

USING THE  
CREATIVE THERAPIES  
TO COPE WITH  
**GRIEF** *and* **LOSS**



**Stephanie L. Brooke**  
**Dorothy A. Miraglia**

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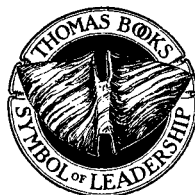
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*(With 19 Other Contributors)*



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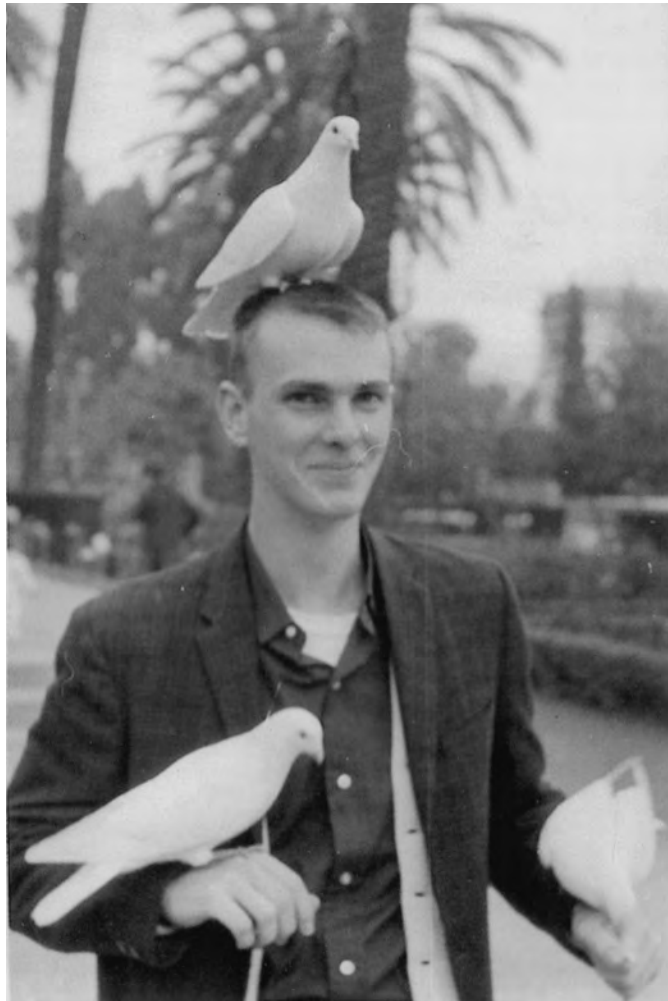
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I dedicate this book to the memory of my father, Rick Bruck. He was a wonderful man who loved his country and proudly served in the military for 23 years. His passion was collecting coins and stamps from the time he was a young boy. Although he met so many challenges in his life head on with a fierce determination, his struggle with suicidal ideation eventually took him from this world. In sharing my own experience of his loss, it is my hope that this book will not only honor a memory of a man I greatly admired, but bring some peace and transcendence to those who struggle with grief and loss issues like I have. A special thanks goes to my fiancée, Shannon B. Werley, who was steadfast and strong for me during my father's death. I love you dearly.





## PREFACE

Using the *Creative Therapies to Cope with Grief and Loss* is a comprehensive and exciting work that illustrates the use of art, play, music, dance/movement, drama, and animals as creative approaches for helping clients cope with grief and loss issues. The editors' primary purpose is to present an array of creative treatment approaches, which cover the broad spectrum of grief, more than just loss through death. Well-renowned, well-credentialed, and professional creative arts therapists in the areas of art, play, music, dance/movement, drama, and animal-assisted therapies have contributed to this work. In addition, some of the chapters are complimented with photographs of client work in these areas. The reader is provided with a snapshot of how these various creative arts therapies are used to treat children and adults diagnosed struggling with loss or complicated grief. This informative book will be of special interest to educators, students, therapists as well as people working with families and children coping with loss.

S.L.B.  
D.A.M.





## CONTRIBUTORS

**W**e extend our deepest appreciation to the following contributors for sharing their expertise and experience regarding their work with chemical dependency issues. Each of these contributors was selected on the basis of his or her experience with respect to clinical issues, diversity in theoretical orientation, or treatment modality. As you read each chapter, it is our hope you will share in our appreciation for the insights contributed by the following individuals:

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## **Part One**

# **INTRODUCTION**



## Chapter 1

# INTRODUCTION TO THE CREATIVE THERAPIES IN DEALING WITH GRIEF AND LOSS ISSUES

DOROTHY A. MIRAGLIA

Can I sail through the changing ocean tides?  
Can I handle the seasons of my life?  
Well, I've been afraid of changing  
'Cause I've built my life around you  
But time makes you bolder  
Even children get older  
And I'm getting older too

—Fleetwood Mac, 1975

When Dr. Stephanie Brooke was mentoring me through my dissertation, I was grieving a relationship. We shared stories of past relationships: the good, the bad, and the (now) laughable. Dr. Brooke believed I had the insight to write about relationship grief and asked me to write this chapter, as well as co-edit this book. I have learned that each relationship is a life lesson. I have been both the initiator and the non-initiator in relationship break-ups. Therefore, I thought it was important to look at the grieving process from both sides because I felt different in each role. When I started writing this chapter, I began a new relationship. The relationship progressed quickly and as I finished writing this chapter, I became engaged.

The journey to find someone is not easy for everyone. If given the opportunity, I would not alter my journey because the broken relationships have made me stronger, wiser, and strengthened my character. I have found my