Treasuring Memories
Mourning through movement

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Objectives
- Define grief work
- Define and discuss kinesthetic value in the work
- Play
- Ideas/ and strategies to include touchable items in grief work

Bereavement
To be torn apart

Grief
Internal response to loss

Mourning
Grief gone public- or the external expression of loss

We are innately born to know how to mourn loss
We have instinctive responses but you get to decide as your grief unfolds into mourning if you will truly experience these responses or instead inhibit, suppress or deny them.

You will grieve. The only questions are when, how, and how well.

Grief work is complicated more often from repression of feelings than expression of feelings.

Grief is not an affliction to be treated.

Grief is not a crisis to be resolved.

Because we loved— we are forever changed.
Death ends a life, not a relationship

What the death of someone precious calls out for is not to be resolved or explained but to be expressed, storied, experienced and gently over time and in small doses find way to meaning.

Grief Work -

Tasks of mourning

- Acknowledge the reality of the death
- Feel the pain of the loss
- Remember the Person Who Died
- Search for Meaning
- Developing a new sense of self
- Receive ongoing support from others

The Art of Healing

Definition of PLAY

- recreational activity; especially: the spontaneous activity of children
- absence of serious or harmful intent
Definition of healing

to make free from injury or disease: to make sound or whole heal a wound
to make well again

to cause (an undesirable condition) to be overcome: MEND the troubles … had not been forgotten, but they had been healed

English language falls short on expressive language in loss

Art can PERMEATE the very deepest part of us where no WORDS exist.
Eileen Miller

Do you know the best kept secret?

If you're feeling blue—try painting yourself a different color.
Hannah Cheetham Age 9

I cannot draw/ what could I teach?
Who

What

How

of collaboration

- Matching interests
- Matching expertise
- Allow the best of the others

Kinesthetic movement

The art of healing

Stepping stones

- Smooth concrete patching
- Bucket
- Water
- Gloves
- Plant plastic bottoms
- Smoothing trowel
- Stones/ marbles etc

"The portal of healing and creativity always takes us into the realm of the spirit."

Angeles Arrien
Grapevine wreath

- Grapevine
- Wire/ snipper
- Ribbon
- Candle
- Personal items
Grief Masks

- Mask
- Magazines/ scissors/ glue
- Markers
- Paint/ brushes
- Personal items (copied)

Memory Boxes
Supplies needed

- Cigar boxes
- Modge podge
- Foam brushes
- Magazines/pictures
- Beads/etc.
Birdhouses

Supplies needed
- Donation of wood/ nails and wood cutter/ pattern
- Acrylic paints
- Baby wipes
- Brushes
- Hammer

Finger print tree

Supplies needed
- Blank picture
- Acrylic paints
- Baby wipes
- Fingers 😊
More movement

Ideas and inspiration

Balloon release

Memorial walk

Flower arrangement
leaf release

veteran remembrance wreath

Let them teach—
you prepare the table

How to “be”

- Get Silent
- Be open to the other person
- Patience
- Listening

Review....

- Grief work
- Why play
- Your own time to explore
- How to play

There is no more ridiculous custom than the one that makes you express your sympathy once and for all on a given day to a person whose sorrows will endure as long as his life. Such grief, felt in such a way, is always “present”. It is never too late to talk about it, never repetitious to mention it again. - Marcel Proust 1871-1922
Questions.....