

August 9th, 12pm – 1pm

Restoring oURselves: Using Restorative Practices to Build Capacity for Wellbeing

Speakers:

Traci Terrance, PhD

Kristin Hocker, EdD

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There is a universal nature of many types of grief, from racism to climate disruption. And while this universality suggests a shared experience, our default settings typically involve suppressing grief and numbing out and/or processing grief on our own or with only one other person. Keeping grief as an isolated practice or something needing suppression or apology signifies grief with shame. Therefore, sharing grief collectively offers a new approach for increasing resilience to personal losses and universal events. Regular participation in these practices is part of what we might call grief hygiene or even collective healing.

This experiential session introduces participants to collective grief and the work of restoration through circle practices. These practices draw from communal principles of Indigenous worldviews based on interconnectedness, patience, humility, deep listening, and respect. Participants are invited to care for themselves and one another.

This session is a group activity, and participation is required for all registrants.