

finding meaning

a creative arts
therapy group

for people who are
grieving over a loss



Giving expression to a traumatic experience is hard, but it's also essential to our ongoing psychological health. The loss of someone close to us can have profound effects: anxiety, fear, depression, isolation and difficulty carrying on with the normal activities of life. If you've suffered a loss that's intruding on your ability to function normally, or if you want to process your loss and find meaning in the experience, this group is designed for you.

The Finding Meaning group uses **expressive arts therapies** from a strengths-based perspective to explore memories of lost loved ones.

- **Writing activities** examine memory through letters, poetry, stories and journaling.
- **Drama activities** reframe those memories through role play, developing spontaneity and recognizing social supports.
- **Art activities** engage right brain processes to make tangible the hidden meanings of the loss.

The group interaction is guided in order to encourage and support each member on their journey of finding meaning. We keep the group small, between 6 and 15 members. No one is discriminated against on the basis of race, religion, creed, nationality, sexual orientation, age, gender, or disabilities.

Group leaders



Dale Savidge, PhD, RDT
Registered Drama Therapist



Courtney Chandler, MA, ATRP
Art Therapist

"This class was another stepping stone for me through grieving – a completely different approach to give my heart a voice through art and seeing the creativity of others and a look into what other hearts were feeling as well."

— A class participant

Schedule

The group runs for 6 weeks on Monday nights at 7 pm EST on the following days:

October 26 **November 9** **November 23**
December 7 **December 21** **January 11**

This group meets on Zoom; participants need access to this free program (participants are given login info by email each week).

Registration, fees and information

The Finding Meaning fee is \$25 per session, but please contact us if you have a financial need. We will do our best to make this group available to everyone.

For more information, contact Dale Savidge at dsavidge@appliedtheatrecenter.org.

**CLICK HERE
TO REGISTER ONLINE NOW**

(OR GO TO APPLIEDTHEATRECENTER.ORG)

