

Syllabus

The Wisdom of Grief: Exploration, Transformation & Reconciliation

We examine current research, invite experiences of class members, and provide meditations and exercises to deepen your understanding of the transformative potential inherent in the grieving process. We explore myths and models of grief, obstacles to grief and how your strengths can support the act of grieving. This class also helps you cultivate skills to support others who are grieving by increasing self-awareness and self-care. You will be encouraged to review some griefs from your own life, large or small, and to engage with the classroom community and course experiences to bring about deeper reconciliation and resolution. (*Note: This class is not grief therapy and is not recommended for those grieving a new or recent loss. Unsure if this class is for you? Contact the instructors.*)

Specifically, you will:

- Expand your knowledge about the nature and complexity of grief
- Develop grief literacy
- Engage in practices and exercises to help you further explore grief within your own life
- Participate in large and small group discussions and activities
- Share discoveries from your own journey with grief in this class

Instructor

Lauren Vanett, MA, (415) 233-8859; Lvanett22@gmail.com

Dates and Time

Tuesdays, January 22 – February 6, 2019, 1:00 – 3:30 pm

Course Format/Method of Instruction

Presentation, Q & A, individual and group activities, and large and small group sharing

Course Expectations

Participants are strongly encouraged to:

- attend all class meetings
- actively participate in class
- experiment with strategies, complete assignments & share discoveries

If you have to miss a class, please contact Lauren prior to the class meeting at:
Lvanett22@gmail.com