

10 Stories only you can tell

There are stories can't be told by anyone else, they can only be told by you.

11 Discovering the bigger picture

Did your person belong to a particular group, community and/or culture?

12 Describing your project

How does the form of your project actually relate to your person?

13 Sharing your project

Sharing is a really important part of the process.

14 Reflecting

As you go through the process, there are several questions you should continue to ask yourself.

The Final Activity

15 Living with your grief

While completing the Unburying process doesn't mean you're done grieving, there are many concrete benefits to consider.

16 Write a note

The final activity is to write a note to your person.

Conclusion

17

Diving in

Thank you for watching this course!

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