

# Growing Through Grief

## Description:

This special public relations program is designed to help grieving individuals and those who serve them understand the process of grief and the many challenges they face. Participants will learn how the choices made during the grief journey can help one grow, develop a new normal and find hope in living. Focus will be on understanding how the similarities between the seasons of the year and the tasks of mourning. Individuals will be taught the art of nurturing themselves and others so they can grow through the grief process.

## Program Format:

Interactive lecture format

The program can be presented in two ways. There can be two fifty minute segments with a break in the middle or there can be 50 minutes of didactic with a experiential stretching exercise (which is a part of the program and not a break) and 50 more minutes of lecture with refreshments and break at the end. **This is usually left to the discretion of the speaker and sponsor.**

## Program Elements:

### 1<sup>st</sup> 50 minutes

- Understanding the dynamics of grief
- The physical side of grief
- Understanding how we cope
- Factors that influence grief

### 2<sup>nd</sup> 50 minutes

- The Tasks of Mourning
- Relationship between the Tasks of Mourning and the four seasons
- Coping and healing power of ritual
- Facing the challenges of change
- Nurturing self and others
- Closing ritual

## Objectives:

Participants will learn and be able to identify or describe:

- The dynamic process of grief
- Describe at least three ways we cope
- Describe at least three properties of change
- Describe the relationship between the four seasons and the tasks of mourning
- List the four tasks of mourning
- Describe the importance or ritual
- List at least four things they can do to nurture themselves and to help those they serve