



MISS Foundation Conference 2008

Body, Mind, Soul: Trauma & Mourning after a Child Dies

Grief: Finding Our Way

Friday, September 26, 2008 1:30-3 PM

Workshop with Kara & Hawk Jones

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Groundrules

- This is safe, sacred space. Please don't critique yourself or others.
- Share only what you feel like sharing. You can just write and say nothing if you wish.
- It is okay to show emotion, read through tears, or ask others to read for you. No one here will cluck-cluck you or try to "make it better". We will all just listen.
- Play with your creativity. There is no right or wrong to this process.

★ Introduction

Grief: Finding Our Way workbook & eWorkshop
Theo Ellsworth's Heads Full of Monsters

Art is an everyday tool.

Available for shaping in the same ways grief is shaped daily in our lives.

★ The Heart of our Grief

- ★ Create the dancing of your grief (music & drawing)
- ★ Right & left brain of grief (drawing with both hands OR the yes & no of grief)
- ★ Shadows of grief (what does shining light on "dark" or "ugly" grief do?)
- ★ Pieces of a Portrait (pieces of broken heart to create a whole)
- ★ Write a Haiku of the Heart for each piece

★ How People Shape Art to Fit their Experiences

- ★ Tag Art, Mail Art, Book Art, Photography, Artist Trading Cards, Writing Prompts

★ How You Begin to use Art as a Tool

- ★ Artists Dates, Explore local museums, Art-making workshops, Read & YouTube

★ Resources

- ★ The Artists Way, Julia Cameron
- ★ Poetic Medicine, John Fox
- ★ Finding Your Own North Star, Martha Beck
- ★ ArtChixStudio.com (donated transparencies we're using today!)
- ★ FoundElements.com (she has the *greatest* bits n' pieces for sale!)
- ★ ArtistBooks.com (my favorite guerrilla book artist!)
- ★ TED Talks Online, see Jill Bolte Taylor's talk "Stroke of Insight"
- ★ Theo Ellsworth at ArtCapacity.com
- ★ Grief: Finding Our Way, KotaPress workbook via Lulu.com or as an eClass online