



The Symbolism of the Butterfly, Processing the Experience of Loss & Change: A Creative Counseling Resource

Susan Gum Catlett

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This booklet has been designed as a counselor-friendly resource tool to assist in companioning others in a loss, grief, or change process. The booklet creates an opportunity for the sharing of what the world was like for a person before the loss or change. (It may have been the death of a family member, a significant role change, or any other type of loss.) It allows for creative and interactive exploration through drawing or journaling thoughts, ideas, feelings, actions, and systems of support. The process allows for exploration and sharing of the "before the loss or change" stage, as well as the "during the event," and the "after/present" stage or looking into the future. The resource has been designed to be simple to use in a manner that may assist with understanding, sharing, and providing hope.



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