

ESALEN INSTITUTE CONTINUING EDUCATION
MFT/LCSW/LPCC/LEP (CAMFT), RN (CA BRN) & MASSAGE (NCBTMB)

Leader Name/s: Lucia Horan & Peter Selwyn

Workshop Title: 5Rhythms®: Grief, Loss, and the Body in Motion

WORKSHOP DESCRIPTION:

Have you experienced loss and the natural emotions of sadness, anger, fear, and love? How do you process your losses and move through your life? Unfortunately, many of us have not found safe and effective ways to express these emotions, and we can feel stuck, both emotionally and at times physically, with the cumulative burden of our unfinished business. Using the tools of the 5Rhythms movement practice combined with a process of grief-work grounded in emotional presence, non-judgment, and supportive witnessing, participants will join together in a safe space to help heal mind, body, and spirit.

Lucia will facilitate the 5Rhythms as a method to experientially access a wide spectrum of feelings. Peter, a physician with more than thirty years of experience in HIV/AIDS and palliative care, will facilitate story sharing as part of releasing and working through losses. Other elements of the workshop include both didactic and experiential content, focusing on natural and distorted emotional responses to grief, caregiving vs. caretaking, and other topics. This workshop is especially useful for healing professionals in their work with clients and patients.

COURSE OUTLINE & LEARNING OUTCOMES

Friday

8:30-10 p.m.

- 'Arrival' movement piece – 20 min experiential Moving Meditation Practice accompanied by music, facilitated by Lucia. Entering Esalen we invite each person to set the intention for the weekend.
- Brief introduction/orientation: welcoming everyone into the 'perfect circle,' introduction to 5 Rhythms and Grief Work history of Gabrielle Roth and Elisabeth Kubler-Ross.
- Discussion of workshop 'ground rules' and the importance of safety, confidentiality, non-judgement, and emotional presence.
- Participant self-introductions: name, why they are here, what they are grieving/holding
- Invitation to use 'sharing table' for pictures, mementos, etc.

Friday Learning Outcomes:

- 1.) Explain how grief can affect physical and emotional health, and how healing can occur through physical movement and moving meditation, along with emotional release and externalization practices.

Saturday:

9:30 a.m. – 12:30 p.m.

- 5R/Movement – focus on what the body is holding; 45 mins (LH)
- Break
- LH/PS personal introductions
- Teaching: quadrants/being in balance/how to care for ourselves through loss (PS)
- Memory/'calling in' ceremony – for participants to include and speak about those they have lost (PS)

Saturday AM Learning Outcomes:

- 1.) Demonstrate how grief and other emotions are held in the body and can be expressed through physical movement.
- 2.) Explain how grief, loss, and trauma can impact physical, emotional, intellectual, and spiritual well-being and functioning.
- 3.) Describe how the healing process can and should address all these dimensions as well.
- 4.) Demonstrate how non-judgment, presence, witnessing, and confidentiality can create a safe place for communication and healing to occur.

3:30 – 6:30 p.m.

- 5R/Movement – focus on feelings that may be surfacing; 45 mins (LH)
- Break
- Teaching: Small group sharing about loss: groups of 3, each person sharing for ~ 5-6 mins each about losses they are holding/carrying, the others practicing being present, 'witnessing' and not 'fixing'; ~ 5-10 mins debrief in same groups; 45 mins total including intro/setup (PS)
- Break
- Teaching: discussion of process of grief, moving through loss, 'healing' vs. 'curing' (PS)
- Circle check-in, each one saying something they have learned about themselves today
- Closing group meditation/breathing practice, and/or closing brief movement practice

Saturday PM Learning outcomes:

- 1.) Facilitate participants' experience and understanding of 'embodied presence,' and how grief and other emotions can both move us and move through us, as part of a healing practice.
- 2.) Demonstrate how non-judgment, presence, witnessing, and confidentiality can create a safe place for communication and healing to occur.
- 3.) Demonstrate tools and methods to help facilitate the processing and externalization of unexpressed emotions.
- 4.) Explain how grief serves a natural, healing purpose, how it natural grieving allows us to process and adjust to change and loss, and how it is expressed in our physical bodies and unexpressed feelings. Explain the difference between natural vs. distorted/defensive forms of emotional expression.
- 5.) Facilitate participants' understanding of how their own histories of grief and loss, can inform their own healing and their abilities as counselors and therapists.

