

Navigating Grief and Loss through Creativity

GoSkills online course syllabus

Skill level

Beginner

Lessons

17

Accredited by

Verified by GoSkills

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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