

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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