

Syllabus

The Wisdom of Grief: Exploration, Transformation & Reconciliation Wednesdays, January 18 - March 8, 2023

Deepen your understanding of the transformative potential inherent in the grieving process. In this experiential and interactive class, we examine current research, share personal stories and explore myths and models of grief and obstacles to grief. You also learn how your strengths can assist you in the act of grieving and how to support others going through loss. By revisiting some of your own grief experiences--large or small—and applying what you've learned, you create the possibility of bringing about deeper reconciliation and integration. (*Note: This class is not grief therapy and is not recommended for those going through a new or recent loss. Unsure if this class is for you? Contact instructor.*)

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 and the lives of others
- Participate in large and small group discussions and activities
- Share discoveries from your own journey with grief in this class

Weekly Topics

Week One: Introductions, Course Overview, the Universe of Grief, Self-Care

Week Two: Philosophy of Grief, Myths about Grief

Week Three: Main Principles of Grief, Reconciling a Grief, Guidelines for Final Project/Self Experiment

Week Four: Being There for Others, Obstacles to Grief

Week Five: Obstacles to Grief (con't.), Progress Update on Final Project

Week Six: Post-Traumatic Growth & Core Strengths, Intro to Ritual

Week Seven: Ritual Debrief, Stage Theories of Grief, Circle of Grief Universals, Early Final Project Sharings

Week Eight: Completion of Final Project Sharings, Final Discussion, Integration & Closure (time-permitting)

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

Instructor: Lauren Vanett, MA, Lvanett22@gmail.com (Please email if you have to miss a class!)