

Title:

A Story Quilt of Loss, Growth, and Hope

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Creative Arts in Nursing Posters

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References:

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Michael, C., & Cooper, M. (2013). Post-traumatic growth following bereavement: A systematic review of the literature. *Counselling Psychology Review, 28*(4), 18-33.

Gerrish, N., Dyck, M., & Marsh, A. (2009). Post-traumatic growth and bereavement. *Mortality, 14*(3), 226-244.

Abstract Summary:

Although grief has negative aspects, positive outcomes after loss, known as post-traumatic growth provide hope. This story quilt visually represents loss and all its negative aspects, but additionally demonstrates recovery and the hope, that people transcend their loss and grow, even after traumatic loss.

Learning Activity:

LEARNING OBJECTIVES	EXPANDED CONTENT OUTLINE
Participants will visualize the stages of loss and grief.	The quilt visually represents the loss from complete devastation to gradual recovery.
Participants will discuss post traumatic growth associated with recovery from loss.	The quilt provides evidence that persons can mend and grow, even after profound loss.