



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

*Susan Gum Catlett*

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
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## **The Symbolism of the Butterfly, Processing the Experience of Loss & Change: A Creative Counseling Resource** Susan Gum Catlett

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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#### **Cynthia Gomez:**

Playing with family within a park, coming to see the sea world or hanging out with friends is thing that usually you could have done when you have spare time, subsequently why you don't try issue that really opposite from that. One activity that make you not experience tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love The Symbolism of the Butterfly, Processing the Experience of Loss & Change: A Creative Counseling Resource, you could enjoy both. It is excellent combination right, you still desire to miss it? What kind of hang-out type is it? Oh seriously its mind hangout people. What? Still don't have it, oh come on its referred to as reading friends.

#### **Neil Dussault:**

Many people spending their time frame by playing outside together with friends, fun activity along with family or just watching TV the whole day. You can have new activity to pay your whole day by reading a book. Ugh, do you think reading a book can definitely hard because you have to accept the book everywhere? It alright you can have the e-book, bringing everywhere you want in your Mobile phone. Like

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