

## How to Use this Guide

This guide is intended to be a gentle companion through the landscapes of grief. It is meant to be used within reflective, free of distraction time frames in emotionally safe settings. This will mean establishing device-free time. The guide may be used individually or in a small group setting with those who have the same intention of working through and understanding the grief process. If you are using this film and guide as an individual, and have had a very recent loss, it is recommended you wait several months after your loss to view the film. You may, however, use the guide, and especially the resource list for consolation and support.

Begin with reading “*About the Film*” and “*The Winding Path of Grief*” in the therapeutic guide before watching the film. During the film, gently notice your reactions in thought, emotion and in bodily senses. If you begin to feel overwhelmed, you may go to the guide for support in self-soothing. There may be times when it is important to reach out to others. Helpful books and websites are listed at the end of the guide.

This guide does not need to be used sequentially, if you are using it individually. You may find a page of the guide that resonates with where you are in your individual response to loss. Go gently, slowly and reflectively with the promptings and poetry. We believe that finding expression for your experience, whether through writing, drawing, painting, music or movement, can help you feel relief. Finding expression is also a way to make sense of and to cope with your loss. Be sensitive to your experience and seek support as needed.

This guide can be used by a group facilitator as well. The facilitator can accompany a group of, ideally, no more than twelve members through a process of about 10 to 12 sessions, or longer as determined. The facilitator may wish to meet individually with each potential participant prior to the meeting to determine the need for any additional supports. The group can begin with introductions, simple mindfulness exercises and objectives for participating in the group.

Before viewing the film, read the first three pages of the therapeutic guide. Then watch the film in its entirety encouraging journaling afterwards of one's responses. The group may work through a page of the guide with each session, viewing film clips, responding to prompts and sharing in dyads or triads. The poems are meant to be read slowly and meditatively, noting internal responses. Between sessions further reflection and expression can occur.

The beginning of each session can be a time for sharing between-session thoughts and expressions as desired. The group can be broken into dyads and triads for confidential and emotionally safe sharing of individual responses to film clips and prompts. Large group sharings are also encouraged as safety and trust is built. The group may wish to share contact information for ongoing communication.