Sunday:

10:00 a.m. – 12:00 p.m.

- Warm-up/Introduction to the 'Medicine Dance' for/with those they have lost (LH)
- Medicine Dance; 45 mins (LH)
- Break
- Teaching: victim/loss triangle, going home, how to continue being in balance (quadrants); self-forgiveness and gratefulness practices (PS)
- Compassionate letter exercise (writing and collecting participants' letters to themselves)
- Closing circle

Sunday Learning outcomes:

- 1.) Demonstrate how the practice of moving through loss can integrate mind, body, and spirit in the service of healing.
- 2.) Facilitate participants' experience of embodied presence in witnessing and supporting each other in this practice.
- 3.) Describe an explanatory psychological framework for understanding grief, loss, and trauma (the 'victim triangle'), through which learners can identify dysfunctional and destructive ways of reacting to loss.
- 4.) Explain how to reframe and redirect our responses to loss, and learn more effective ways of healing through loss in all its dimensions.
- 5.) Describe methods for continuing to access the healing tools experienced in the workshop, and how to incorporate this awareness into participants' clinical practice as counselors and therapists.

COURSE CONTENT ANALYSIS:

- Methodological knowledge base
- Research Knowledge base
- Theoretical knowledge base

This workshop is based on theoretical and experiential foundations in the areas of grief counseling, family systems, trauma-informed care, mindfulness practices, and movement-based therapies. Participants will learn about the theoretical and pedagogical frameworks for understanding the process of working through grief and loss, and will experience the healing benefits of movement and mindfulness practices. Particular attention will be given to the needs and challenges for caregivers, in both professional and personal/family contexts.

BIBLIOGRAPHY

- Kubler-Ross, E. On Death and Dying. Scribner, 1997.
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- Bruce CA. Helping patients, families, caregivers, and physicians in the grieving process. J Am Osteopath Assoc. 2007 Dec;107(12 Suppl 7):ES33-40.
- The Art of Grief: The Use of Expressive Arts in a Grief Support Group. Edited by J. Earl Rogers. New York: Taylor & Francis Group, 2007.
- The Use of the Creative Therapies with Sexual Abuse Survivors. Edited by S.L. Brooke. New York, Charles C Thomas Pub Ltd, 2007.
- Kubler-Ross, E, Kessler DA. On Grief and Grieving: Finding the Meaning of Grief through the Five Stages of Loss. Scribner, 2007
- Worden W. Grief Counseling and Grief Therapy: A Handbook for the Mental Health Practitioner. Springer Publishing Company, 4th edition, 2008.
- Wilson J, Kirshbaum M. Effects of patient death on nursing staff: a literature review. Br J Nurs. 2011 May 13-26;20(9):559-63.
- Jeffreys JS. Helping Grieving People: When Tears Are Not Enough: A Handbook for Care Providers. Routledge; 2nd edition, 2011.
- Hildebrandt L. Providing grief resolution as an oncology nurse retention strategy: a literature review. Clin J Oncol Nurs. 2012 Dec;16(6):601-6.
- Van Der Kolk B. The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma. New York: Penguin Books Publishing, 2015.

Course content meets the following requirements:

- Demonstrates credibility through the involvement of the broader mental health practices, education, and science communities in studying or applying the findings, procedures, practices or theoretical concepts

Explain how the content meets the specific requirement(s).

Participants will learn about the theoretical and experiential aspects of healing through grief, loss, and trauma. Short didactic presentations will review theoretical and conceptual frameworks. Individual and group exercises will provide opportunities for externalization of feelings, sharing of narratives and self-reflection in a non-judgmental and supportive environment, and the practice of mindfulness techniques to support centering and groundedness when being with pain and suffering. Participants will learn ways of helping to process and let go of emotional 'unfinished business' involving past grief, loss, and trauma -- both for themselves and others.

This course meets the qualifications for 10 hours of continuing education credit for: LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences; RNs as required by the California BRN; Massage by NCBTMB. Esalen is an approved provider of continuing education by the California Association of Marriage and Family Therapists, CA BRN, and NCBTMB.

Esalen Institute maintains responsibility for this program and its content. You may contact us at CE@esalen.org. We encourage you to be in touch with our office with any grievances in a timely manner.