

General Outline of Part I:

Forming the vessel and stepping into the terrain of grief and loss

(a more detailed outline will be provided once you are registered)

This 12-week series will be organized into 6 segments, which will include readings as well as a pre-recorded class and live experiential consult-support group on alternating weeks. Below are the general themes that will be incorporated in the pre-recorded classes and the live group environment.

Segment I: Evoking the vessel, igniting the flame, entering the terrain

- State of affairs: a basic overview of grief theory and practice in our culture and in our field
- Basic introduction to radical grief frameworks
- Review of Francis Weller's 5 gates of grief
- Delving into the 1st gate: Everything we love we will lose
- Introduction to the concept of the vessel

Segment II: Entering Gates 1 and 2: Love, Loss, Shame, and Redemption

- Tending to the vessel: experiential exercises to gauge our process/what is stirring/forming
- Review of Weller's 1st gate of grief
- Introduction to Weller's 2nd gate of grief: The places in us that have not known love

Segment III: Reclamation and Witnessing as Healing

- Deepening into the 2nd gate
- Shame, trauma, and collective loss
- Outposts, predators, and reframing the margins as places of justice and liberation
- Tending to the vessel: Microrituals to explore the 2nd gate

Segment IV: Entanglement: Nurturing a Vessel to Navigate the Sorrows of the World

- Introduction to the 3rd gate of grief: The sorrows of the world
- Understanding the medicine of entanglement
- Tending to the vessel: Microrituals and exercises to explore the 3rd gate

Segment V: Sorrows of the World Part II: Reverence, Reciprocity, and Reclamation

- Exploring how to grieve for and with the Earth
- How do the sorrows of the world manifest in our lives and the lives of our clients?
- Building a bridge: A preview of the second series; reflections on what has been sparked
- Tending to the vessel: Experiential exercises

Segment VI: Reflecting on the Journey: Synthesis, awakening, and tending the fire

- Reviewing the journey thus far
- Fostering an intentional and mindful closing to the first series
- Noticing shifts in the vessel: What has awakened in us and in our clinical work?