

Note to Apprentices for Assignments Prior to October Webinar

As you engage with the below assignments, please be aware of words and images that bring up specific emotions, memories, reflections and questions. Highlight those passages (or make note of the running time.) Please also pause and take time to go deeper into your responses through journaling. Listen to your inner teacher.

Required Readings

- Understanding Your Grief: Introduction and Open to the Presence of Your Loss chapter
- Bearing the Unbearable: Forward, Prologue, Chapters 4-5, Chapters 7-11 (pps. xv-xvii, 18, 21-31, 39-58)

Required Video and Audio

- Video from Elizabeth about grief denying culture (14 minutes)
- Video from Elizabeth about grief vs. mourning (11.5 minutes)
- How to Live After Profound Loss: Colin Campbell interviewed by Bari Weiss on the 'Honestly' podcast. Listen from the beginning to the break at 35 minutes. You can listen via the below link or on Spotify or Apple or wherever you like to listen to podcasts! <https://www.thefp.com/p/how-to-live-after-loss>. **Note: This podcast includes a story about unanticipated death and trauma.**

Additional Assignment

- For our October 12th webinar: Bring a photograph and/or an object related to a loss and grief experience that you want to honor and share with the group.