

1. Presentation Title: Grief's Journal
2. This will not be a panel presentation.
3. Presenter: Sue Roche, Suicide Loss Survivor, Board Member - Suicide Prevention Coalition of Colorado, Carson J Spencer Foundation Volunteer of the Year Award recipient 2015, The Denver Hospice Volunteer
4. I am bereaved by suicide, I support (non-professionally) those who have been affected by suicide loss, and I am a suicide prevention advocate.
5. Presentation Audience: Primarily Survivors of Suicide Loss, but open to all. Beginner level, but open to all.
6. This stand-alone presentation has not been given – see #7 below.
7. A similar version was presented as part of the “Honoring Your Grief Journey: Paths to Recovery” pre-conference workshop at the 2016 Bridging the Divide Summit; almost 20 people attended. That presentation was a combined workshop panel that included grief journaling/art, advocacy and yoga. Based on feedback from the 2016 pre-conference workshop, attendees felt that more guidance and “hands-on” time with the grief journal would have been beneficial. This current proposal varies in that the 1-hour breakout session will focus on the grief journal as a tool in grief processing and recovery.
8. Educational Objectives:
Participants should be able to identify with their grief journey and can begin to employ art and journaling as tools in their grief process.
9. Abstract:
This presentation addresses the conference theme, “Join the Movement: Aspiring Toward Zero Suicide in Colorado” by providing encouragement through use of creative outlets to build protective factors for suicide loss survivors. The presentation fits in the “People with Lived Experience with Suicide” track.
Art therapy and journaling can be effective methods for processing grief. Participants will be gently encouraged to embrace their inner author and/or artist as a fellow suicide loss survivor guides them through simple ways to put pen and pencil to paper. The presenter shares what has been helpful in her grief journey and offers participants a safe, non-judgmental environment to honor their grief through journaling and art. Each attendee will be given a copy of the Dragonfly Grief Journal© created by the presenter. The journal will be explored during the presentation and can be further utilized by participants on their own. No experience or qualifications are necessary to attend. The focus will NOT be on technique, aesthetics, punctuation or grammar.